

my *Alvernia*

Inspiring Healthy Living | Issue 50

Giving Grace

Cardinal William Goh Blesses St Anne Mother & Child Centre



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As we progress through the latter half of 2023, I'm delighted to share that our 10-storey maternity and paediatric building, St Anne Mother & Child Centre, has opened its doors, and welcomed its first patients in August. It has always been our vision to have a dedicated maternity and paediatric centre. This is especially so because our founding FMDM nuns started Mount Alvernia Hospital 62 years ago as a mother and child hospital.

This dream was momentarily deferred by the challenges posed by the COVID-19 pandemic, but its materialisation is a testament to the collective perseverance and resilience of our dedicated partners and team members. My heartfelt gratitude extends to our contractor, Shimizu Corporation, project consultants, Board of Directors, and every member of the Mount Alvernia Hospital family who played a part in bringing this dream to reality.

To celebrate this milestone, we were honoured to have the presence of His Eminence Cardinal William Goh at the new centre. The sacred atmosphere was truly enriched by his visit, as Cardinal Goh generously bestowed his blessings upon the premises, infusing it with a profound sense of divine grace and hope. It was heartwarming to have our Founding FMDM Sisters, Board of Directors and hospital staff witness this momentous occasion together.

Amidst the excitement of preparing for the opening of St Anne Mother & Child Centre, our commitment to community outreach remains steadfast. This year, our Community Outreach Team aims to reach out to more Persons With Disabilities, working with various Social Service Organisations to offer free health screening and flu vaccinations to their members. In addition, we partnered Care Corner Singapore to offer antenatal workshop conducted by our Parentcraft Centre to vulnerable transnational couples.

It brings me great joy to extend my heartfelt congratulations to Assistant Director of Operating Theatre, Wong Ka Wai, a deserving recipient of the Nurses' Merit Award this year. Ka Wai's dedication and commitment to our patients embody the values that define Mount Alvernia Hospital.

As we celebrate Ka Wai's achievement, we also bid a fond farewell to an integral part of our hospital – Café 820. With a tinge of nostalgia, we said goodbye to this cherished space, which has witnessed countless conversations and shared laughter among our doctors and hospital staff.

However, as one door closes, another opens, and it is with great enthusiasm that we embrace the opening of a brand-new doctors' cafeteria and a more vibrant and spacious staff canteen. This marks the continuation of our commitment to nurturing togetherness and unity within our community.

Finally, as we embark on this exciting new chapter, I would like to thank all patients and their families, our doctors and staff for their unwavering support throughout the years. With the opening of St Anne Mother & Child Centre, we will continue to shape a future where healthcare is imbued with warmth, care, and the enduring spirit of **"Serve all with Love"**.



God bless.

Dr James Lam Kian Ming
CEO, Mount Alvernia Hospital



Cardinal William Goh Blesses St Anne Mother & Child Centre: A Step Forward in Maternity and Paediatric Care



Cardinal Goh confers blessings upon the staff and facilities in the new SAMCC.

A Sacred Start

The 10-storey St Anne Mother & Child Centre (SAMCC) officially opened its doors in August this year, serving as the heart of all maternity and paediatric services in Mount Alvernia Hospital. The inauguration of SAMCC marks a notable step towards enhancing healthcare services for mothers and children. The occasion was graced by His Eminence Cardinal William Goh of the Roman Catholic Archdiocese of Singapore, who blessed the new centre and dedicated it as a facility to witness to God's compassionate life-giving presence in our community.

The blessing ceremony held at the SAMCC was attended by the Founding Sisters from the Franciscan Missionaries of the Divine Motherhood (FMDM), Board of Directors, the Executive Team, and the dedicated staff of Mount Alvernia Hospital. Cardinal Goh's presence and prayers acknowledged and expressed support for the hospital's

mission to provide care and support during the precious journey of motherhood and childhood.

Joining Cardinal Goh on this symbolic occasion were three priests from the Redemptorist Congregation, Father Clement, Father Eugene, and Father Peter, who simultaneously blessed different sections of the building, including the maternity and paediatric wards, delivery suites and critical care units. Their presence for the blessing rites and the collective participation of staff showed a harmonious gathering of faith in praying for the well-being of patients and their families.



Gathering in gratitude to witness the blessing of SAMCC.

Comprehensive Care Under One Roof

SAMCC holds a special place in the history of Mount Alvernia Hospital. Founded in 1961 by the FMDM Sisters, the hospital started as a mother and child healthcare facility. As Mount Alvernia Hospital evolved into an acute tertiary care general hospital, its commitment to serving mothers and children remained unwavering. It was this steadfast dedication that gave rise to the vision of SAMCC – a comprehensive one-stop centre that brings together all the hospital’s maternity and paediatric facilities and services within one single building.



Cardinal William Goh giving his blessings to Dr James Lam, CEO, Mount Alvernia Hospital.



Cardinal Goh prays and gives his blessings during the ceremony.

From critical care facilities such as a Neonatal Intensive Care Unit, Neonatal Jaundice Unit and High Dependency Unit, to ancillary services including a satellite laboratory, satellite diagnostic imaging, a health screening centre, nutrition and dietetics, a pharmacy, and a Parentcraft centre where lactation consultants provide breastfeeding advice and infant care education - all these elements come together to ensure that every aspect of maternity and paediatric care is met with the utmost expertise and compassion.



Cardinal Goh taking a joyful selfie with friends and dedicated staff of Mount Alvernia Hospital.

Nurturing Generations to Come

In conclusion, SAMCC stands as a symbol of love, care, and hope, where the gift of life is always cherished and protected. With the blessings of the Church and the entire community of staff, doctors and mission partners, SAMCC will serve as a beacon of light, nurturing generations of mothers and children with warmth and dedication.

Embracing Renewal: Café 820's Fond Farewell Ushers in a Vibrant New Staff Canteen

Café 820 bids adieu with gratitude, making way for a larger, more vibrant canteen and a brand-new doctors' cafeteria, heralding an era of renewal and excitement at Mount Alvernia Hospital.



Café 820 bids a fond farewell on 14 July 2023.

In the heart of Mount Alvernia Hospital, Café 820 has been a beloved part of the community for five decades, leaving behind a trail of cherished memories and warm camaraderie. As the sun sets on its last day of business on 14 July 2023, the cafe reflects on its remarkable journey while making space for the exciting future that awaits.

Started in 1973, Café 820 blossomed in 2012 when it expanded and relocated to its present location within Mount Alvernia Hospital. While bidding farewell to the café might stir a hint of melancholy, there is plenty of reason to embrace the change with an optimistic outlook.



All former staff of Café 820 have been seamlessly deployed to the new kitchen and staff canteen. **Photo: Dr Chua Yang**

Welcoming a New Space for Togetherness

The heartwarming legacy of Café 820 shall continue as the hospital, with its same team of chefs and servers, open the doors to a newly revamped and more spacious canteen. Designed to cater to the growing needs of its bustling community, the larger canteen promises to be a central hub for staff to connect, nourish, and unwind amidst a welcoming ambience. A vibrant array of delectable cuisines, from local delights to international favourites, will cater to diverse tastes, making every meal an enjoyable experience.

As part of this transformation, there is also a brand-new doctors' cafeteria. The hospital recognises the importance of providing a space for doctors to have their meals amidst their busy schedules. The doctors' cafeteria will continue to serve its purpose of offering an oasis of comfort, fostering a sense of camaraderie and community among the medical specialists at Mount Alvernia Hospital.

Seamless Transition for Café Staff

Amidst the excitement of the café employees on the new beginnings, memories of Café 820 will forever hold a special place in the hearts of those it touched. Beyond its mouthwatering offerings, what truly set Café 820 apart were its staff – the heart and soul of the establishment. With their warm hospitality, they served hospital staff and doctors like family, ensuring a welcoming environment during mealtimes. The café employees shared a sense of sadness as they bid farewell to the place they called home.

