

my Alvernia

Inspiring Healthy Living | Issue 49

Giving Life

Celebrating New Beginnings, Cherishing Old Traditions



2023's First Baby



First "Rabbit Year" Baby

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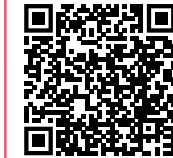
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Welcome to the Year of the Rabbit! The fourth sign in the Chinese zodiac, the Rabbit is said to symbolise springtime; new beginnings and new life. And thus, 2023 is predicted to be the year of hope and abundance of new things to come.

Speaking of new beginnings, 2023 has been off to a great start for Mount Alvernia Hospital. Firstly, Singapore's first baby of the year, as well as the first bunny baby of this Lunar New Year, were both born at Mount Alvernia Hospital. Please join me in congratulating the proud parents, and welcoming their little bundles of joy to this world.

2023 also heralds the beginning of an exciting partnership with the newly opened Icon Cancer Centre at Mount Alvernia. With the added facilities of the two-storey integrated cancer centre such as PET-CT scan and radiation oncology services, we look forward to elevating the standard of cancer care at Mount Alvernia Hospital, and offering cancer patients and their families the convenience and sensitivity of a private healthcare setting at a reasonable cost.

With anticipation, I would also like to announce that we are on track for the soft opening of St Anne Mother and Child Centre, slated for June 2023. This 10-storey maternity and paediatric building will allow us to expand our services to the community and serve more generations of mothers and babies of Singapore. This new Centre has special significance to us as our founding FMDM nuns started Mount Alvernia Hospital 62 years ago as a mother and child hospital.

As we embrace the new, let's not forget our good old traditions, beginning with the Executive Team's Lunar New Year walkabout to spread festive cheer to each and every department in Mount Alvernia Hospital. A yearly affair, this is our way of showing appreciation and gratitude to staff for their dedication and hard work in serving patients and their families.

Thereafter, we also celebrated with our colleagues who received long service awards from 5 to 50 years of service. Without their commitment and contribution in serving all who came to Mount Alvernia Hospital over the years, the hospital would not have become what it is today. So heartiest congratulations to all our long service award recipients!

Above all, in the midst of a bustling new year, we humbly hold fast to the founding vision of Mount Alvernia Hospital. We are glad for the chance to give back to the less fortunate through our collaboration with TOUCH Centre for Community Living and Singapore Association of the Visually Handicapped. The Mount Alvernia Hospital Outreach Dental Clinic has been providing dental care for their clients, and a team of volunteer drivers have been offering transport for those with travelling issues, making it easier for them to seek regular dental treatment. We are thankful for our army of volunteers who have made this possible. Do read the Outreach section of this newsletter to hear more from our faithful volunteer drivers.

As we dive into the second quarter of the year, we are proud to celebrate our 62nd birthday. Mount Alvernia Hospital would like to thank all patients and families, doctors and staff for being part of the Mount Alvernia family through these years. I look forward to working hand in hand with you in continuing the FMDM Sisters' mission to bring medical and nursing care to the community, and to **serve all with love!**

Finally, let me take this opportunity to wish everyone a happy, healthy and exciting 2023 ahead.



God bless.

Dr James Lam Kian Ming
CEO, Mount Alvernia Hospital

Welcome to the World, Little Ones

Meet Mount Alvernia Hospital's first babies of 2023!



Mr Lin Renzhen and Mdm Lai Jingyi with their first-born.



Baby "Kai Xin".

2023's First Baby: "Kai Xin"

Mr Lin Renzhen (27) and mummy Mdm Lai Jingyi (26) were not expecting their first-born for another two weeks. However, their little princess nicknamed 'Kai Xin' ('Happy' in Chinese), merrily surprised them two weeks ahead of her estimated delivery date (10 January 2023), weighing 2.83kg and measuring 49cm.

But this surprise is more than welcomed, especially since Baby 'Kai Xin' was conceived after her parents had tried unsuccessfully for a while. When Mdm Lai was finally pregnant, she trembled with excitement at the news. That adrenaline rush carried Mdm Lai through her delivery too. "I felt my water bag leak at 2am on 31 December, so we checked ourselves into Mount Alvernia Hospital. However, upon checking, I was only 2cm dilated." By 9pm, as she was still not fully dilated, her gynaecologist was planning to prepare her for a C-section. However, nearing just 1 second after midnight, Kai Xin made her grand entrance, the natural way!

"This is our first child – we are both excited about being first-time parents and hope that she will be able to live the life that she wants," said proud daddy, Mr Lin.

First "Rabbit Year" Baby: Suze Liu

True to her zodiac sign, Mount Alvernia Hospital's first Bunny Baby simply couldn't wait for her estimated delivery date in February. At the stroke of midnight on 22 January 2023, (the first day of the Lunar New Year), Mr Liu Bo (34) and Mdm Qiu Ziheng's (34) first-born, Suze, hopped furiously into the world, weighing 2.86kg and measuring 53cm.

Mr Liu, a software engineer, met Mdm Qiu, a product engineer, through mutual friends and their baby was born after two years of marriage. Mdm Qiu recounted that she experienced irregular contractions on 20 January and her water had broken when she woke up at 7am on 21 January. The long and slow labour over 16 hours exhausted her. However, "there was a lot of support from the nurses and midwives who constantly offered us comfort and encouragement. Even those who were not Mandarin-speaking kept telling us '加油!' (jia you)," shared Mdm Qiu. "I had mixed emotions throughout – excited that the baby was coming but my heart ached as my wife had to put in a lot of effort to push the baby out," said a worried Mr Liu.



Mr Liu Bo and Mdm Qiu Ziheng with Baby Suze.

