Travel Health

Certified to Fly
Helpful guide for special travellers

Sick and Overseas
Know your health care options before a trip

Holiday for Good Health
Travel for a healthier body and mind

Pump it Up
A health-risk analysis of extreme sports
Are you travelling? Put your mind at ease during your travel and vaccinate against:

1. Flu vaccination @ $23.40
2. Cholera- Traveller’s Diarrhoea @ $150 (for 2 doses)
3. Hepatitis A & B vaccinations @ $265.50 (package of 3 doses)

Also available: Travel Kit @ $26.95 (Includes medicines to treat fever, pain, diarrhoea, gastritis, runny nose and itch)

Health Supplements
- Raffles Cardio Omega 3 1200mg (40s) @ $23.25
- Raffles Glucosamine 1500mg (40s) @ $33.35
- Raffles Adult Multi (60s) @ $25.00

Terms and conditions:
1. All credit card promotions are not valid with the above packages.
2. Please check with clinics on the availability of the above items.
3. Valid from 1 April 2011 to 31 May 2011.
4. All prices are inclusive of GST.
5. Only valid at Raffles Medical Panel of Clinics in Singapore. Packages are not available at Raffles Health Screeners and Raffles Executive Medical Center.

Enquire at any Raffles Medical Clinic today!

For general enquiries, please call 6311 2222 and emergencies at 6311 1555 or any Raffles Medical panel of clinics.
Visit us at www.rafflesmedical.com
Jab to Travel
Learn how to protect yourself by getting vaccinated before travelling. Learn how vaccinations and precautions can help to combat travelling viruses.

Travelling With Kids: As Easy As ABC
How can you enjoy travelling with your kids? Learn little tips and tricks from our experts to make your next holiday a breeze.

Sick and Overseas
How to avoid falling sick while overseas? Here are some health care options for you.

Certified to Fly
Read on for some helpful guides that serve to make your travelling experience a more delightful one.

Holiday for Good Health
The expert shares some of the top reasons why we should go ahead and book our tickets for a holiday.

Beat the Travellers’ Woes
You won’t want to be feeling under the weather during your holiday. Here are some tips to avoid the common ailments that affect travellers.

Pump it Up - Extreme Sports Dissected
Thinking of engaging in an extreme sport? Let the experts share the upclose about her challenging, yet interesting, job and tips to enjoy work.

UpClose
Ms Loke Mei Choo, Deputy Director of Raffles Medical, shares with Upclose about her challenging, yet interesting, job and tips to enjoy work.
1. New Docs on the Block

**Physician Liu Qiao De** graduated from Singapore College of Traditional Chinese Medicine in 1977 and has been practising Traditional Chinese Medicine since then. In the early 90’s, he pioneered a ‘Quit Smoking’ programme using auricular acupuncture.

He has special interests using acupuncture and herbal medicine to treat respiratory conditions such as coughs and colds, digestive disorders such as gastritis, skin problems such as eczema and psoriasis, and diabetes. He also specialises in treating children with asthma.

**Dr Felicia Tan**, Specialist in General Surgery, received her post-graduate training as a general surgeon and sub-specialised in breast surgery. She obtained a Masters of Medicine (Surgery)(Singapore) in 2005 and became a fellow of the Royal College of Surgeons (Edinburgh).

Dr Tan’s clinical interest lies in breast oncology and the use of surgical techniques to achieve the best oncologic and cosmetic outcome for her patients. This includes breast conservation surgery for cancers as well as nipple-sparing and skin-sparing mastectomies with immediate breast reconstruction. She is also adept with the whole range of breast surgical procedures. Dr Tan is the pioneer of the procedure radioisotope occult lesion localisation (ROLL) in Singapore and she continues to perform the full range of general surgical operations.

Her current research interests lies in breast oncology. She received the Singapore Millennium Foundation Scholarship in 2007 to pursue her research interests. Dr Tan actively promotes breast cancer awareness both locally and internationally.

2. Dental Implants: A permanent solution to tooth loss

Losing your teeth may make you too self conscious to smile or talk. Tooth loss can result in shifting of the remaining teeth leading to bite problems which in turn may affect your ability to eat and speak clearly. In extreme cases, it can also make one look older or experience chronic jaw pain.

An increasingly popular and proven way to resolve the problem of missing teeth is dental implants. Dental implants are artificial tooth replacements surgically anchored into the jawbone to hold a replacement crown, bridge or overdenture in place.

The main benefit is that dental implants are stable, long term and they look and feel like natural teeth. If properly cared for, dental implants can last a lifetime, making them more cost-effective than crowns or bridges which may need replacements every 7 to 15 years.