“To me, the café was more than just a workplace. It was like a home, and my colleagues and regular customers were like my extended family.” Chen Mei Yun, who had been part of the café team since 2009, reminisced. Yeh Wai Ling,

another long-serving member of the café staff, echoed Mei Yun's sentiment. “I missed the ambience.”

Nevertheless, the caring spirit of Mount Alvernia Hospital shone through as all nine Café 820 employees have been seamlessly redeployed to the newly opened staff kitchen, canteen and doctors' hangout. The staff embraced this change with open hearts. For chef de partie Jason Teng, this change “brought excitement, presenting an opportunity to embrace a new environment and take on fresh challenges.”



Service staff enjoying a meal at the newly opened staff canteen. **Photo: Dr Chua Yang**

An Expression of Gratitude

The closure of Café 820 may be a bittersweet moment, but as the hospital ushers in this period of transformation, it does so with a deep sense of gratitude. The café's warmth, togetherness and culinary pleasures have left an indelible mark on the hospital's history.

With open hearts and optimistic spirits, Mount Alvernia Hospital looks to the future—a future that promises a larger and more vibrant canteen, a brand-new doctors' cafeteria, and the continued legacy of camaraderie and togetherness.



A brand-new doctors' cafeteria.



A Mother's Day Delight

Meet Leon, Mount Alvernia Hospital's first baby born on Mother's Day 2023!

This Mother's Day, 14 May, proved to be an extremely memorable one for parents Ananth (31) and Manisha (30), as the couple welcomed their very first child. Weighing 2.76kg and measuring 50cm in length, little Leon took his time to arrive. Mummy Manisha, a homemaker, experienced her first contraction on 12 May, Friday night. Her contractions only became regular on Saturday evening.

The couple, who have been married for a year and a half, then came to Mount Alvernia Hospital to await his birth. After 13 hours of continuous contractions, Manisha's water broke on Sunday morning at 9.30am. Baby Leon made his appearance at 4.25pm that day.

"When the doctor confirmed dilation was close to 10cm and my wife could deliver, I realised I was going to see my little baby!" shared Ananth. "I started to feel happy, excited but also worried about my wife's pain at the same time."

These emotions gave way to overwhelming joy when Ananth saw his son for the first time. "When I heard his first cry, I became very emotional and tears started streaming down my face," he recalled. "I will never forget that feeling."

*Congratulations to happy parents
Manisha and Ananth!*

May Baby Leon be blessed with love, joy and good health his whole life!



Remembering the Importance of Hand Hygiene



Mount Alvernia Hospital held its own annual Hand Hygiene Day on 4 May 2023.

Hand washing and sanitising may seem like a simple everyday practice, but it is one of the most effective and basic measures to prevent the spread of infection – especially in a hospital environment. “One of the most common ways that harmful organisms are spread between patients is via the hands of healthcare workers,” highlighted Ms Shirley Tay, Director, Nursing. “Published literature also indicates that effective hand hygiene can eradicate the carriage of pathogens, and significantly reduce the rate of healthcare-associated infections.”

Mount Alvernia Hospital recognises the importance of hand hygiene. In conjunction with World Hand Hygiene Day, the hospital held its own annual Hand Hygiene Day on 4 May 2023.

Thanks to the hard work of the nursing team, the event was a lively, enriching and informational one. The hospital was pleased to invite Dr Leong Hoe Nam, Senior Consultant Infectious Diseases Physician and infection control expert, to share his knowledge on infection control and hand hygiene.

There were also games, booths, door gifts, a quiz and an award presentation. Awards like “Clean House Champion” and “Hand Hygiene Rising Star” were given out for the most compliant and improved departments in terms of hygiene for the year 2022. Quiz participants received prizes as well.

The slogan for this year’s World Hand Hygiene Day was “Accelerate Action Together: Save Lives - Clean Your Hands.”

In line with this, Mount Alvernia Hospital’s 2023 campaign had two main goals: accelerating action to prevent infections and antimicrobial resistance in healthcare, and building a culture of safety and quality in which hand hygiene improvement is given high priority.

Antimicrobial resistance, in particular, has been declared by the World Health Organisation as one of the top 10 threats in our world today. Hand hygiene can reduce the spread of antimicrobial organisms, and stop transmission of resistant organisms in healthcare settings and in the community.

“While we continue to have awareness campaigns put in place to encourage regular hand hygiene for all frontline and backend staff, hand hygiene practices must become a lifestyle habit and not just a work process or campaign,” noted Dr James Lam, CEO, Mount Alvernia Hospital. “Not only should hand hygiene be practised at the point of care, it must be an inbuilt habit that is carried out regardless of the circumstance and situation. Only then, will we achieve better health outcomes for our patients and our loved ones, and is it truly a preventive measure.”

“Our hands may become contaminated by merely touching patients’ intact skin or objects in patients’ rooms, and during “clean” procedures like measuring blood pressure,” added Dr Djoni Huang, Director, Clinical Services. “We can save millions of lives every year just by performing hand hygiene at the right moments. Let us work together to meet the common goal of safety and quality.”

When is a breast lump serious?

Finding a lump in your breast can understandably cause worry and anxiety. Dr Tan Yia Swam, Consultant Breast Surgeon at Mount Alvernia Hospital, has answers to your questions about breast lumps, as well as advice for breast screening.



Dr Tan Yia Swam
Consultant General Surgeon
Breast Friend Surgery and Wellness
St Anne Mother & Child Centre #04-82



Most countries, including Singapore, recommend mammogram screening from age 50 onwards.

If you've ever felt a lump – or what you assume to be a lump – in your breast, your mind might jump straight to the worst case scenario. Whilst a breast lump does warrant further evaluation, don't resort to panic if you feel one! Many lumps are benign and don't necessarily indicate a cancerous growth. Here's a guide on what exactly breast lumps are and what to do if you find one.

What are breast lumps?

There are many different types of cells in the breast, including milk ducts, fat, fibrous tissue, muscle layer, bone in the rib cage, skin and sweat glands. Each and any of these can potentially grow a lump. Many of these lumps are non-cancerous, reassures Dr Tan.

Why do breast lumps occur and what are the different types?

Lumps may occur due to hormonal changes such as fibrocystic breast changes which lead to the formation of fluid-filled round or oval sacs, called cysts. The cysts can make breasts feel tender and lumpy.

Other types of non-cancerous lumps include fibroadenomas (benign breast tumours made up of both glandular and stromal tissues), lipomas (benign tumours of fatty tissue), and angiomyolipomas (benign tumours of fat and muscle tissue that are usually found in the kidney).

What to do if you feel a lump?

"If you examine yourself and feel a breast lump, don't panic," assures Dr Tan. "Book an appointment to see a doctor, and let the doctor recommend the necessary check to confirm what it is."

This will usually be a radiology study, depending on your age. Some women may also need a biopsy for diagnosis.

The importance of breast screening

"Screening for illness refers to the process of identifying a very early stage of the disease process, such that the disease may be prevented or cured," explains Dr Tan. "Tests that are used for screening have been rigorously studied to make sure that they are user-friendly, accurate and cost effective."

For women, there are effective screening tests for breast cancers. For breast cancer screening, most countries,

including Singapore, recommend mammogram screening from age 50 onwards. For ladies who are at higher risk, this may start at age 40. Some specialists will recommend a supplementary ultrasound as well.

"Screening tests can help to pick up breast cancer at an early stage, even stage 0," notes Dr Tan. "The earlier the stage at which it is detected, the better the prognosis and survival."

Should I go for an ultrasound or mammogram?

As ultrasounds and mammograms study different things, Dr Tan advises that women aged 40 or older can consider yearly mammogram screenings, with a supplementary ultrasound. For younger women, a monthly breast self-examination starting from age 18 is a good way to know your body well, and be alert if anything new develops. "However, do bear in mind that most lumps detected are non-cancerous," reminds Dr Tan.

What are the different types of breast screening?

Mammogram: A mammogram uses X-rays to detect calcium spots in the breasts – which may be a sign of early cancer. Calcium spots may also be due to many other non-cancerous causes. This should not be done during pregnancy or breastfeeding.