Congratulations to the happy parents! May our Mount Alvernia babies be blessed with good health and much joy all their lives!

An Annual Walkabout to Show Appreciation to Staff



The Executive Team spreads festive cheers at the wards.

Every year before the Lunar New Year descends upon us, the Executive Team of Mount Alvernia Hospital has an important task to do – to visit each and every department in the hospital to wish them a blessed Lunar New Year.

This year was no exception. From the front counters and business office, to the hospital wards and operating theatres, to the various administrative offices, and to the hardworking back-end F&B, housekeeping, linen and facilities management departments, no one was missed.

“At Mount Alvernia Hospital, we value every colleague’s contribution in caring for our patients and their families, and in serving all who use our services. So, every year, we walk to their respective areas of work to wish them a happy Lunar New Year. It is our way of thanking them and letting them know their dedication is recognised and appreciated,” said Ms Han May Ching, Director, Corporate Development, Outreach and Human Resources.

Each staff was also given shopping vouchers as a token of appreciation for the contribution they have made to Mount Alvernia Hospital.



The Executive Team visits each and every department including F&B.

Mount Alvernia Hospital Turns 62!



Mount Alvernia Hospital officially opened on 4 March 1961.

In the 1950s, nuns from the Franciscan Missionaries of the Divine Motherhood (FMDM) embarked on their vision to start a private hospital to ease the overcrowded and understaffed public hospitals. With their savings and salaries, and donations from generous individuals and companies, Mount Alvernia Hospital officially opened on **4 March 1961**. The hospital had only 60 beds, and all staff were trained by the FMDM Sisters.

Today, the hospital is a 319-bed general acute care medical institution, supported by over 200 on-campus specialist doctors and 1200 accredited doctors. Consisting of two

multi-disciplinary medical specialist centres and an upcoming 10-storey mother and child building, the hospital also offers a full suite of clinical services including health screening, diagnostic imaging, laboratory and pharmacy.

As Mount Alvernia Hospital celebrates its 62nd birthday this year, the hospital would like to thank all patients and families, doctors and staff for journeying with the hospital through these years. The hospital looks forward to continuing the FMDM Sisters’ mission to bring medical and nursing care to the population, give back to the community, and **serve all with love!**



Mount Alvernia was founded by the FMDM Sisters.

Opening Soon in June 2023: St Anne Mother & Child Centre

Since 1961, Mount Alvernia Hospital has served many families, guided couples through parenthood, and looked after generations of children. The opening of St Anne Mother & Child Centre, a 10-storey building dedicated to women and children, will therefore mark a significant milestone in the hospital's 62-year journey.



Here is a first look at what the new centre offers

Room Types:

Premium Suite | Junior Suite | Premium Single | Standard Single | Double

Inpatient Facilities:

Delivery Suites | First Stage Beds | Maternity Wards | Neonatal Intensive Care Unit | Nurseries | Neonatal Jaundice Unit | Paediatric Wards | High Dependency Unit

Services:

Health Screening Centre | Nutrition & Dietetics | Parentcraft Centre | Pharmacy | Satellite Laboratory | Satellite Diagnostic Imaging

Amenities:

Carpark with lot indicators | Chargers for electric vehicles | Sheltered walkways to the main building and medical centres



For more information, please call Patient Liaison Centre at 6347 6688 or email patient.assist@mtalvernia.sg

Visit our website or follow us on our various online platforms to get continuous updates as we approach the opening of St Anne Mother & Child Centre!



An Icon in Cancer Care

To better serve patients, the new Icon Cancer Centre offers a one-stop shop in cancer care, coupled with Mount Alvernia Hospital's signature warm service.



From left: Dr James Lam, Sister Elizabeth, Ms Serena Wee and Mr Mark Middleton.

It is a culmination of a shared vision and collaboration between Mount Alvernia Hospital and the Icon Group. At the official launch of Icon Cancer Centre on 11 January 2023, Mark Middleton, CEO of Icon Group, expressed his joy at opening the group's first integrated cancer centre alongside their long-term partner Mount Alvernia Hospital, sharing his hope to make a difference to cancer patients and their families.

“ Dr James Lam, CEO of Mount Alvernia Hospital, shared more about their joint vision. The Icon Cancer Centre seeks to understand patients by providing a patient-centred comprehensive approach to cancer care. Our partnership with Icon hence reflects our commitment to provide cancer patients with the full continuum of care, at a time they most need it. ”

“ Serena Wee, CEO of Icon ASEAN and Hong Kong, added: The development of this integrated cancer care centre is a testament to Icon and Mount Alvernia's dedication to deliver comprehensive cancer treatment for our patients and their families. Through this centre, they can now access cancer services conveniently under one roof, alleviating the stress of what is already an emotional time in their lives. ”



Private area for chemotherapy care.



Varian's TrueBeam Radiotherapy System.

Among the wide range of services provided are health screening and diagnostic services, medical oncology, surgical oncology, radiation oncology, paediatric oncology, haematology and pharmacy with chemotherapy compounding services. This allows the centre to care for its cancer patients holistically and seamlessly, with the aid of advanced technology. One of such is Varian's TrueBeam Radiotherapy System that treats a wide variety of tumours with high precision, as well as the latest PET-CT scanner. In addition, the Icon Cancer Centre also conducts clinical trials.

To find out more about the services offered or to book an appointment, please visit https://bit.ly/ICCMA_YT



4 Things You Should Know About Endometriosis

If you suffer from extremely painful periods and suspect that it is more than the usual cramps, you may have a condition called endometriosis. Dr Hong Sze Ching, a consultant in Obstetrics & Gynaecology at Mount Alvernia Hospital, tells us more.