“Dental implant replaces not just the crown but also the missing tooth root,” explains Dr Wong Wai Yee, Specialist in Oral Maxillofacial Surgery, Raffles Specialist Dental Centre. “This gives your teeth strength and durability to eat all the food you enjoy.”

“Apart from restoring full functionality of your teeth and its supporting structures, dental implants are also more tooth-saving than traditional bridgework, since implants do not require the cutting down of neighbouring teeth for support. It also prevents further bone loss and gum recession, thereby preserving facial contours as well,” adds A/Prof Adrian Yap, Specialist in Prosthodontics and Dental Director of Raffles Specialist Dental Centre.

“Overall dental implants help to improve one’s self-esteem, oral health, comfort, speech, chewing and appearance.”

The success rate for dental implant therapy depends on the purpose and its location. For implants located at the front of the lower jaw, success rate can be as high as 99%. The typical healing time for implants to restore is about 3 to 6 months.

In Raffles Specialist Dental Centre, the surgery is performed by an oral surgeon, and the restoration is placed by a prosthodontist. The specialists work together to ensure patients have a fuss-free experience. Anxious patients may also opt to do their implant surgery under the additional comfort of sedation.

In selected cases, the dental implant can be placed at the same time as a tooth extraction to minimise the number of clinic visits. It helps to reduce the number of surgical procedures and trauma, easily shortening your healing and treatment time by a few months.
Purchase Of Property At Orchard Road For A Specialist Medical Centre

On 18 February 2011, the Board of Directors of Raffles Medical Group announced to the media its purchase of a seven-storey freehold podium/commercial block of Thong Sia Building, located at 30 Bideford Road in Singapore at S$92.08 million. The strata floor area of the property is 42,668 square feet.

Thong Sia Building is a 26-storey commercial cum residential building located in the prime Orchard Road belt. The podium/commercial block currently consists of seven storeys of showrooms and offices.

The Group intends to establish a Specialist Medical Centre at the property. When fully established, the Centre would have the following services and facilities: a 24-hour Emergency Care Centre, Health Screening Centre, Radiology and Imaging Centre, Medical Laboratory, Fertility Centre, Cancer Centre, Dental Centre and clinics for Obstetrics and Gynaecology, Paediatrics, Cardiology, General Surgery, Orthopaedic Surgery, Ophthalmology, ENT Surgery, Dermatology and Medical Aesthetics.

Raffles Medical Group 35th Anniversary Charity Drive

Raffles Medical Group (RMG) celebrates its 35th anniversary this year with a series of activities. On April 8, a charity golf tournament was held at Raffles Country Club as golf enthusiasts from the healthcare industry, as well as corporate clients, gathered to give their best for a good cause.

The event was organised to raise funds in aid of the elderly at St. Joseph’s Home, Alzheimer’s Disease Association and Ling Kwang Home. Performance Motors Ltd sponsored a BMW 5 Series car as the hole-in-one prize for the event. The day ended on a high note with sumptuous dinner, lucky draw prizes and announcement of the tournament champion.

In addition to the funds raised during the charity golf, donation boxes are placed at the counters in Raffles Medical GP clinics and specialist centres in Raffles Hospital to encourage patients to join in the joy of giving to the elderly at these homes.

Raffles HealthNews Readership Survey

We conducted the first-ever Raffles HealthNews survey from November 2010 to February 2011. The survey saw a good mix of respondents. Based on the survey, the regular HealthNews reader is above 40 years old, Singaporean, and a degree holder.

We found that most of the respondents pick up the magazine in the Hospital and circulated it to at least two other persons. A growing number of readers are reading the magazine through online subscription.

In general, respondents are very satisfied with the magazine and found the contents in the magazine useful. Positive comments on the content, design and quality printing were noted. Half of the respondents look forward to the magazine and are keen to participate in contests.

Moving forth, we will include contests and cover popular topics such as health screenings, men’s health, aesthetics and skin care in the future issues of HealthNews. We thank all who have participated to help make Raffles HealthNews better.
How Vaccination Works

In a nutshell, vaccination provides you with the immunity to a particular disease before there is a chance of it making you sick. This is usually done by injecting a weakened or killed germ into the body.

Essentially, vaccines give the body a preview of the germ and prepare it in advance to build fighting equipment (antibodies and white cells) in battling against it. After the vaccine has done its work, the body’s immune system will then be ready to defend itself against that particular pathogen when it invades the body.

“There may be times when our immune systems may require a booster shot to ‘remind’ our bodies how to fight off a germ, but by and large, our bodies tend to ‘remember’ how to do it for the rest of our lives. Thus, antibodies do stay with us for a long time,” says Dr Rupert See, Senior Physician at Raffles Medical.