During the X-ray, a radiographer will place your breast between two flat plastic plates and compress it for a few seconds. This is performed on one breast at a time. There may be some discomfort but it is important for the breast tissue to be compressed for a clearer image. Additional views may be needed for close examination. Talk to your breast specialist at the clinic review to understand the findings.

Ultrasound: This technology, also used for monitoring the baby during pregnancy, is safe for detecting lumps. It helps determine if a lump is solid or cystic (filled with fluid). While ultrasound is not typically used as a screening method because most lumps detected are non-cancerous, it can be valuable for identifying potential issues. However, cancerous lumps found through ultrasound might be at a more advanced stage compared to those detected by mammograms.

For patients with a high risk of breast cancer, specialists may recommend other methods such as:

- A breast MRI (for selected high risk individuals)
- Biopsy (for abnormal findings on radiology)
- Genetic screening (for selected individuals)

"There are pros and cons for each method, so do speak to a breast doctor to understand what you need," says Dr Tan.



Mount Alvernia Hospital's Health Screening Centre offers various health screening packages that include breast screening. You can call 6347 6215, Whatsapp 9819 1303, email hsc@mtalvernia.sg or simply scan the QR code to find out more.

Understanding Potential Pregnancy Complications

Complications are the last thing any parent-to-be wants to consider. However, it is crucial to know what the unexpected might bring, and what can be done should it occur.



It is crucial to stay informed of common pregnancy complications.

Whilst everyone hopes for a smooth pregnancy, complications can get in the way and affect both mother and baby. These range from mild to life-threatening. As Dr Liana Koe, Consultant Obstetrician & Gynaecologist at Mount Alvernia Hospital shares, risk factors vary as well. Advanced maternal age, smoking, alcohol and drug abuse, as well as a low or high body mass index (BMI), are associated with most pregnancy complications.

In this article, we outline several common pregnancy complications, their possible causes, and the preventive measures and treatment options available for expectant mothers.

1 First trimester bleeding and miscarriage

Also known as bleeding and pregnancy loss in the first 12 weeks of pregnancy, this condition is common and affects about 1 in 4 pregnancies. "Certain causes include cervical lesions like polyps (benign growths on the cervix), sexual intercourse and subchorionic haemorrhage (bleeding near the pregnancy sac)," notes Dr Koe.



Dr Liana Koe
Consultant Obstetrician & Gynaecologist
STO+G Women's Health Specialists
St Anne Mother & Child Centre #04-84

She also assures that the majority of patients have the bleeding resolve spontaneously by 12 weeks, going on to have healthy pregnancies. However, pregnancy loss or miscarriage occurs in some patients, and the most common cause is aneuploidies (non-inherited chromosomal disorders) that occur by chance. Even in these cases, subsequent pregnancies are usually healthy and uneventful.

“Avoid strenuous activities and sexual intercourse in the event of bleeding in pregnancy, seek obstetric advice early for more frequent scans, and consider progesterone supplementation (more useful for women with previous pregnancy loss and subchorionic haemorrhage, or previous cervical trauma),” Dr Koe advises.

2 Antepartum haemorrhage (APH)

This refers to bleeding in pregnancy after 24 weeks of pregnancy. Common causes include placenta praevia (low-lying placenta), placental abruption (early separation of the placenta) and vaginal infections like yeast and bacterial vaginosis.

“Bleeding that is recurrent or heavy can lead to blood loss, low blood count, and in severe cases, risk to maternal and fetal life,” warns Dr Koe. “Severe APH that is endangering the mother or child’s life may need early delivery via Caesarean section.”

However, in most cases, bleeding is not life-threatening and resolves spontaneously, especially if due to vaginal infections. Bacterial vaginosis, if untreated, can increase the risk of preterm labour.

If bleeding occurs, Dr Koe recommends bed rest and minimising excessive exertion like exercising and standing for long periods. Progesterone supplementation is useful if there is threatened preterm labour. If blood loss causes anaemia, iron supplementation or blood transfusions may be needed.

3 Gestational hypertension and pre-eclampsia

Gestational hypertension (high blood pressure) may develop after 20 weeks of pregnancy. Pre-eclampsia is gestational hypertension complicated with protein detected in the urine. The underlying cause is not fully understood, but current theories suggest improper development of the placenta from early stages of pregnancy due to problems with supplying blood vessels.

“Uncontrolled high blood pressure can lead to stroke, brain bleeds, cardiac arrest, heart failure and seizures

(eclampsia) in expectant mothers. Multi-organ damage involving the liver, kidney, and changes in blood clotting resulting in bleeding disorders can also occur in severe pre-eclampsia and eclampsia,” observes Dr Koe.

Treatment options include anti-hypertensive medications to control the blood pressure, usually by the oral route. Intravenous medications are used in severe cases, and anti-seizure medications may be needed in the event of severe pre-eclampsia or eclampsia. Early delivery may be necessary in severe cases, as removal of the placenta lowers blood pressure.

4 Gestational diabetes mellitus (GDM)

Diabetes that is not pre-existing may also develop in the second or third trimester. Risk factors include previous gestational diabetes, having a large baby and known polycystic ovarian syndrome. “Asians are at higher risk of diabetes, hence universal screening is advocated in Singapore for all pregnant women,” recommends Dr Koe.

GDM also increases perinatal complications like preeclampsia, macrosomia (large baby) and associated complications like shoulder dystocia and increased caesarean and assisted delivery. Management options include adopting a low carbohydrate diet and exercise. About one in 10 patients may need oral medications or insulin injections.

5 Preterm labour

Defined as delivery before 37 weeks of pregnancy, preterm labour can occur due to vaginal infections like bacterial vaginosis, sexually transmitted infections and risk factors like APH and preeclampsia.

“With bacterial vaginosis, there is an overgrowth of bacteria due to imbalance of vaginal flora and pH levels. It presents with excessive watery or greenish vaginal discharge, coupled with a typical “fishy” odour,” describes Dr Koe.

She adds that women with previous cervical trauma or surgery need frequent follow-ups and scans to check their cervical length during pregnancy, and take progesterone supplements to reduce their risk of preterm labour.

If preterm labour progresses and delivery is imminent, tocolytics (medications to stop contractions and relax the uterus) are given to halt or delay the labour process. For the baby, intramuscular injections of steroids to the mother prior to delivery helps to reduce the incidence of neonatal ICU stays and respiratory complications.



As babies are unable to blow their noses and express their needs verbally, identifying symptoms of nasal congestion can be challenging.

Help! My baby has a stuffy nose.

A stuffy nose can be extremely uncomfortable for the little ones, and worrisome for parents who are unable to identify the cause. Consultant ENT Surgeon Dr Leslie Koh, explains this condition and the actions to take.



Dr Leslie Koh
Consultant ENT Surgeon
The ENT Specialist Centre
Medical Centre D #07-65

What triggers nasal congestion?

Nasal congestion in babies and toddlers may have numerous causes. As Dr Koh explains, here are some common triggers:

Allergies: Allergies to airborne substances like pollen, dust mites or pet dander. Typically, in Singapore, these are perennial (year-round) allergies.

The common cold: Viral infections such as the common cold can cause inflammation and swelling of the nasal passages, frequently causing nasal congestion.

Sinus infections: These can be bacterial or viral. They usually occur when a common cold or allergy causes blockage and a build-up of fluid in the sinuses.

Adenoid enlargement: The adenoids are tissues located at the back of the nose, similar to the tonsils in the mouth. When they become large or infected, they obstruct the nasal airway and cause nasal obstruction.

Structural abnormalities: Structural issues in the nose such as a deviated nasal septum or narrow nasal passages may be a cause of chronic nasal congestion.

Environmental factors: Exposure to common irritants such as smoke, air pollution or strong odours may irritate the nasal passages, causing swelling and triggering congestion.

How can I identify symptoms of nasal congestion in my child?

“As babies are unable to blow their noses and express their needs verbally, identifying symptoms of nasal congestion can be very challenging,” acknowledges Dr Koh.