One common symptom of endometriosis is pain in your stomach and pelvic area.



Dr Hong Sze Ching
Obstetrician & Gynaecologist
STO+G Clinic for Women
Medical Centre D #08-60

That crippling pain in your stomach and pelvic area that gets you doubled over. Imagine suffering this – five days a month, 12 months a year, for decades... Until you finally reach menopause. For some women, this is their reality as they suffer from a condition named endometriosis.

1 How endometriosis happens

Endometriosis occurs when tissue similar to the inner lining of the womb is found outside it. This happens in common sites such as the ovaries (where it may cause endometriotic or “chocolate” cysts), fallopian tubes, on the surface of the womb, in the peritoneum (the lining of the pelvis and abdomen), and in the area between the vagina and the rectum. When the endometrial tissue is present in the muscular wall of the womb, it is called adenomyosis.



To make matters worse, this condition is difficult to diagnose as symptoms vary from woman to woman. Some may have no obvious symptoms while in others, the signs are similar to, and thus could be mistaken for, other conditions such as irritable bowel syndrome or pelvic inflammatory disease.

To diagnose it, doctors use several tests, such as a pelvic examination, pelvic ultrasound scan, or laparoscopy, a minimally invasive procedure to examine your pelvis. Your doctor may also check for CA125, a blood protein which is a tumour marker for certain gynaecological cancers, but is also raised in women who have endometriosis.

3 Regular period pain or endometriosis: how can I tell?

One common symptom of endometriosis is pain that occurs in a certain pattern, becoming worse before and during your period. If you also have adenomyosis, your period may be irregular or heavy. It can cause pain during or after sex and can also lead to fertility problems. Other warning signs: look out for pain in your bowels or bladder.

4 How can endometriosis be treated?

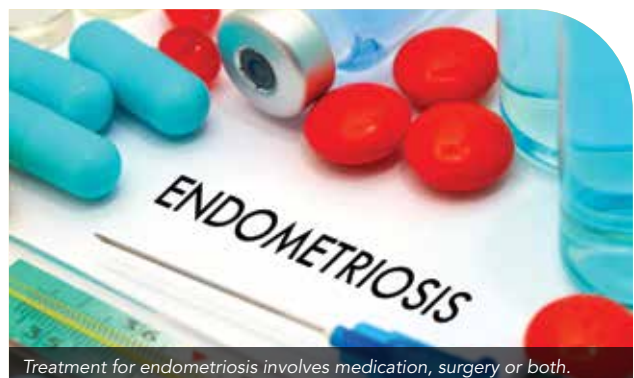
This will depend on the extent of the disease, severity of your symptoms, and whether you desire fertility. Treatment involves medication, surgery, or both. Your doctor may prescribe Nonsteroidal anti-inflammatory drugs (NSAIDs) to relieve your pain. There are also hormone treatments to reduce or halt your ovulation, such as progestogen tablets, hormonal intrauterine contraceptive devices or a hormonal injection called GnRHa (gonadotropinreleasing hormone agonists). Surgery can be done to remove areas where there are endometriotic tissue deposits or endometriotic cysts.

If you suspect that you may have endometriosis, do consult a doctor as soon as possible. You shouldn't have to suffer such pain in silence.

"It is a common condition, affecting around one in 10 women, usually during their reproductive years. There is also a higher risk if one's mother or sister has it," explained Dr Hong Sze Ching, a consultant in Obstetrics & Gynaecology at Mount Alvernia Hospital.

2 Why it happens

Unfortunately, nobody really knows. Some suspected causes include retrograde menstruation, genetic factors and immune system problems, among others. "It is a hormone-dependent condition where hormonal changes during a woman's period causes the endometrial-like tissue located outside the womb to bleed. This can cause pain, inflammation and scarring, and can possibly damage your pelvic organs," said Dr Hong.



Treatment for endometriosis involves medication, surgery or both.



Common Skin Conditions to Watch Out For in Your Child



Dr Mark Tang
Consultant Dermatologist
The Skin Specialists and Laser Clinic
Medical Centre D #07-61

Troubled by contact dermatitis, eczema, allergic rashes and hand foot mouth disease? Let our doctors answer your burning questions. (Also, is there such a thing as being 'too clean'?)

What is contact dermatitis?

"It is a common condition caused by chemicals on the skin, inducing an allergic reaction or an irritant reaction. Some of the common causes include fragrance, metal, even topical creams that you put on. So, be very careful what you put on. Something which is natural and organic,

doesn't mean it cannot contain these allergens that cause contact dermatitis," warned Dr Mark Tang, Consultant Dermatologist from The Skin Specialists and Laser Clinic at Mount Alvernia Hospital.

What is eczema?

Eczema is really common throughout the ages. It can occur between the age of 6 months to 1 year. A lot of times, parents are afraid that it is a food allergy. In general, they're not. Dr Tang said, "It's very common to get eczema from heat and sweat. That's much more common than a food allergy."

Is eczema a lifelong condition? Will a child be able to grow out of it?

Eczema, thankfully, is not a lifelong condition, assured Dr Tang. "Up to 50 to 70% of young children will outgrow eczema. We can't tell when they will outgrow it, but the majority of them will outgrow it. And even if they don't, there is always good treatment for eczema."



Common skin rashes found on babies include different types of eczema.

What are the most common allergies found in babies?

Some of the common rashes include eczema. There are different types of eczema, one of which is seborrheic eczema or cradle cap, which is very common. As a child grows older, they can get infantile eczema or atopic eczema.

How do we prevent our children from getting Hand Foot Mouth Disease (HFMD)?

HFMD – what every parent is terrified of. To answer that question, Dr Darryl Lim, Consultant Paediatrician from Kinder Clinic at Mount Alvernia Hospital, explained that one needs to understand how it is transmitted.