How Viruses Travel

As a general rule, an infection is acquired from other persons, animals, insects or fomites. It does not occur de novo. Sometimes, a germ may already be harbouring on the surface of your body but through another insult (a cut or an infection), it enters and cause an infection. One example is Streptococcus pneumoniae, a germ causing pneumonia. The chance of acquiring an infection is high when we touch our face, eyes, nose and mouth with unsterilised hands. The most common channels of infection are through faecal-oral and respiratory transmissions.

Faecal-oral transmission often leads to vomiting or diarrhoea. Examples of such viral infections include Rotavirus, Enteroviruses, Salmonella (typhoid fever), Shigellosis and Hepatitis A.

Believe it or not, different types of bacteria are constantly on our hands. The chances of us picking up faecal bacteria are high. This is because we are working with our hands most of the time, handling and coming into contact with different objects and people.

Dr Leong Hoe Nam, Specialist in Infection Disease at Raffles Internal Medicine Centre illustrates, “When commuting on a train or bus, we tend to grab hold of the poles to steady ourselves during the journey. We have absolutely no idea if the people before us, who had touched the same spot on the same pole, had clean hands or hands covered with faecal bacteria. If it’s the latter, we pick up the same and it stays with us until we sterilise our hands with soap and water or alcohol rubs.”

Respiratory transmission is another common channel of viral infection. It is spread through droplets when one coughs or sneezes. Common types of viruses are influenza, tuberculosis and pertussis.

“When one sneezes, millions of germ-containing droplets are released into the air, where they can travel as far as two meters before settling on objects, clothing or skin. Thus, this leads to the spreading of viruses from one person to another,” says Dr Leong.
Going on a vacation soon? No matter which destination it is, one thing that tags closely along with you is your health. You probably have heard people talk about getting vaccinated before travelling, especially to Third World countries. Do you understand the importance of it and take necessary precautions while travelling, or do you think that chances of you acquiring a viral infection are much lower than anyone else?

**How to Protect Yourself**

Consult your doctor four to six weeks before your trip about suitable vaccinations required and special health concerns of those places you will be visiting. As most vaccines require time to become effective, and some require more than one shot, this will also allow ample time for your body to develop full immunity from it.

Depending on your health conditions and the country you are travelling to, the potential risk of diseases varies. Dr Leong recommends the following precautionary tips and the primary list of vaccinations that one should consider acquiring.

**Protect Yourself with Vaccinations**

Primary list of vaccinations against:

- Influenza
- Tetanus, Diphtheria, acellular Pertussis (Tdap)
  - Tetanus is a disease that infects the body through a deep wound. Diphtheria primarily affects the lining of the mucous membrane of the throat and other respiratory passages, while Pertussis is also known as the “whooping cough”.
- Hepatitis A

**Protect Yourself by Taking Precautions**

- Drink bottled water.
- If in doubt, rinse your mouth only with bottled water.
- Avoid uncooked food (e.g. salads, shellfish).
- Avoid eating food from roadside stalls.
- Avoid going close to animals. Most of them contain ticks that may jump onto you.
- Carry a first aid kit equipped with basic medication for fever, headaches, stomach upset and external wounds.
- You can obtain useful information such as precautions and vaccinations to acquire, for travelling to a particular country at [www.cdc.gov/travel](http://www.cdc.gov/travel).
- If you are travelling to an area infested with mosquitoes, do consider malaria prophylaxis and the use of DEET (N,N-Diethyl-meta-toluamide) of at least 15%.
  - The latter is a potent anti-mosquito agent proven to reduce mosquito bites. Mosquitoes may transmit different types of infection, notably Dengue Fever, Yellow Fever and Chikungunya in our region. HN
Travelling With Kids: As Easy As

Having children does not mean you have to forgo travelling altogether. With proper planning and preparation, you can enjoy travelling as a family. Learn little tips and tricks from our experts to make your next holiday a breeze.
You may think that travelling with children is not something for the faint-hearted. Travelling with a little child may not be carefree; however, it can also be one of the most wonderful and remembered times of one’s life.

**Attitude**
When travelling, expect problems. After all, Murphy’s Law says that anything that can go wrong will go wrong. However, problems need not spoil your trip. If you look on each problem as an adventure, which you and your kids can overcome together, you will find it easier. So the flight is delayed, go bond with your child over a cup of hot chocolate. Caught in the snow? Time for a snowball fight (just dress up in the correct gear)!

**Distract**
There would be plenty of waiting time in between. Rather than watch your boy jump on his seat or have your daughter crawl all over the hotel lobby, Dr Clarice Hong, Specialist in Psychiatry at Raffles Counselling Centre, recommends packing their favourite toys and dangling wrapped up little treats such as a new toy or a book for those difficult times.