However, there are several signs to look out for to indicate nasal obstruction:

- Noisy breathing / snoring, and unusual sounds like snorting or wheezing.
- Having trouble breathing through the nose, or persistently sleeping with the mouth open.
- Instinctive sniffing or rubbing of the nose to alleviate the discomfort of nasal obstruction.
- Difficulty in feeding. Nasal congestion can make it difficult for babies to feed comfortably as they may have trouble breathing when nursing or drinking from a bottle. Signs of these include fussiness, frequent pauses during feeding or a decreased appetite.
- Sleeping difficulties. Nasal congestion often gets worse when babies lie down, causing disrupted sleep. If your child is constantly waking up, restless or having trouble sleeping, this could be due to nasal congestion.

How do I know exactly what's causing my child's stuffy nose?

Determining the exact cause of your child's stuffy nose can be challenging in the absence of a proper medical examination. Nevertheless, several factors may help identify the possible cause.

“These include the duration of symptoms. If the stuffy nose persists for several weeks or occurs intermittently over an extended period of time, it might be due to chronic allergies or recurring infections,” elaborates Dr Koh. “If your child has concurrent itchy and watery eyes, sneezing, or a rash, nasal congestion is likely due to allergies. Environmental triggers such as exposure to cigarette smoke, strong odours, dust, or pet dander can potentially worsen symptoms in allergic or sensitive individuals.”

Conversely, fever, cough or coloured nasal discharge could indicate signs of a viral or bacterial infection.

What are some solutions to ease congestion?

“Using saline nasal drops and sprays can help loosen mucus and moisturise the nasal passages, making it easier to breathe,” advised Dr Koh. “A few drops or sprays in each nostril can be administered, followed by careful gentle suction with a nasal bulb syringe to remove excess mucus.”

Over the counter medication such as oxymetazoline can be used for temporary quick relief of symptoms, though it is important not to use these for prolonged periods due to the risk of rebound nasal congestion, Dr Koh cautions.

Using a small pillow to elevate your child's head or slightly raising the head of the crib or bed can help improve nasal drainage and relieve congestion. Also, ensuring adequate hydration can keep nasal mucus thin and easier to clear.

“Sitting in a steam-filled bathroom for a few minutes may help loosen mucus and alleviate congestion as well,” said Dr Koh. “A steamy environment can be created by running a hot shower. However, do not expose your child to direct contact with hot water or steam.”

When is it time to consult a doctor?

It is advisable to consult a doctor under the following circumstances:



- **Prolonged or worsening congestion** may indicate an underlying condition that requires evaluation and treatment.
- **Rapid or laboured breathing**, or difficulty in feeding or sleeping due to nasal congestion.
- **High fever, severe cough, ear pain** or other concerning symptoms together with nasal congestion.
- **Infants younger than 2 to 3 months** may need prompt medical attention for nasal congestion as they have a higher risk of developing severe respiratory infections.
- **Pre-existing health conditions** like asthma, chronic lung disease, immune system disorders or other chronic illnesses may predispose a child to developing severe respiratory infections. In such cases, it is important to seek medical attention earlier rather than later.

What is the difference between Medisave and Medishield Life?

Wrapping your head around the different health coverage plans can be a challenge! We simplify things by breaking down what exactly Medisave and Medishield Life are, as well as what procedures both cover.



MediSave versus Medishield Life: What they are

The first thing to note is that MediSave is not a medical insurance plan, but a CPF savings account. Its main purpose is to help individuals set aside part of their income to pay for their personal or approved dependents' hospitalisation, day surgery and certain outpatient expenses, as well as their healthcare needs in old age.

In contrast, MediShield Life is a basic health insurance plan that protects all Singapore Citizens and Permanent Residents against large hospital bills for life, regardless of age or health condition.

Procedures and fees covered

MediSave funds can be used to pay for hospitalisation, day surgery, selected outpatient expenses and premiums for MediShield Life, Integrated Shield Plans, ElderShield and CareShield Life.

Medisave has also been expanded for more outpatient uses like chemotherapy, long-term treatment for chronic illnesses and preventive health measures like health screenings and newborn vaccinations. With regard to hospital charges, Medisave covers daily ward charges, doctor's attendance fees, surgical operation fees, inpatient charges for medical treatment, investigations, medicines, rehabilitative services, medical supplies, implants and prostheses introduced during surgery.

As for MediShield Life, the insurance scheme helps Singaporeans pay for larger hospitalisation bills, covering subsidised treatment in B2 or C wards in public hospitals. If you choose to stay in an A/B1-type ward or private hospital, your MediShield Life payout will cover only a small proportion of the bill and you will need to top up the rest from your MediSave account or in cash. MediShield Life also pays for certain outpatient treatments such as chemotherapy and radiotherapy for cancer treatment and renal dialysis.



How both schemes are funded

Your MediSave account is funded by your CPF contributions. As an employee, a percentage of your monthly CPF deductions are automatically deposited into your CPF MediSave Account. The proportion dedicated to your MediSave Account increases with age, starting at 8% of your monthly salary for employees under 35 years old. This figure is capped at 10.5% for those aged 50 and above.

Self-employed persons who earn more than S\$6,000 a year will need to contribute to Medisave as well. Details of Medisave contributions for the self-employed can be found at CPF Board's website.

MediShield Life premiums can be paid from your MediSave account, with subsidies available for lower- to middle-income families. Medisave account holders can also use their Medisave to pay the premiums for their dependents.

HEALTHCARE QUERIES EXPLAINED

	MediSave 	MediShield Life 
The schemes	CPF savings account to help defray medical costs.	Basic health insurance plan for large hospital bills.
What's covered	Hospitalisation, day surgery, selected outpatient expenses and premiums for MediShield Life, Integrated Shield Plans, ElderShield and CareShield Life.	Subsidised treatment in B2 or C wards in public hospitals.
What's not covered	Optional and cosmetic treatments, A&E fees and ambulance transport.	Ambulance fees, cosmetic surgery, dental work, infertility and maternity charges, amongst others.
Funding	Compulsory CPF contributions.	Your MediSave account (automatic deductions)
Claim limits	Hospitalisation: \$550 per day (first two days) Day surgery: \$300 per day Surgical procedures: \$250 to \$7,550	\$150,000 per policy year, no lifetime limits.

*All fees quoted are in Singapore Dollars (SGD).

Claim limits

MediSave withdrawal limits for hospitalisation fees are set at up to S\$550 per day for the first two days and S\$400 per day thereafter. This covers inpatient hospital charges, which include daily ward charges, daily treatment fees, investigations and medicines.

You can also use up to S\$300 per day for hospital charges for day surgery, and S\$250 to S\$7,550 for surgical procedures (depending on complexity).

Under MediShield Life, the maximum claim limit per policy year is set at S\$150,000 with no lifetime limit on claims. From 1 April 2023, the Ministry of Health will also increase the MediShield Life claim limit for cancer drug services from S\$1,200 per calendar year to S\$3,600.

It is also important to note that as you continue to use your MediSave Account to pay for premiums and medical bills, the amount may one day deplete if it is no longer being topped up. In contrast, your MediShield Life policy will be in force for life.

Exclusions

MediSave generally does not cover optional and cosmetic treatments, accident and emergency (A&E) fees and non-medical treatments such as ambulance transport.

Similarly, MediShield Life has exclusions as well. These include ambulance fees, cosmetic surgery, dental work (except due to accidental injuries), infertility and maternity charges (except treatments for serious complications related to pregnancy and childbirth).

To boost MediShield Life coverage, Integrated Shield Plans (IPs) can be purchased from private insurers. The additional coverage will enable you to benefit from a wider range of healthcare options and higher claim limits.

IPs can cover the costs of private hospitals or A/B1-type wards in the public hospitals, as well as pre- and post-hospitalisation expenses. Premiums for IPs may be paid using Medisave as well, subject to additional withdrawal limits.



Ms Han May Ching (5th from right) and Ms Low Kar Yin (front row, 4th from left), with staff and volunteers from CPAS and the MAH Outreach Team.