HFMD is a highly contagious infection that is transmitted through direct contact with the infected person's nasal secretions, saliva, fluid from blisters or stools. Your child can also be infected just by touching a surface, such as a door handle, that has an infected child's nasal secretions or saliva after coughing or sneezing. But it is not just touching a surface. It is touching that surface, then rubbing his nose, eyes or mouth.

So, Dr Lim urged everyone that by cleaning your hands after you touch public surfaces or possibly contaminated surfaces, that's how you reduce the transmission. "And of course, home hygiene, school hygiene, cleaning surfaces that might be potentially contaminated."

Is there such a thing as being too clean and hygienic? How do we strike a balance?

Dr Lim observed that during this pandemic, many parents will say: "What? Too clean? There's never a case of being 'too clean'."

"But if you think about it, hygiene actually encompasses behaviours that encourage cleanliness and good health. 'Too clean' implies a little bit of an obsessive compulsive disorder (OCD), so to speak. So if it kind of rules your life; you've made major adjustments to your lifestyle just to stay clean, it sounds a little too OCD. Versus, just making minor adjustments like washing your hands before eating. I think that's just simply good hygiene."

So, just practise good hygiene, everyone, to keep your child, your family and your community healthy and safe!



Dr Darryl Lim
Consultant Paediatrician
Kinder Clinic Pte Ltd
Medical Centre A #06-03/04

Bringing Mount Alvernia's Core Values to Life

Compassion. Humility. Integrity. Respect. Peace. Every year, the Values-in-Practice (VIP) Awards are dedicated to staff who embody these five core values, "CHIRP" in short, in the way they serve patients, visitors and colleagues. Sincerest congratulations to the 19th VIP Award winners! Hear colleagues share how the 14 winners have touched them.

OPHELIA OON CHEE WEI
St Michael's Ward



"A friendly and honest colleague with great sense of integrity. Makes good on promises and cheerfully carries out assignments as expected and without unnecessary delay."

ROOBANESWARY AMURTHALINGAM
Day Surgery



"It is inspiring and heartwarming to see this person interact with patients and fellow colleagues. The comforting way she soothes nervous patients, especially children, before a medical procedure is endearing. Always putting a smile on the faces of those working with her. It is no wonder she is complimented so often in feedback forms! If CHIRP is a person, this is the person - and a true gem in MAH!"

WANG WEI
Delivery Suite



"Always puts her heart into her care for others. A good role model who not only takes care of patients but she also looks after her colleagues well. And manages to work under pressure with a very calm and assuring attitude."

LEONARD LIEW
24-Hour Clinic and
Emergency Services



"A thoughtful and selfless supervisor who assists staff with improvements for a better work environment. Remembers to include staff whenever there are good news and goodies to share. He comes to the ground and steps in personally to mediate in situations with patients and resolve any conflicts."

DOMINICA DE LA CRUZ LAYUG
St Michael's Ward



"A dependable person who covers duties when ward is short of staff, and who takes the first step to reach out to everyone in need."

NANCY WANG
Pharmacy



"Many recognised the quiet sacrifices she has had to make in fulfilling her role and responsibilities well; giving up personal time and even once foregoing holiday plans to be present at work. We want this person to know that her sacrifices are seen, her passion acknowledged and that colleagues are grateful!"

GOWRY SUBRAMANIAN
St Raphael's Ward



"A helpful person who interacts kindly and respectfully with patients and colleagues. Positive thinking makes this person a joyful person to be with and work with, and a wonderful role model who shows consideration for colleagues."

CHEN YAQING
Day Surgery



"Whoever she works with feels comfortable that she is around because she is an approachable colleague, an understanding senior, a patient nurse and very humble person. She probably doesn't even realise that she has been constantly living the CHIRP values because she has a down-to-earth personality."

VANITHA JOLANDOR
St Raphael's Ward



"Her genuine attitude towards people and her sincerity is so admirable and so worth emulating. Her care and confidence in her role makes her a trustworthy person to seek advice and help from."

EUGENE LIM
Technology Applications



"Soft spoken, courteous and always with a smile on his face. Stays positive and hopeful at all times. Can be relied on to take the time and have the extraordinary patience to solve stakeholders' problems no matter how difficult they seem to be. It is always a relief to see him stay calm, and listen to us and our problems. He makes us feel supported from start to finish every time."

VERONICA TAN
Housekeeping



"A delight to have around, with a cheerful disposition and willingness to go the extra mile to please our patients especially the little ones, and colleagues too. She cares for the people around her and it is so heartwarming whenever she drops by to say hi (and at times dropping random goodies too!)."

CHI KAITIAN
Housekeeping

"Always delivering a cheerful 'Good Morning' to everyone. Mindful of needs and full of integrity when going about work - always taking effort to check with others to be extra careful. Has an excellent habit of asking whether stakeholders are happy and satisfied with a finished piece of work, and that each job given is completed before going off."

ERICA LIN
Community Outreach



"A pillar of support for the people entrusted to her. Makes effort to get to know each person and is always available to address queries and concerns. She provides reassuring words and emotional support to bolster their spirits, helping them get through trying periods. Truly a person that embodies the CHIRP values."

THONG NYOOT HA
St Raphael's Ward

"Lifts up everyone's spirit with bubbly cheerfulness and a great sense of humour - can make everyone laugh even on a difficult day. A loyal team member who generously takes time and makes efforts to help out another."

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Dedicated volunteer drivers ferry PWDs to and from dental appointments.

The Wheel Deal: Providing Transportation to Dental Appointments for Our PWDs

Find out how Mount Alvernia Hospital's group of volunteers are helping Persons with Disabilities to get access to dental treatment, by meeting their transportation needs.