**Be cool**
Cool is not just a word for the young. When you are stressed, your child is going to feel it. So stay cool, relax. “When you are not jittery, you will be able to think better and react better to problems,” Mr Danny Ng, Clinical Psychologist at Raffles Counselling Centre, points out.

**Emergencies**
Be prepared for emergencies. Pack a small emergency kit comprising a mini sewing kit, an all-purpose foldable tool (e.g. Swiss army knife), a conversion plug and small flashlights. Other good to haves that should make it into your luggage include wet wipes, detergent, travel umbrella, diapers in excess, and Ziploc bags of varying sizes.

**First aid**
You never know when your little one may fall ill and the last thing you want is to search in the middle of the night for a pharmacy which operates 24-hrs in a foreign land. Dr Veronica Toh, Specialist in Paediatrics and Neonatology at Raffles Children’s Centre, advises parents to bring a small kit of travel medicine consisting of:

- paracetamol
- antihistamine
- nose drop
- probiotic for diarrhoea
- anti-itch cream
- plasters
- thermometer

**Inspect**
Before tucking in, take a few moments to inspect the utensils and food items. Opt for well-cooked foods, busy places with high turnover of food and avoid buffets and street vendors to prevent unwanted bouts of food poisoning.

**Gear up**
It never hurts to bring extra clothes, especially if you are going to a country with unpredictable weather. The right gear can give your child comfort and protect them. Layer for warmth to easily add or remove layers according to weather changes. Pack a comfortable travel outfit, an exploring outfit, an outfit for rainy days, a dressy outfit for the unexpected dinner, and water gear for those moments when the water looks too inviting.

**Humidity**
The low humidity in the flight cabin can cause mild dehydration as well as dry and irritated nostrils. This can be prevented by encouraging the child to drink water frequently while on the plane.

**Inspect**
It never hurts to bring extra clothes, especially if you are going to a country with unpredictable weather. The right gear can give your child comfort and protect them. Layer for warmth to easily add or remove layers according to weather changes. Pack a comfortable travel outfit, an exploring outfit, an outfit for rainy days, a dressy outfit for the unexpected dinner, and water gear for those moments when the water looks too inviting.
Medication
Don’t forget your child’s prescriptive medications. “Pack a buffer supply for a few extra days,” says Dr Wendy Sinnathamby, Specialist in Paediatrics at Raffles Children’s Centre, “or ask your doctor for a prescription in case your stock runs out.”

Needs
Dr Sinnathamby also recommends that children with special needs get an identity bracelet with information on their medical conditions, treatment and their doctor’s name in case of emergencies.

Organise
Organising your luggage well can help. Pack sufficient diapers, a change of clothes (for both you and your child), medications and your emergency kit (see E) in your hand carry bag for easy access.

Pressure
To reduce discomfort in the ears on flight due to air expansion in the middle ear and sinuses, Dr Stephen Lee, Specialist in Ear, Nose and Throat at Raffles ENT Centre, recommends massaging your child’s ears from behind and giving the ear lobes a few gentle tugs every now and then. Babies and toddlers can benefit from sucking on something or breastfeeding or drinking from the bottle during take-off and landing.

Quenching Thirst
If the tap water in your travel destination is not portable, stock up on bottled water. Dr Tan Mein Chuen, Specialist in Paediatrics and Neonatology at Raffles Children’s Centre, advises those making formula feeds using bottled water to opt for those with the lowest mineral content possible.

Reaction
Bring with you some non-prescription antihistamines for symptoms such as sneezing, runny noses or itchy eyes. Dr Wong Soon Tee, Specialist in Dermatology at Raffles Skin Centre suggests bringing over-the-counter hydrocortisone cream to manage skin allergies.

Sun protection
According to Dr Wong, young children should be kept in the shade at all times. They should also avoid the sun between 11am and 3pm. Dress them in light clothes made of natural fibres, as well as a hat and apply sunscreen of a higher SPF (at least 30) to protect their delicate skin from sun damage.

T_time
Consider a slower pace for your trip. With children in tow, you will need much more time for everything. By being realistic about what you can achieve and having a less hustle and bustle trip, you will be better able to enjoy a stress-free holiday.

Urine
When travelling, it is easy to forget to hydrate. Dr Wong Wei Mon, Senior Physician at Raffles Medical, recommends taking a look at your child’s urine from time to time. This serves as a good indicator of whether your child is drinking enough. If it’s darker than usual, get them to drink more water.