Supporting Persons With Disabilities with Free Health Screenings and Flu Vaccinations

Mount Alvernia Hospital partners Cerebral Palsy Alliance Singapore and the SPD to offer their members complimentary health screenings and flu vaccinations.

Mount Alvernia Hospital's (MAH) Outreach Team is on a mission to support more Persons With Disabilities (PWDs) in 2023! Serving the community has always been the core of the FMDM sisters' work and MAH continuously strives to further this cause by collaborating with partners from the social service sector. This allows us to reach out to the vulnerable and disadvantaged to better meet their healthcare needs.

MAH currently has outreach clinics at two locations: a medical clinic and a dental clinic at Enabling Village at

Lengkok Bahru, and a dental clinic at Agape Village at Toa Payoh. To raise awareness of the Outreach Clinics and their health services provided among Persons With Disabilities (PWDs), MAH's Outreach Team has been running off-site programmes at the social service centres' own premises. This offers them not just greater convenience, it also allows the PWD members to feel more comfortable and assured as they are in a familiar space.

In the first half of 2023, two such outreach sessions were conducted, benefitting almost 160 PWDs.

1 Complimentary health screening for Cerebral Palsy Alliance Singapore (CPAS) members



An offsite health screening was held for 73 adult CPAS members.

In February this year, the MAH Outreach Team held an off-site health screening for CPAS members - 73 adults with cerebral palsy or multiple disabilities. These members, who are aged 19 and above, and were not on any regular follow-up for their chronic medical conditions, visited the Cerebral Palsy Centre for a free non-fasting basic health screening. They were checked for chronic illnesses such as high blood pressure, cholesterol, diabetes and obesity.

A week after the screening, Dr Raymond Ong, a doctor from Mount Alvernia Outreach Medical Clinic, returned to the centre. Over the next two days, he met with the PWDs and reviewed their individual reports together with the participants and their caregivers. Patients who needed follow-up care based on the findings of their health screening results were given the option to receive further checks and management with their own family doctor, or at the Mount Alvernia Outreach Medical Clinic located at Enabling Village.

"This programme is very beneficial to the PWDs. For CPAS members, due to their mobility issues, some of them might not seek any medical follow-up for potential chronic conditions, especially where special transport that can accommodate a wheelchair may be required" highlights Ms Low Kar Yin, Senior Executive, MAH's Community Outreach Team. "Often, caregivers are also unable to take them to the polyclinics or a clinic due to work commitment."

"As a PWD (deaf) myself, I do understand that some PWDs might not be willing to fork out money to get themselves treated due to financial constraints. So, this health screening programme can offer them some basic preventive health checks," shares Ms Low.

One challenge that the Outreach Team, CPAS staff and MAH volunteers faced during the health screenings was in managing some CPAS members who struggled or stiffened their bodies during blood taking. To do this swiftly and safely, the CPAS staff and MAH volunteers tried their hardest to distract the members by playing songs or video clips using their handphones. However, sometimes, it still required three to five people to hold the members down.



CPAS and MAH Outreach staff including Ms Low help hold up a CPAS member.

Nevertheless, it was all worth it in order to help the PWDs receive the medical attention they deserve. "This could not have been possible without everyone's effort, from the Outreach Team and volunteers, to the staff from CPAS." says Ms Han May Ching, Director, Corporate Development and Community Outreach at MAH.

2 Complimentary flu vaccination for SPD members



The MAH Outreach Team organised complimentary flu vaccinations for SPD members.

The common flu may be common, but it brings with it lots of discomfort and can even lead to complications. Thus, the Health Promotion Board recommends yearly vaccination for protection against the flu.

This is particularly important to PWDs, who are more vulnerable and could suffer worse complications from the flu. In view of this, MAH's Outreach Team organised free flu vaccinations for 64 members of the SPD.

On the morning of 8 May 2023, a team of two nurses, two registration staff, two staff ushers, and a doctor from Mount Alvernia Outreach Medical Clinic set up for the day's activities at the SPD Ability Centre. They quickly established an efficient work

flow to ensure that they could complete the vaccination for everyone on time.

Though the MAH team was able to efficiently clear all 64 vaccination cases that morning, they had to battle some challenges to ensure a smooth completion. Some of the SPD members were quite strong and large in physique, and some of them resisted the injections. Just like what the MAH Outreach Team and volunteers did with the CPAS members, they engaged help from the SPD staff to conduct the vaccinations safely. In this case, they sometimes needed a few people to distract the stronger members and hold them down, so that the nurses could administer the jab successfully without compromising the member's safety.

Working hand-in-hand with partners to serve the PWD community

Beyond these off-site programmes to offer complimentary health services to the various social service organisations' PWD clients, the MAH Outreach Team hopes to encourage them to take continual and better charge of their health. PWDs are urged to visit the Mount Alvernia Outreach Clinics for follow-up appointments. Keenly aware of the challenges that PWDs face, the staff at both the Mount Alvernia Outreach Medical and Dental Clinics are empathetic and committed to help our PWD friends.

The Outreach Clinics also provide a safe and comfortable environment with short waiting times for caregivers to bring their wards to receive medical and dental care.

"As PWDs are kept active and engaged by our partners, we want to play our part in caring for their general health." says Ms Han. "With a strong ecosystem and lasting partnerships, we hope to reach out to more PWDs and people who have limited access to healthcare."



Staff at the Mount Alvernia Outreach Clinics are committed to help PWDs.

After all, as they say, no man is an island. It is only through the continual effort from everyone that we can better serve our PWD community.



In line with Mount Alvernia Hospital's mission of giving back to the community, the Mount Alvernia Outreach Clinics provide primary healthcare services for Persons with Disabilities (PWDs) at subsidised rates.

The Outreach Medical Clinic provides GP consultations and medication for general acute and chronic conditions to PWDs at S\$15 per visit. The Outreach Dental Clinic provides routine scaling and polishing, filling and simple extraction to PWDs at S\$30 per visit. A wheelchair tilter is available for patients at the Enabling Village Clinic.

To be eligible for PWD rates, patients are required to show any of the following:

- Disabilities Concession Card;
- Development Disability Registry Identity Card; or
- Any disability membership card issued by the various disability service providers or special education schools.



Mon & Fri: 9am to 1pm | 2pm to 6pm
Tue, Wed & Thu: 12pm to 4pm | 5pm to 8pm
*Only available at Enabling Village



Mon to Fri: 9.30am to 1pm | 2pm to 5.30pm
*Appointments are required

Enabling Village

20 Lengkok Bahru #02-03 Singapore 159053
Tel: +65 6473 5100 (Medical Clinic)
Tel: +65 6473 9100 (Dental Clinic)

Agape Village

7A Lorong 8 Toa Payoh #02-07 Singapore 319264
Tel: +65 6262 4313 (Dental Clinic)



Mount Alvernia's Parentcraft Centre partners Care Corner Singapore to offer free antenatal workshops to vulnerable transnational couples.

Love Without Borders

Transnational couples sometimes struggle with starting a family because they may lack family support and knowledge. To help them build confidence as they become first-time parents, Mount Alvernia Hospital's Parentcraft Centre collaborated with Care Corner Singapore to offer these couples complimentary antenatal workshops.

When a transnational couple falls in love and decides to make Singapore their home, it often calls for sacrifice from one spouse who has to settle into a new country. These transnational spouses – usually the wives – may not have any friends or family here besides their spouses. Adapting to a new culture, food, language barrier and even how to get around Singapore can often overwhelm them.

For some couples whose marriages are arranged through marriage agencies, they may not be as familiar with each other too. To better support these transnational couples who may potentially face challenges when they settle down in Singapore and start their families here, the Ministry of Social and Family Development and Immigration and Checkpoint Authority refer them to Care Corner Singapore.

This not-for-profit social service agency runs marriage enhancement programmes for transnational couples, where they learn about what constitutes building a family together. Topics covered include managing conflicts, financial management, ways to improve their relationship or communication with each other. Care Corner also conducts

support programmes to familiarise foreign spouses with practical aspects of living in Singapore, connect them to resources, and help them form social networks. But what about the challenges of becoming new parents as a transnational couple? This is where Mount Alvernia Hospital's (MAH) Outreach Team steps in.