Some Persons with Disabilities (PWDs) neglect their dental health because of their fear of going to the dentist. Sometimes, their caregivers face constraints and are unable to take them for dental appointments.

To better support them, Mount Alvernia Hospital tries to plug this gap by offering dental checks for PWDs from TOUCH Centre for Community Living (TCIL) and Singapore Association of the Visually Handicapped (SAVH). TCIL is a day activity centre which offers training programmes for adults with mild to moderate intellectual disabilities, while SAVH is the national voluntary welfare organisation for the

visually impaired. The first dental check for participants from TCIL and SAVH is complimentary, and for subsequent visits, they enjoy a subsidised rate of just \$30.

However, getting to Mount Alvernia Hospital's Outreach Clinic at Agape Village can be a challenge for our PWD friends. Mdm Lim, a client from SAVH, lives far from Agape Village. With only partial vision, and being unfamiliar with Agape Village, she (and many others in similar shoes) was initially reluctant to attend her dental appointments due to the distance.

Fortunately, a team of dedicated volunteer drivers are ever ready with their wheels to help! Gordon Pinto, former General Manager of Agape Village, kickstarted the volunteer driving idea in 2022 and gathered three others: his buddies Jake Wong, Clifford Goh, and Lewis Shan. "I've learnt that volunteers will be more committed and stay longer when they have close friends who are dedicated to the same cause or doing the activities together," shared Gordon.

Gordon first heard about the Mount Alvernia Hospital Outreach Clinics over five years ago. "I was very impressed with the project to help with PWDs' dental needs. When it was time to me to retire, I felt this was a very worthwhile project and a good organisation to volunteer with."

As he asked close and like-minded friends and relatives, who already volunteered for other causes and worked together with him on different projects in the past, he did not face any difficulties building up his pool of volunteers.

It's all about God's timing

"I do believe that I have been blessed by God in so many ways. It is time to share the blessings God has given to me to others," says Gordon. Similarly, Jake says that he volunteers "because it has to do with God's timing. Very often, some opportunity will come along and I'll be asked to do something. All I have to do is say 'yes'. Usually, it's not something I've thought about before. But by saying yes, I got involved in volunteer work, found it fulfilling, and I continue to do it."

So when Gordon roped him in as a driver to ferry PWDs to Agape Village for their dental treatment in 2022, Jake agreed readily.



From left: Jake Wong, Clifford Goh, Gordon Pinto.

Tips for potential volunteers

Jake advised, "If you're interested in volunteering, you will soon realise that the greatest gift is to give back. In giving, you actually receive. Don't think too much about it if you have a chance to volunteer. Just do it. Just say yes! It will change the world for you too – for the better."

Indeed, it is the hard and heart work of volunteers like Gordon and Jake that is helping PWDs smile a little brighter. TCIL trainee Chen Hui Qun beamed, "I am very happy to see the dentist. My teeth are clean now!" Another trainee Shennie Yang also felt comforted when she met friendly dental assistants. "They asked me to breathe in and breathe out. Now my teeth have no tartar," said a relieved Shennie.

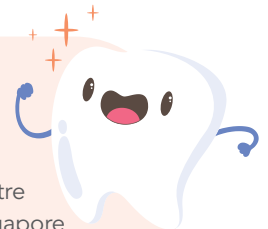
"Our heartfelt thanks to the team of Mount Alvernia for making dental appointments a smooth, successful and pleasant experience for our trainees. Very much appreciate the help and care that was rendered to us. Looking forward to our next partnership again," said Sharon Lim and Kastori Muniandy, Lifeskills Coaches from TCIL.

For more information on Mount Alvernia Hospital Outreach Clinics, please contact outreachclinic@mtalvernia.sg



TCIL trainees Shennie Yang and Chen Hui Qun having their teeth cleaned.

What We Do



Here is how Mount Alvernia Hospital's Outreach Clinic supports TOUCH Centre for Independent Living (TCIL) and Singapore Association of the Visually Handicapped (SAVH).

- **Block appointment slots specifically for TCIL and SAVH's clients**
 - Having no other patients around allows participants to only see familiar faces, thus easing their anxiety.
- **Notify clinic staff and dentist in advance on the profile of patients they will be seeing**
 - No forceful treatment and staff are reminded to be reassuring and calm.
- **Ensure ample time for each appointment**
 - There's no rush to complete the treatment quickly, allowing clients to feel more relaxed.
- **Provide transport to and from the Outreach Clinic**
 - Brings great convenience to them, as some patients have mobility difficulty.

Long Service Awards 2022

Mount Alvernia Hospital is proud to share the list of Long Service Award recipients for 2022. The Awards are given in recognition of the numerous years of dedicated service these wonderful and committed individuals have contributed to the hospital, some as long as 50 years! Heartiest congratulations to the Award recipients, and here's wishing them more good years ahead in Mount Alvernia!



The Long Service Awards recognises the years of service that dedicated staff have contributed to the hospital.