Vaccine
Four to six weeks prior to the trip, check with your doctor if you and your child will need vaccinations of any kind. According to Dr Wong, “After the vaccination, it takes a week or two for the body to build up a functional level of immunity. Some may feel a little unwell after the vaccination. Hence, it’s always wise to plan ahead.”

Wheels
A pram or stroller can be a god-send at times when you need a resting place for your child or when you need help with carrying the bags. The wheels can also help zip your child across the spacious transit hall when you are running late for your flight.

Exercise
Stop over every few hours to allow your child a running break. Children who are allowed to expend their energies every couple of hours will be happier travellers.

Yes!
Rather than pulling your child back and yelling “no!” to your child all the time, loosen your boundaries and give in at times. This will make your child a less difficult travel companion.

Zzzzz
There are plenty of options out there: to fly in the day or to drive through the night. Children have a routine, and it will be wise and easier for you if you plan activities according to their routine. No point dragging your toddler up to watch the sunrise if he’s going to be cranky for the rest of the day. Opt for a night flight so your child can doze during the long journey.

With this, you are all ready for your next trip. Have a happy and healthy holiday! HN
Air tickets, check. Hotel booking, check. Tour itinerary, check. Are you ready to take in the sights? Definitely, as long as you do not fall ill during your trip.

Travelling can be a physically demanding experience. Your ability to cope physically and mentally may be affected by factors such as changes in time zone, diet, and climate, or meeting new people and being in a new environment. Common ailments that may befall the traveller include heart attacks, food borne illnesses and broken bones.

A recent study in the Journal of Travel Medicine (December 2010) showed that 44% of international travellers do not seek health advice before their trips. Only 36% carry medication against travellers’ diarrhoea, while one in five persons travelling to countries with malaria risk take medication to prevent it.

Falling sick while overseas can be both a distressing and expensive affair. To avoid this, you should consider your health care options before your trip.
Find out from your insurer what your health insurance covers when overseas. Generally, local insurance does not cover medical evacuations. They also will not be able to offer critical 24-hour help lines, forcing you to rely on your hotel’s concierge or the local phone book to hunt down a good physician.

Invest in travel health insurance if your local health insurance does not provide coverage. Make sure medical evacuation is included in your travel health insurance plan as it can cost you an arm and a leg should you require it. Most travel health insurance plans would include this life saver.

Travel health insurance should not be confused with international medical insurance, which is mainly for expatriates working overseas. An international medical insurance policy will also continue to provide cover when you return to your home country.

Travel health insurance should also not be confused with pure travel insurance. Travel insurance may cover accidents and emergency care, but is often more focused on providing coverage for trip delays and lost luggage than medical care.

For countries where healthcare is socialised, such as Greece, Cuba, Italy and England, you will be expected to pay upfront for private medical treatments. Local insurance plans may reimburse you after you have returned to your home country.
“Before flying off, it is a good practice to read up on your holiday destination”, says Dr Leong Hoe Nam, Specialist in Infection Disease at Raffles Internal Medicine Centre. Is there an influenza outbreak this month? Is malaria a problem in the area you are visiting? Springtime may be lovely to the eyes but it also means that pollen is everywhere; a potential problem for those who may be allergic to it.

If you have allergies or reactions to certain medications, foods, insect bites, or other unique medical problems, consider getting a medical identification tag. You may also wish to carry a letter from your physician explaining required treatment should you become ill.

On the same thread, read up on health alerts on the country. Dr Leong recommends visiting the World Health Organization’s website (http://www.who.int/ith/en/) which details health risks for travellers. The Centers for Disease Control and Prevention (http://wwwnc.cdc.gov/travel/) is another resourceful site advising the risks of different types of infection at the destination.

Alternatively, you can speak to your doctor who can advise you on travel health precautions based on your current health status.

Armed with the knowledge on your holiday destination, you can then prepare yourself with appropriate vaccinations, medications and other resources.

A good way to start is to consult your doctor. Find out what are the common ailments in your destination or if there are any outbreaks. Get the vaccinations you need to protect yourself from diseases such as influenza and typhoid.

For nagging ailments such as gastritis, travel sickness, allergy, and sinusitis, Dr Tan Hsiang Lung, Senior Family Physician at Raffles Medical, suggests that you pack medications for them before your trip. “These minor ailments can spoil your holiday. Do take note that some medications may take time to take effect, so you may want to pre-empt these problems by medicating before they occur.” A good example is taking your motion sickness pill before the long bumpy bus ride.

“If you have an existing medical condition or medication allergy, you are encouraged to travel with a letter from your physician describing your health condition and the generic name of the medications that you are taking and cannot take,” advised Dr Tan. For countries where language may be a problem, you may wish to get the letter translated.