Supporting Transnational Couples with Antenatal Workshops

In a collaboration with Care Corner Singapore's Family Support Services arm, the MAH Outreach Team has been reaching out to these vulnerable transnational families. Previously, the team had conducted fundraising for Care Corner Singapore during MAH's 60th anniversary; attended to medical requests faced by their clients; and supported them through MAH's Maternity Assistance Programme.

During the COVID-19 pandemic, MAH's physical antenatal classes were held online. The Parentcraft Centre produced three videos on topics such as Labour, Breastfeeding and

Care of Newborn, which were available to the public for a fee. As these fit Care Corner Singapore's needs to educate their transnational couples, the MAH Outreach Team worked with MAH's Parentcraft Centre to grant these couples permission to use these resources, free of charge, which were shared with the couples via Zoom. Care Corner Singapore also helped to translate the videos to provide Vietnamese, Bahasa Indonesia and Mandarin subtitles to better cater to their clients' needs.

When the COVID-19 restrictions were lifted, physical antenatal workshops resumed at MAH. Two special sessions for Care Corner Singapore's clients were held on two Saturdays this year. They were attended by 10 couples which included expectant parents, those who had just given birth and those who were planning for their pregnancy.

Learning about Labour, Breastfeeding and Infant care



Parentcraft counsellor Ms Richelle Tang offered the couples tips on infant care.

Conducted by Parentcraft counsellors Ms Sharon Seet and Ms Richelle Tang, the first session taught the couples what to expect during and after labour, including some breathing techniques to aid pain management. A Q&A session with MAH's lactation consultant gave the mums-to-be a chance to ask all their burning questions about starting their breastfeeding journey.

On the following Saturday, the couples learned more about breastfeeding – a hot topic for nervous new parents –and how it aids bonding. They also picked up tips on infant care, such as learning how to bathe them and change diapers.

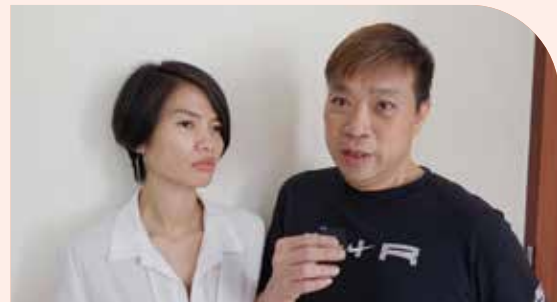
Ms Grace Sng, a Social Worker from Care Corner Singapore, is glad that collaborations with like-minded partners like MAH has helped her clients immensely. "Mount Alvernia Hospital's vision is to 'Serve all with Love'. And for Care Corner, we really want to bring Care to Every Corner in Singapore," says Ms Sng, who sees the synergy that both organisations bring as they serve transnational couples together. Noting that the young couples are unsure of what to expect, Ms Ho adds, "Coming to Parentcraft Centre, there is a lot of knowledge here that can really benefit them."

Parenthood is an exciting new journey and every couple deserves the best support they can get. Through the collaboration with Care Corner Singapore, MAH hopes to help these transnational couples as they navigate the cross-cultural challenges of giving birth in Singapore.

Getting Ready for Parenthood

Two transnational couples who benefitted from the antenatal workshops conducted by Parentcraft Centre give them thumbs-up to the programme.

Ben (Singaporean) and Truc Ly (Vietnamese)



“ I think it's enlightening to know more about labour. The part that I think helps the most is about the part where we must know when to go to the hospital, like, when she is showing contractions. Without that information, we would not know what to do. ”

Dennis (Singaporean) and Yan Zhang (Chinese)



“ The session is very helpful because it gives us the knowledge of pregnancy and delivery, which we had no knowledge of previously because this is our first pregnancy. ”



The antenatal workshops are open to the public for a fee and consist of one full-day session held daily from 11.30am to 5pm (1-hour lunch included). Those who are interested should contact the Parentcraft Centre at parentcraft@mtalvernia.sg or 6347 6641 to register.

Introducing Our New Specialist Doctors!

Mount Alvernia Hospital is delighted to welcome 13 specialist doctors who have recently joined the Mount Alvernia family, as well as 8 OBGYN specialists who will be opening their clinics at the new St Anne Mother & Child Centre.



Dr Chin Pak Lin
AHS (Alvernia)

Dr Chin Pak Lin, a hip and knee specialist surgeon, graduated from the National University of Singapore in 1998. He obtained both his postgraduate membership of the Royal College of Surgeons of Edinburgh, as well as his Masters of Medicine in Orthopaedic Surgery in 2003. He subsequently obtained his Fellowship of the Royal College of Surgeons of Edinburgh in Orthopaedic Surgery in 2007. He was a consultant within the Adult Reconstructive Service in the Department of Orthopaedic Surgery at the Singapore General Hospital.

Dr Chin has an active interest in complex joint replacement surgery and is a regional expert in computer-aided techniques and robotic-assisted surgery. He shares his experience in the region through courses and medical exchange programmes.



Dr Kevin Lee
Pinnacle
Orthopaedic Group

Dr Kevin Lee, founder of Pinnacle Orthopaedic Group, is a US fellowship-trained senior consultant orthopaedic surgeon. He completed his medical degree at the National University of Singapore in 1996. He is a fellow of the Royal College Of Surgeons, Edinburgh (Orthopaedics) and holds a Master of Medicine (Orthopaedics).

Dr Lee is a current member of the American Association of Hip & Knee Surgeons and was the former Vice President of the Singapore Cycling Federation. His sub-specialty interests are in hip and knee surgeries (including joint replacements and sports injuries), cartilage repair and stem cell therapeutics in orthopaedics.

Dr Lee underwent sub-specialty training at the Hip & Knee Division, Stanford University Orthopaedic Department, USA. He was also involved in both clinical and basic science research on joint replacements, biomaterials and stem cell therapeutics in orthopaedics.



Dr Loo Wee Lim
Synergy Orthopaedic
Group Pte Ltd

Dr Loo Wee Lim is an orthopaedic surgeon with a sub-specialty interest in spine surgery. He graduated from the National University of Singapore, Faculty of Medicine in 2002. During the course of his specialty training, he obtained his membership with the Royal College of Surgeons (Edinburgh) and his Masters of Medicine (Orthopaedic Surgery). Dr Loo completed his postgraduate training in Orthopaedic Surgery in 2013 and was elected Fellow of the Royal College of Surgeons (Ortho). He is also registered with the Singapore Specialist Accreditation Board.

Prior to joining Synergy Orthopaedic Group, Dr Loo was a senior consultant with the Department of Orthopaedic Surgery at Changi General Hospital (CGH) and the CGH-National Neuroscience Institute (NNI) Integrated Spine Centre.



**Dr Ong
Lin Yin**

The Little Surgery
Centre

Dr Ong Lin Yin is an experienced paediatric surgeon who has dedicated her practice to paediatric general surgery and urology for the last 20 years. She was a senior consultant and former Head of Department of Paediatric Surgery at KK Women's and Children's Hospital (KKH).

Besides her vast experience in general paediatric surgery, Dr Ong's sub-specialty interests include paediatric thoracic surgery, oesophageal atresia, bowel management and minimally invasive surgery. While in private practice, Dr Ong continues to serve as a visiting consultant at KKH and the National University Hospital, and remains a member of the Paediatric Surgery Residency Advisory Committee. She is currently involved in a multi-centre collaboration with local and Malaysian centres on a nurse-led bowel management programme.



**Dr Victor
Seah**

Pinnacle
Orthopaedic Group

Dr Victor Seah is a double-fellowship trained orthopaedic surgeon in Singapore. He has a special interest in orthopaedic trauma and geriatric osteoporotic fractures, and is skilled in foot and ankle surgery as well.