5 Years

Bugayong Winza Ballesteros, 24-HR Clinic & Emergency Services

Viviyanthan Nair Chandra Segaran, 24-HR Clinic & Emergency Services

Subhashine Naidu Rajindran, 24-HR Clinic & Emergency Services

Chew Tiong Hwee, Biomedical Engineering

Lee Yung Chi, Biomedical Engineering

Cheung Eileen, Business Office

Lam Kian Ming, CEO Office

Anita John, Corporate Development

Lim Weena, Corporate Development

Yang Shikun, Delivery Suite

Lee Si Hui, Delivery Suite

Wang Wei, Delivery Suite

Ortua Christine Elle Elizalde, Delivery Suite

Kasthuri Bai D/O Govindasamy, Delivery Suite

Aju Abraham Saju, Facilities Management

Chan Sze Wee, Facilities Management

Azmi Bin Ahmad, Front Office

Sharifah Zaharah Binte Shariff Hussain, Hospital Planning & Development

Chuah Hooi Ni, Intensive Care Unit

Sharmeele D/O Arif Shah, Laboratory

Cariaga Catherine Rosales, Laboratory

Damalerio Mefsane Suarez, Laboratory

Soh Wai Ying, Laboratory

Siti Diana Binte Osman, Laboratory

Edna Tnay Mui Suen, Materials Management

Tan Hui Hia, Materials Management

Lim Shiting Calis, Nursing Administration

Lactupo Raph Antiporda, Operating Theatre

Choo Chiew Yee, Operating Theatre

Dungo Marion Panlilio, Operating Theatre

Lee Ely Iii Arroyo, Operating Theatre
Legara Jonah Mae Bugas, Operating Theatre
Araboy John Paul Chavez, Operating Theatre
Nabila Binti Yusop, Operating Theatre
Yagappan Maria Sebastin, Operations Support
Rita Jense Robert John Singh, Rehabilitation Centre
Nur Shafinah Binte Safiee, Retail Pharmacy
Kang Aik Moh Andy, Technology & Strategy
Lim Eng Koon, Technology & Strategy
Tham Yeh Yuen, Technology & Strategy
Koh Eng Leng, Wards - St Clare
Previna Ravindran, Wards - St Francis
Bagcal Gladys Joy Gambol, Wards - St Francis
Rupa Pun Magar, Wards - St Gabriel
Lincy Luckose, Wards - St Joseph
Del Rio Jill Alegrea Yulo, Wards - St Joseph
Rosabelle Gladys Pharez, Wards - St Michael
Pumaren Bituin Pumaren, Wards - St Michael
T C Sharvani, Wards - St Michael
Ronimouse Victo Monolizha, Wards - St Raphael

10 Years

Buyan Mariel Panida, 24-HR Clinic & Emergency Services
Suria Binte Mohamed Moktar, Business Office
Yiap Kar Lan, Business Office
Su Su Win, Cardio-Vascular Laboratory
Chan Yoke Eng, Coffee House
Norhanisah Binte Mohamed Roslan, CQII
Nor Azahar Bin Mohamed Noor, CQII
Siti Nur Shaqillah Binte Mohamad Ali, CQII
Aye Moh Moh Khaing, Day Ward
Lee Mei Luan Fiona, Finance
Chua Chew Yun, Food & Beverages
Koh Tow Chee Peter, Food & Beverages
Tan Gek Soi Veronica, Housekeeping
Tomas Maria Rosario Sawit, Neo Natal Intensive Care Unit
Syafiqah Binte Shahrin, Pharmacy
Mylah Agapito Ursais, Retail Pharmacy
Rajanteran S/O A Govindasamy, Security
Jessintha Kaur D/O Jogindar Singh, Wards - St Michael
Nurul Huda Binte Ramli, Wards - St Raphael

15 Years

Leow Yin Yin, 24-HR Clinic & Emergency Services
Goh Sock Kee, Business Office
Yong Kea Shyong, Business Office
Wong Chiew Tee, Intensive Care Unit
Malar Kodi Raman, Laboratory
Liu Yi, Neo Natal Intensive Care Unit
Yeo Kee Keng, Operations Administration
Harjit Kaur, Rehabilitation Centre
Gunasekaran Sangardevi, Wards - Our Lady
Liela Barnachea Manuel, Wards - Our Lady
Wan Yin Xuan Angela, Wards - Our Lady
Naw Pwint Hmone Oo, Wards - St Clare
Bernadeth Requisa Buendia, Wards - St Michael

20 Years

Lee Li Cheng, Business Office
Ho Teng Kwang, Coffee House
Loon Foong Lin Jessie, Diagnostic Imaging
Devan Sridevi, Laboratory
Wang Yu, Laboratory
Naw Thaw Shee Wah, Neo Natal Intensive Care Unit
Shankar Devipriya @ Devipriya Kuppuswamy, Nursing Administration
Wong Ka Wai, Nursing Administration
Chan Yew Keng, Nursing Administration
Muhammad Iskandar Bin Ali, Operating Theatre
Wang Siew Hui Nancy, Pharmacy
Marina Wee Fei Mian, Retail Pharmacy
Choo Han Poh, Security
See Bee Fong, Wards - St Dominic
Rosalie Padal Decir, Wards - St Gabriel
Ma Pan Ei Ei San, Wards - St Raphael

25 Years

Chua Piak Hua, Laboratory
Loo Mun Wai, Materials Management
Thian Yu Han Kelly, Operating Theatre
Goh Gek Eng, Operating Theatre
K Sarasvathi Kandasamy, Parentcraft
Hedelisa Nacman Aribato, Wards - St Francis
Sinayan Revathy, Wards - St Gabriel

30 Years

Yeong Lay Kuen, Business Office
Chow Chui Lai Christine, Diagnostic Imaging
Choo Se Moi, Finance

35 Years

Hsu Pow Keow, Business Office
Muhammad Bin Awi, Operating Theatre

40 Years

Anusuya Subramaniam, Delivery Suite
Sivapakiam Ramanathan, Nursing Administration

45 Years

Theseira Sherry Ann, Central Sterile Services
Tamayanthi D/O Kuruppiah, Day Ward
Petaperumal Anjalay Devi, Delivery Suite

50 Years

Lee Lin Siew, Central Sterile Services
Koo Nan Ping, Housekeeping
Edith Oliveiro, Wards - St Clare
Nathan Kamala, Wards - St Gabriel
Samynathan Devaghi, Wards - St Gabriel

Meet Our New Specialist Doctors!