It may also be prudent to pack a small first aid kit including charcoal pills, paracetamol, antihistamine, and plasters for the unexpected.
Don’t shy away from seeking medical treatment in foreign countries. When it comes to medical emergencies, time is essence and prompt medical treatment can help fix potential future repercussions. Moreover, the local doctor or pharmacist will be familiar with local maladies, and be happy to set you up with inexpensive prescriptions to manage your condition.

Should your health condition turns serious and you have opted for a travel insurance with medical evacuation, choose to evacuate to the nearest established medical hub for medical care as soon as possible. The cost of a medical evacuation may be high but the value of getting the right treatment early on can become the critical factor in the final outcome.

As more people are travelling these days for both business and leisure, getting sick overseas is no longer something we only read about.

With these tips at hand, you can enjoy your next trip without having to worry because you will be prepared for the worst case scenario. HN
The world is a vast place and everyone deserves a chance to explore different parts of it. For the young and healthy, travelling abroad is much easier compared to a special group of people – elderly, chronic disease stricken and pregnant, who requires more preparation in advance.

Whether you fall under this category or are travelling with someone who belongs to it, read on for some helpful guides that serve to make your travelling experience a more delightful one.
Our panel of doctors providing the expert advice are:
1. Dr Carol Tan, Specialist in Geriatric Medicine at Raffles Internal Medicine Centre,
2. Dr Watt Wing Fong, Specialist in Obstetrics and Gynaecology at Raffles Women’s Centre and
3. Dr Mohamed Faizal bin Abdul Wahid, Senior Physician at Raffles Medical located at Terminal 3.

In general, before you leave for your trip check if you have the following items ready:

1. **Vaccination** - depending on your health condition and travel destination, your family physician, with special interest in travel medicine, will be able to advise you on suitable vaccinations to acquire.

2. **Insurance** - speak to your insurer and consider purchasing a suitable travel plan, which caters to cover medical care expanses pertaining to your health conditions.

3. **First aid kit** - prepare a first aid kit that comprises of medication to treat the usual flu, diarrhoea, headaches, fever and external wounds.

During your journey:

a) Keep yourself hydrated with fluids. Be sensible about alcohol, which leads to dehydration when taken in excess.

b) It’s important to exercise your legs. Make an effort to stand up and walk about especially during long distance travelling, whether by air, car, coach or train. This is to prevent Deep Vein Thrombosis (DVT), which can cause swelling and pain in the leg and other complications.

It is always useful to learn some simple leg exercises before you begin travelling and practice them during the trip. When travelling by air and when movement is restricted, due to air turbulence or other reasons, you may refer to information on in-seat leg exercises in the in-flight leaflets or magazines produced by the airlines.

### Calling All Senior Travellers

More seniors are travelling widely to see the world in the recent years. The majority of them are still active and young at heart. Here’s what Dr Tan has to share with these senior travellers.

#### Before You Travel
1. Consult your doctor regarding your medical history summary, medication and drug allergy history. These are to be brought along with you while you travel.

2. If you are on medication, ensure sufficient medicine for at least one week beyond the travel date.

#### During Your Travel
1. Pace yourself especially when travelling with tour groups.

2. Carry a luggage that is easy on your back and not too heavy to move around.

3. If you are on medication, pack your medication into a hand luggage. If you are unsure about whether you’re able to bring it on board, get a letter of certification from your doctor as a proof.
Pregnant Mummies

Although travelling may not be the direct cause of miscarriage, most doctors would probably advise pregnant mums against travelling especially in the first and last trimesters of the pregnancy. This is because miscarriages usually happen during the first trimester, before 13 weeks, when the fetus is deemed “unstable” and its internal organs are still developing.

“However, if there is a need to travel, it is better to travel in the second trimester – 13 to 28 weeks. How late into the pregnancy one can travel would depend on the destination. For short destinations, it is usually still possible to travel up till 35 weeks. For longer destinations, it is usually better not to travel in advanced pregnancy,” advised Dr Watt.

For expectant mums, Dr Faizal and Dr Watt have some useful guides for you to keep in mind.

Before You Travel

Dr Faizal advises the following:

1. Ensure fitness to travel
   a) Consult your obstetrician or a family physician, with special interest in travel medicine, to obtain a certificate of fitness to travel. It should not be more than three days prior to the travel start date. If you discover bleeding after the certification date and prior to the travel date, avoid travelling for your own safety.
   b) If travelling by plane, check directly with the respective airlines on the gestation period that expectant mothers are allowed on board the aircraft. Avoid obtaining such information from tour agencies.
   c) If you need to travel during advanced pregnancy and will be staying abroad for a longer period of time, ensure that you plan to return within the period that you are allowed to board the aircraft.