Dr Seah graduated with an MBBS from the National University of Singapore in 2000 and started his specialty training in 2005. He then obtained the Master of Medicine in Orthopaedic Surgery in 2006 from the National University of Singapore, and was conferred a Fellow of the Royal College of Surgeons of Edinburgh in 2009. He was previously actively involved in the care of trauma patients and was the trauma team lead for the Orthopaedic Department in Khoo Teck Puat Hospital.



Dr David Su
AHS (Alvernia)

Dr David Su was Consultant Orthopaedic Surgeon and Director of the Foot and Ankle Service at the Department of Orthopaedic Surgery, Singapore General Hospital, prior to co-founding The Orthopaedic Centre in 2013.

He graduated from the National University of Singapore, and having further obtained post-graduate medical qualifications with the same institution, as well as achieving the Fellowship of Royal College of Surgeons, Edinburgh, he served in the public service for 15 years.

Appointed as Adjunct Assistant Professor, he taught postgraduate students in the Duke-NUS Medical School and tutored undergraduates in the Yong Loo Lin School of Medicine, National University of Singapore.



**Dr Tan
Boon Yew**

Restore Heart Centre

Dr Tan Boon Yew obtained his medical degree from the University of Sheffield (UK) in 1997. He completed his training in internal medicine and became a member of the Royal College of Physicians in 2002. Dr Tan subsequently underwent his training in general cardiology at the National Heart Centre Singapore and obtained his full registration as a certified cardiologist with the Singapore Medical Council in 2006.

Dr Tan is a Certified Cardiac Device Specialist (CCDS) as well as a Certified Electrophysiology Specialist (CEPS-A) with the International Board of Heart Rhythm Examiners (IBHRE). He was also awarded multiple National Heart Centre Singapore Service Quality Awards as well as the Singapore Health Quality Service Gold Award in 2022.

DOCTORS



**Dr Tan
Chyn Hong**
AHS (Alvernia)

Dr Tan Chyn Hong, an elbow, knee and shoulder specialist surgeon, was the head of division of Sports Medicine in National University Hospital in Singapore before moving on to private practice. He led a team of orthopaedic surgeons, sports physicians and sports therapists to provide comprehensive medical care to athletes.

Dr Tan was an early adopter of the technique of implantless arthroscopic rotator cuff shoulder surgery in Singapore, and was the initial surgeon in Singapore to perform the keyhole rotator cuff repair without any metal or plastic implants. In 2007, he was awarded the inaugural College of Surgeons Gold medal from the Academy of Medicine Singapore for being the most outstanding candidate in the fellowship examination of the Royal College of Surgeons (Orthopaedic Surgery) Edinburgh.



**Dr Johann
Tang**
ME Novena
Specialist Group

Dr Johann Tang is Senior Consultant and Medical Director at ME Novena Specialist Group Pte Ltd. He obtained his medical degree from the University of Newcastle, Australia, and did his specialty training in radiation oncology in Singapore at the National University Hospital (NUH). Dr Tang was at NUH for 18 years and has a wealth of experience in treating a wide variety of cancers such as breast cancer, gynaecological cancers, head and neck cancers, prostate cancer, lung cancers and paediatric cancers.

Dr Tang is accredited for Conventional 3D and VMAT/IGRT radiotherapy, Proton Therapy, Stereotactic body radiotherapy, Stereotactic radiosurgery and Brachytherapy. He offers radiotherapy treatment at Mount Alvernia Radiotherapy Centre at Medical Centre E.



**Dr Tay
Guan Tzu**
Pinnacle
Orthopaedic Group

Dr Tay Guan Tzu is a fellowship-trained orthopaedic surgeon with a special interest in foot and ankle surgery, as well as paediatric orthopaedics. He became a specialist in 2011 upon completion of the FRCS (Fellow of the Royal College of Surgeons, Edinburgh) Orthopaedic examinations.

Dr Tay completed his Foot and Ankle fellowship in Geneva, Switzerland and helped set up the Foot and Ankle Service at KK Women's & Children's Hospital (KKH). He is now a visiting consultant at both KKH and Tan Tock Seng Hospital, where he served as a consultant and later, senior consultant in the orthopaedics department.

Dr Tay is actively involved in the orthopaedic community. He was an examiner for the 2022 FRCS Orthopaedic specialist examinations and continues to be on the FRCS examination committee.



**Dr Jonathan
Teo Shunming**
Urohealth Medical
Clinic Alvernia

Dr Jonathan Teo is a consultant urologist and an accredited surgeon at Mount Alvernia Hospital. He is also currently a visiting consultant at KK Women's and Children's Hospital, and provides specialised care in men's health issues, bladder cancer, kidney cancer, overactive bladder, prostate cancer and testicular cancer.

Dr Teo graduated from the Yong Loo Lin School of Medicine, National University of Singapore in 2006 and completed his postgraduate surgical degrees from the Royal College of Surgeons of Edinburgh in 2011 and Royal College of Physicians and Surgeons, Glasgow in 2018. He completed his Specialist Urology Training under the SingHealth Urology Residency Program, and did his sub-specialty training in andrology in Korea, United Kingdom and the United States of America.



Dr Andy Wee
Pinnacle
Orthopaedic Group

Dr Andy Wee is a double-fellowship trained senior consultant and orthopaedic surgeon. Previously serving as the Head of Department for Orthopaedic Surgery at Khoo Teck Puat Hospital, he now practises at the Pinnacle Orthopaedic Group.

Dr Wee stands out as one of the few orthopaedic surgeons in Singapore to have completed two renowned North American fellowships at the Mayo Clinic Shoulder and Elbow Unit and the Fowler Kennedy Sports Medicine Clinic. Dr Wee's sub-specialty focus lies in Shoulder and Elbow surgery, as well as arthroscopic and sports surgeries of the knee, hip, and ankle.

As one of the few surgeons in Singapore who is well versed in performing arthroscopic keyhole surgeries for multiple joints, Dr Wee frequently treats both competitive and recreational athletes due to his background as a former national squash athlete.

New Doctors at St Anne Mother & Child Centre

(Clinics are opening from September 2023 onwards.)



Dr Irene Chua
Irene & Jon Clinic

A senior consultant obstetrician and gynaecologist, Dr Irene Chua obtained her MBBS from the National University of Singapore and is a Member of the Royal College of Obstetricians and Gynaecologists in London, as well as a Fellow of the Academy of Medicine, Singapore. Before establishing her private practice, she was Senior Consultant in the Minimally Invasive Surgery Unit and head of the 24-Hour Women's Clinic at KK Women's & Children's Hospital.

Dr Chua is recognised for her expertise in gynaecological endoscopy, also known as keyhole surgery, and she was the first female gynaecologist to receive the HMDP scholarship for Advanced Laparoscopic Surgery in Gynaecology. She is actively involved in teaching and training O&G specialists locally and regionally, and is a respected laparoscopic trainer and teaching faculty in various institutions.



Dr Freda Khoo
Freda Khoo Clinic
For Women

Dr Freda Khoo graduated from the National University of Singapore (NUS) and went on to pursue her specialist training in Obstetrics and Gynaecology, obtaining her postgraduate degree from the Royal College of Obstetrics and Gynaecology, London. In addition, she also attained the Masters of Medicine in Obstetrics and Gynaecology from NUS. She is a fully qualified Obstetrician and Gynaecologist with the Specialist Accreditation Board of the Ministry of Health, Singapore.

Before setting up her own clinic, Dr Khoo was a consultant in the Department of Obstetrics and Gynaecology in KK Women's and Children's Hospital. She has developed much expertise in handling deliveries in different clinical scenarios and performed many surgeries for various gynaecological conditions like fibroids or ovarian cysts.

DOCTORS



Dr Liana Koe
STO+G Women's
Health Specialists

Dr Liana Koe obtained her medical degree from the National University of Singapore, and trained in obstetrics and gynaecology (O&G) under the SingHealth cluster. She subsequently attained her specialist accreditation in Obstetrics and Gynaecology by the Singapore Accreditation Board (Ministry of Health), and is a member of the Royal College of Obstetrics and Gynaecology (UK), and a registered specialist with the Singapore Medical Council.