Mount Alvernia Hospital bids a warm welcome to 14 new specialist doctors who have joined the hospital in its journey to Serve all with Love.



Dr Chen
Weihao
GUTCARE

Dr Chen is a specialist in gastroenterology and hepatology with subspecialty interest in inflammatory bowel disease (Crohn's Disease, Ulcerative Colitis) and intestinal ultrasound. In 2018, he was awarded the Healthcare Manpower Development Programme scholarship by the Ministry of Health to undergo subspecialty training in Inflammatory Bowel Disease and Clinical Nutrition at Austin Hospital, Australia. He also trained in Germany to become one of the first local gastroenterologists proficient in intestinal ultrasound.

Dr Chen formerly practised gastroenterology and hepatology in Ng Teng Fong General Hospital where he set up their inflammatory bowel disease and point-of-care intestinal ultrasound services. Additionally, he is adept at performing diagnostic and therapeutic gastroscopy and colonoscopy (including advanced imaging techniques such as chromoendoscopy), and video capsule endoscopy.



Dr Wesley
Chong
Eagle Eye Centre
Pte Ltd

Dr Chong is a Consultant Eye Surgeon with special interests in Cataract and Refractive Surgery as well as Comprehensive Ophthalmology including the management of general conditions such as dry eyes, glaucoma, diabetic eye disease, floaters, retinal tears, refractive errors (myopia, presbyopia, astigmatism) and paediatric myopia control.

After graduating from the Faculty of Medicine at the National University of Singapore in 2008, Dr Chong subsequently obtained his Master of Medicine in Ophthalmology while training under the ACGME-I accredited SingHealth Ophthalmology Residency Program. He then further trained in Cataract and Comprehensive Ophthalmology under the SNEC Advanced Clinical Subspeciality Programme, and completed Advanced Cataract, Intraocular Lens and Small Incision Cataract Surgery training in India.



Dr Jesse
Hu Shulin
FeM Surgery
@ Alvernia

Dr Hu is a breast and endocrine surgeon specialising in managing both benign and malignant breast and thyroid conditions including breast pain, breast lumps, breastfeeding problems and neck lumps. A former senior consultant at National University Health System caring for patients at the National University Hospital and Ng Teng Fong General Hospital, Dr Hu was also the tumour group lead for breast oncology at the National Cancer Institute Singapore.

After surgical training at NUS School of Medicine, she was admitted as a Fellow of the Royal College of Surgeons of Edinburgh, UK in 2014, and concurrently completed two Health Manpower Development Program fellowships at Oxford University Hospital, UK in 2016, where she further subspecialised in both oncoplastic breast surgery and endocrine surgery.



Dr Dennis Koh
Colorectal Practice

Dr Koh is currently Medical Director and Senior Consultant Surgeon at Colorectal Practice. He subspecialises in colorectal surgery and has performed numerous colon and rectal surgeries, both open and minimally invasive, including laparoscopic (key-hole), single port surgeries, robotic surgeries and transanal endoscopic operations. Adept in the field of Endoscopy (colonoscopy and gastroscopy), Dr Koh has performed to date more than 10,000 endoscopic procedures, including endoscopic stenting and endoscopic mucosal resection (EMR). In addition, he also treats pelvic floor disorders which include conditions like haemorrhoids (piles), anal fistula, anal fissures, anal abscesses, functional constipation and faecal incontinence.

Prior to setting up his own practice, Dr Koh served as a Consultant Surgeon at the Department of Colorectal Surgery in the Singapore General Hospital.



Dr Koh Li-Tsa
Urohealth Medical
Clinic Alvernia

Dr Koh is a Sydney fellowship-trained Senior Consultant Urologist, specialising in urinary incontinence, urinary tract infection (UTI), pelvic floor disorders, other functional lower urinary tract disorders, benign prostate hyperplasia, men's health, testicular cancer, urinary stone diseases, kidney cancer and bladder diseases. She also uses several urology procedures including urinary tapes and reconstructive urology (urethroplasty for urethral strictures and urethral diverticulum).

Dr Koh was formerly a senior consultant urologist at Changi General Hospital (CGH). She is currently a visiting consultant there. Her key achievements include being the earliest to provide retrograde intrarenal surgery for the treatment of renal stones, and to use single-incision sling for the treatment of stress urinary incontinence at CGH.



**Dr Sharon
Koh Zhiling**
Colorectal Practice

Dr Koh is currently a Senior Consultant Surgeon at Colorectal Practice and former Director of Endoscopy at Alexandra Integrated Health, with subspecialty training in colorectal surgery, minimally invasive surgery, and advanced endoscopy.

After obtaining her accreditation as a specialist in General Surgery, Dr Koh went on to complete an 18-month fellowship of advanced colorectal surgery with a special focus on inflammatory bowel disease (IBD) under the mentorship of Professor Phillip R Fleshner alongside a team of ten colorectal surgeons at Cedars-Sinai Medical Center in Los Angeles, USA. Dr Koh's other interests include endoscopic management of both benign and malignant lesions in the gastrointestinal tract.



Dr Lam Kai Yet
Bone Island
Children's Clinic

Dr Lam obtained his medical and postgraduate qualifications from the National University of Singapore and the Royal College of Surgeons of Edinburgh in UK. He went on to complete a Patellofemoral and Sports Surgery Fellowship at the Hopital de la Croix-Rousse in France, and a Paediatric Orthopaedics Fellowship at the Great Ormond Street Hospital in London.