2. Find out the location of the nearest obstetric facilities for emergency, closest to your travel destination.

3. Request for an aisle seat on the aircraft for easy movement.

During Your Travel

Dr Watt has this to recommend:

During a long flight, it is advisable to use Anti Embolism Stockings, also known as TED, to compress the leg veins and reduce the risk of blood clots in the legs. In high risk patients, it may even be necessary to take injections to thin out the blood to reduce DVT.

Travellers with Chronic Diseases

This is another special group of travellers who are stricken with some chronic diseases yet very much wish to travel. Some of these common chronic diseases include arthritis, asthma, diabetes, hypertension, cardiovascular conditions and renal disease.

Dr Faizal recommends the following pointers.

Before You Travel

1. Consult your doctor for:
   a) A summary of your medical history and prescribed medications. These documents are to be carried with you at all times. In case of emergency, the information will help the doctors at the medical facilities in an overseas country to treat your condition more efficiently.
   b) Enough medication to last you for more than the duration of your trip.
   c) Fitness to travel by air, land or sea.

2. Prepare two sets of medication, one to be kept in your check-in luggage and the other in your hand-carry luggage.
   a) Ensure that medications are stored properly. Some may require to be refrigerated, thus an ice-box would be useful.
   b) It will be helpful to find out the nearest medical facilities at your travel destination in case of emergency.

During Your Travel

1. Hypertension travellers – pace yourself and avoid rushing around. It is important to stay both mentally and physically relaxed.
2. Diabetic travellers – monitor your blood sugar level where possible, as your lifestyle and food intake may change the level.
3. Asthmatic travellers – keep your inhaler with you at all times.
4. Stable heart disease travellers – ensure you have your emergency medicine with you at all times.
Ms Loke Mei Choo, Deputy Director of Raffles Medical, has many years of experience to share with her staff. As a Service Champion, she proactively introduces new concepts and trains her team to provide consistent quality care and services that will ‘wow’ patients who seek medical services at Raffles.

As a person who cherishes her family and faith, she shares with Upclose about her challenging, yet interesting, job and tips to enjoy work.

How long have you worked at Raffles?
I have been working in Raffles for 21 years. Prior to that, I was working at East Shore Hospital as an operating theatre nurse.

So, with 21 years of working experience in Raffles, how would you describe your work?
I think it is challenging and exciting. I experience surprises and unexpected events regularly. Being the main medical provider at the airport, we are required to be on high alert for readiness in catering to infectious conditions such as H1N1 and SARS. I would say that the level of excitement changes according to the climate of world events.

Can you tell us what a typical work day is like for you?
It begins with ensuring that daily operations are running smoothly. Besides this, I will also look out for opportunities to grow the business in the cluster of clinics at the airport.

Emergencies are also a daily occurrence at the airport. I remember a case that happened at Terminal 1, when an Indian national fell two to three storeys while cleaning the air conditioner. When the medical team arrived at the scene, the man was found unconscious and bleeding profusely. Although there was a huge crowd surrounding the casualty, the team remained calm, and at the same time, professionally stabilised him by administering emergency treatment before transferring the case to a hospital.

What type of skills and character traits do you need to have in dealing with your work?
Nursing, coaching and interpersonal skills are essential. Having the ability to motivate the team, being approachable, firm, fair, honest with staff and patients, as well as being a team player, are some important character traits needed in dealing with my work.

What areas of your work do you enjoy most?
The part that I enjoy most is being able to develop my staff as effective team members. Providing patients with good services and being able to make use of my nursing skills in a managerial role are other areas that I like about my job.

Tell us about some of the most fulfilling times during your career in Raffles?
During the SARS crisis in 2003, I was tasked to operate SARS screening at Woodlands and Tuas checkpoints. This was a brand new challenge to me as no one else had attempted it before. I experienced many difficulties then because passengers were demanding. It required extensive effort and coordination to manage the 300 staff members that were needed to maintain operations, but a ‘can-do’ spirit kept us going.

Can you give us some tips on how to manage personal life and work demands?
Make friends at work, so that working will not feel like a chore. By doing so, it allows me to socialise even in a work setting, which also helps to motivate my team. Also, Raffles is like a big family and I feel that I am a part of it naturally. As I grew with my team, I’ve also made many life-long friends along the way. Thus, balancing personal life and work is not a problem for me.