Prior to joining STO+G Women's Health Specialists, Dr Koe was a specialist at KK Women's and Children's Hospital. Besides managing general obstetrics and gynaecological conditions, she has a special interest in cervical cancer screening, colposcopy, and treatment of pre-invasive cervical disease, and is a registered colposcopist of the Society for Colposcopy & Cervical Pathology of Singapore.



**Dr Tan
Yia Swam**
Breast Friend Surgery
and Wellness

Dr Tan Yia Swam, a consultant general surgeon with a special interest in breast surgery, earned her medical degree from the National University of Singapore. She underwent surgical training at the Singapore General Hospital, National University Hospital and Tan Tock Seng Hospital. With post-graduate qualifications from the Royal College of Surgeons of Edinburgh, Dr Tan is also a fellow of the Academy of Medicine, Singapore. Formerly a consultant at KK Women's and Children's Hospital, she now has her own practice.

Dr Tan has published and presented research in articles and renowned journals globally, and served as a Nominated Member of Parliament from 2021 to 2023. A long-time advocate for doctors and patients, Dr Tan was President of the Singapore Medical Association from 2021 to 2023, and is currently an appointed member of the Singapore Medical Council.



Dr Steven Teo
STO+G Women's
Health Specialists

Dr Steven Teo graduated from the National University of Singapore and went on to train in O&G with the Royal College of Obstetrics and Gynaecology (United Kingdom). He attained his Master of Medicine (O&G), became a Member and currently Fellow of the Royal College of Obstetrics and Gynaecology (United Kingdom).

Besides general obstetrics and gynaecology, Dr Teo's passion lies in fertility treatment, endometriosis and advanced laparoscopic surgery. He completed his IVF training in KKIVF Centre and is fully accredited by Ministry of Health to provide assisted reproduction services. As an endometriosis specialist and laparoscopist, the bulk of his surgeries involve resection of peritoneal and ovarian endometriosis; he also conducts the full range of minimally invasive surgeries to remove fibroids, polyps, cysts and womb.



**Dr Jonathan
Wee**
Irene & Jon Clinic

Dr Wee, a consultant obstetrician and gynaecologist, graduated from the National University of Singapore with the degree of MBBS, and attained Membership of the Royal College of Obstetricians and Gynaecologists in London, UK. He was also conferred the postgraduate degree of Master of Medicine in Obstetrics and Gynaecology (Singapore), and is a Fellow of the Chapter of Obstetrics and Gynaecology, Academy of Medicine (Singapore).

Dr Wee has a special interest in minimally invasive surgery. Trained mainly in KK Women's and Children's Hospital, Dr Wee was a member of the Minimally Invasive Unit and is highly proficient in both endoscopic and open surgery for a multitude of gynaecological conditions. He is also a specialist obstetrician and accredited IVF clinician.



**Dr Adelina
Wong**

Adelina Women's
Clinic

Dr Adelina Wong is a consultant obstetrician and gynecologist at Adelina Women's Clinic. She completed her MBBS at the National University of Singapore in 1992, and MRCOG at the Royal College of Obstetricians and Gynecologists, London, in 1997. She is a seasoned and experienced obstetrician and an expert in gynaecological conditions such as cancer screening, treatment of cervical precancer diseases and vulva diseases.

She has garnered accolades and accomplishments, including the EXSA Star Award in 2005, the EXSA Gold Award in 2004, recognition for Best Case Write-ups from the British Society of Colposcopy and Cervical Pathology in 2003, as well as distinctions in Community, Occupational, and Family Medicine in 1991 and Microbiology in 1990. Additionally, she received the prestigious Albert Lind Bronze Medal in 1990.



**Dr Wong
Wai Loong**

STO+G Women's
Health Specialists

Dr Wong Wai Loong obtained his undergraduate medical degree from the National University of Ireland. He subsequently trained in the field of Obstetrics and Gynaecology and attained his specialist post graduate degree conferred by the Royal College of Obstetricians and Gynaecologists (UK) and Master of Medicine in O&G (Singapore).

Dr Wong has been practising in KK Women's and Children's Hospital since 2005 and his last position was Head and Senior Consultant in the Department of Gynaecologic Oncology. He received the MOH-Singhealth HMDP award to be trained in Robotic Gynae-oncologic Surgery in the UK, and was elected through the College of O&G Singapore as Chairman of the Section of Gynaecological Oncology in 2022.

Please note that the clinics at St Anne Mother & Child Centre will be opening at different times from September 2023 onwards. Do check with the respective specialist doctors on their clinic opening dates.

Unwavering Care and Dedication: Wong Ka Wai Awarded MOH Nurses' Merit Award 2023

Wong Ka Wai, Assistant Director, Operating Theatre at Mount Alvernia Hospital, shines as a devoted healthcare professional, providing compassionate care to patients while fostering a supportive work environment.

For Wong Ka Wai, affectionately known as Brother Wong or Ka Wai, going the extra mile for patients is something he is more than willing to do. During the peak of the SARS epidemic in 2013 and the COVID-19 pandemic in 2020, when husbands were barred from the operating theatres during childbirth, Ka Wai and his team took the initiative to capture newborns' photos using digital cameras and mobile phones. This thoughtful gesture allowed families to witness the birth "first-hand" through photos, fostering a heartwarming connection despite the restrictions.

Ka Wai's unwavering dedication and compassionate service have garnered him the Ministry of Health (MOH) Nurses' Merit Award 2023. Launched in 1976, the Nurses' Merit Award is given to nurses who have displayed noteworthy performance and contributed to raising the nursing profession.

A nurse since 2002, Ka Wai has ascended steadily through the ranks at Mount Alvernia Hospital. His daily responsibilities involve ensuring smooth operations in the theatre, managing equipment requirements, and overseeing staff rostering and administrative duties.

One of the main joys of his role lies in witnessing patients recover successfully after surgery, especially a complex one such as a neurosurgery. "Patients usually come in worried." He shares. "But after the surgery, the fulfilment in seeing the relieved faces of patients and their families is an indescribable feeling."

While challenges arise, such as accommodating urgent surgeries for foreign patients with limited time in Singapore,

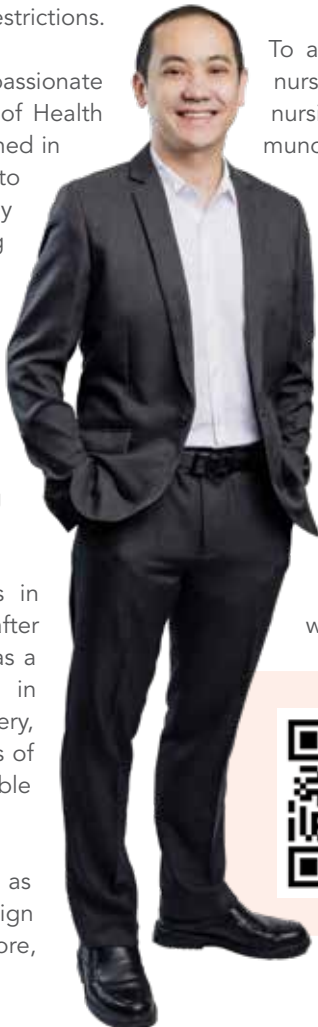
Ka Wai's problem-solving skills and dedication shine. Working closely with doctors, he ensures that suitable slots are found, even if it means scheduling surgeries on weekends or public holidays.

Amidst the stresses of the job, Ka Wai cherishes the positive and family-oriented work culture at Mount Alvernia Hospital. The supportive environment allows staff to prioritise family matters with understanding and flexibility.

To aspiring nurses, Ka Wai emphasizes the impact nursing can have on patients' lives. "Don't treat nursing as simply a job, or else it may become mundane," he says. "We became nurses to save patients. If you focus on this, this profession can be very interesting and fulfilling."

He believes in approaching each patient with an open mind. He adds, "Every patient who comes in has a different medical background and health condition. Every day is a different challenge, and you learn something new all the time."

Wong Ka Wai's journey as a dedicated nursing professional exemplifies how love, compassion, and dedication can profoundly make a difference to patient care and inspire others within the nursing profession.



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