Dr Lam helped set up the Limb Lengthening and Deformity Clinic in KK Women's and Children's Hospital in 2018, and established the use of 3D-printing in deformity correction in this region, winning the prestigious Asia Pacific Paediatric Orthopaedics Travelling Fellowship in 2019. He remains the first and only orthopaedic surgeon in Singapore to obtain a Diploma of Children's Orthopaedics from the European Paediatric Orthopaedic Society.

DOCTORS



Dr Lee Hanjing
Argent Plastic Surgery

Dr Lee graduated from the Guys Kings and St. Thomas School of Medicine, University of London. She completed her postgraduate training in Plastic Surgery at the National University Hospital, Singapore; and following that, a fellowship at the East Sydney Private Hospital for cosmetic surgery specialising in breasts and body contouring.

Her main interest in plastic surgery, other than cosmetic surgery, is in breast reconstruction after breast cancer surgery as well as Paediatric Plastic Surgery which covers congenital conditions and accidental injuries. To help children with deformities like cleft lip/palate and ear deformities, she has been spending time yearly in Myanmar and Cambodia since 2010. Dr Lee is currently a visiting consultant at the National University Hospital, Singapore.



Dr Lim Hui Fang
The Respiratory Practice

Dr Lim is a respiratory physician and intensivist, with clinical interests in severe asthma, bronchiectasis, pneumonia, early lung cancer detection, endobronchial ultrasound and intensive care medicine. She is the primary investigator of numerous research grants, and is an Adjunct Assistant Professor at the National University of Singapore. She started the multidisciplinary complex airway clinic at the National University Hospital, Singapore in 2017, where she is currently a visiting consultant.

In 2015, Dr Lim and her team were awarded the National Medical Excellence Award, given by the Ministry of Health, for their work in reducing mortality in community acquired pneumonia. Dr Lim is also the lead and deputy lead of the Singapore National Asthma Program 2 and 3, funded by the Ministry of Health.



Dr Lu Wei
GUTCARE

Dr Lu is a gastroenterologist, specialising in gastrointestinal cancer screening, endoscopic ultrasound, cirrhosis, fatty liver, hepatitis B and C, liver cancers, and pancreatobiliary disorders. She is experienced in performing diagnostic and screening scopes, and therapeutic endoscopic procedures such as polypectomy, percutaneous endoscopic gastrostomy insertion, endoscopic treatment of bleeding ulcers, ligation and injection of varices.

Dr Lu graduated from the National University of Singapore and underwent internal medicine and gastroenterology training at the National University Hospital. Subsequently, she obtained membership of the Royal College of Physicians, UK, and received her master's degree and gastroenterology specialist accreditation. A former senior consultant gastroenterologist at Ng Teng Fong General Hospital, Dr Lu also developed the hospital's endoscopic ultrasound service and served in the hospital's endoscopy committee.



Dr Colum Patrick Nolan
Oxford Spine and Neurosurgery Centre

Dr Nolan is the Medical Director at Oxford Spine and Neurosurgery Centre, and is an experienced Senior Consultant Neurosurgeon, subspecialising in Spine Surgery. Prior to commencing private practice, he served as Head of Service, and Director of the Spine and Spinal Disorders Programme at the National Neuroscience Institute. He was also Head of the Neurosurgery Service at Sengkang General Hospital.

Dr Nolan's 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, intradural tumour surgery, complex cervical spine surgery and the use of spinal navigation technology.



**Dr Geraldine
Tan**

Eunice & Geraldine
OBGYN Associates

Dr Tan is an Obstetrician & Gynaecologist with more than 20 years of experience. Her practice includes management of pregnant women and childbirth, with focus on women's choice for mode of delivery. She also manages gynaecological conditions such as menstrual problems, menopausal issues, abnormal Pap smears and fertility issues.

Dr Tan was formerly an Associate Consultant in the Department of O&G in the National University Hospital (NUH). She completed her medical and specialist training at the National University of Singapore and NUH respectively, thereafter obtaining her Membership from the Royal College of Obstetricians and Gynaecologists in London and MMED (O&G) from the National University of Singapore.



**Dr Pauleon
Tan Enjiu**

Colorectal Practice

After completing his specialist training and becoming Fellow of the Royal College of Surgeons in Edinburgh in 2016, Dr Tan furthered his advanced colorectal surgical training in one of the top 5 units in Japan at Saitama International Medical Center. Having trained in Japan, he has honed the technique of D3 colorectal resections which enables more lymph nodes to be retrieved during cancer surgery.

After serving in the public sector for over 15 years in various hospitals including Khoo Teck Puat Hospital, Singapore General Hospital and Tan Tock Seng Hospital, Dr Tan is well-versed in treating both general surgical conditions and colorectal diseases. He is experienced in minimally invasive surgery and endoscopy, including advanced endoscopic resections like Endoscopic Submucosal Dissection.



**Dr Michelle
Tseng Shu Fen**

Asian Alliance
Radiation & Oncology

Dr Tseng completed her medical training with an intercalated Bachelor of Science degree at Imperial College London, United Kingdom and graduated with Distinction in Clinical Practice. She received her specialist training in Radiation Oncology at National University Hospital (NUH), Singapore and Peter MacCallum Cancer Centre, Melbourne, Australia; and obtained her fellowship with the Royal Australian and New Zealand College of Radiologists (RANZCR).

In 2018, she was recognised for her research excellence and awarded the RANZCR Faculty of Radiation Oncology Bourne and Langlands Prize. The following year, she completed a proton therapy observership at Linkou Chang Gung Memorial Hospital's Proton and Radiation Therapy Centre in Taipei, Taiwan where she gained valuable insight and experience in treating patients with proton therapy.

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