What are some of your personal achievements so far?
One of them is completing my graduate diploma in training and development in 1997. Looking back, it was a tough period of two years juggling between family, work and study all at the same time. However, I’m appreciative of the opportunity given by the company to upgrade my skills, and for family members, colleagues and supervisor who supported me in different ways during that time. HN
I enjoy developing my staff as effective team members who can provide patients with good service.
Holiday for Good Health

Budget constraints and busy schedules may make it difficult for you to set aside time and plan a getaway. However, it's official. Travel can offer great gains for your health, body and mind. Hear it from Dr Lim Yun Chin, Specialist in Psychiatry at Raffles Counselling Centre, as he shares with us some of the top reasons why we should go ahead and book our tickets for a holiday.
#1 Good-bye Stress

Travel gives you an opportunity to relax and de-stress. It also decreases burnout.

Many people these days can’t seem to be totally disassociated with work even when they are on leave. Going away for a short break is a valid reason for us to be less easily contactable for work-related reasons and this is why some people try to go on at least one overseas trip each year.

#2 Break the Monotony

A trip of any kind, even a short one, provides you with a break from the norm, and that alone can inject you with energy. “Many of us have a daily routine. We get up at the same time, get ready for work, and turn up and knock off from work at around the same time each day. A holiday will introduce a change to your daily routine and this would prevent your mind and body from stagnating,” adds Dr Lim.

#3 Reconnect with Your Loved Ones

A trip gives you an opportunity to spend quality time with your loved ones and the chance to create positive shared memories that you can all look back in the future. Planning for a trip together can be a great bonding experience and you’ll find out more about one another’s habits, likes and dislikes through this.

#4 Get Active

When you’re travelling, you’re more likely to be out in the fresh air, enjoying the outdoors. You may be doing activities such as hiking, sightseeing or even whitewater rafting. As long as you have taken the necessary steps for sun protection, you’ll also gain from the benefits of sun exposure.

Unless you want to rest all the time during your vacation, you’ll likely be doing more walking than you would at home, and generally be much more active than you are during your normal routine. Even a shopping trip will mean that you may be on your feet for a longer period of time than usual.

#5 Gain New Perspectives

Travelling gives us a whole new appreciation for different cultures and lifestyles. This will broaden your horizons and enjoy life that much more. It can also offer you a whole new perspective of your own city.

#6 Meet New People

Travelling enables you to get to meet and know people from all over the world. This gives you an opportunity to learn about other cultures and way of life. Socialising is also highly therapeutic.

#7 No Regrets

If it’s within your means, follow your heart and do not leave room for regrets. Visiting the destinations of your choice can be a fulfilling experience. So if you have been thinking of taking a trip somewhere, try your best to plan for it. Bear in mind the benefits of travel and welcome what it does to your body and mind. HN
Beat the Travellers’ Woes

Jet Lag
Jet lag is the consequence of travelling over a number of time zones over a short duration of time.

- Have enough rest before the trip.
- Start to adjust to the new time zone a week before departure. If you are travelling to an earlier time zone, aim to eat, sleep and rise 20 minutes earlier each day over a week prior to departure.
- Avoid heavy alcohol intake during the flight and have light meals.
- Avoid caffeine.
- Take short naps (about 45mins) at the destination if you feel sleepy during the daytime.
- Maximise your exposure to outdoor sunlight during the first two days of arrival.
- Perform some light exercises in the afternoon to help you sleep at night.
- Take simple medication for jetlag headaches e.g. paracetamol.

Motion Sickness
This is a feeling of nausea that can occur when you travel in a vehicle. It is most prevalent in children between the age of three and 12. It is also more common in females and worse when the individual is pregnant or having her periods.

- Avoid large meals and alcohol prior to travelling.
- Try to sit in the middle of the vehicle when the rhythmic movements are minimised.
- Do not read.
- Focus on a non-moving object in the distant horizon or keep your eyes closed.
- Ensure that the vehicle is well-ventilated.

Deep Vein Thrombosis (DVT)
Hours of immobility on the plane can contribute to the development of DVT. DVT is a blood clot that can develop in the deep veins of the leg. The clot may break off, move along the blood stream and get lodged in the vessels of the brain, lungs, heart or other areas, causing serious organ injury.

It is found that long distance air travel may contribute to the development of DVT.

- Reduce the length of the flight by planning stopovers whenever possible.
- Drink plenty of water and try to exercise your legs during the flight. A good guideline is to drink one plastic cup of water every hour while flying. You can also make the effort to walk to the gallery to get the water refilled every hour. This will give you a reason to be out of your seat regularly, thereby lessening the possibility of developing DVT.
- Try not to sit cross-legged as this will restrict the blood flow in your legs. This can also contribute to the formation of blood clots.
Managing Common Ailments

While you may be on a holiday, the flu bug will not give you a break just because of that. If you or your loved ones do fall sick during your trip, try these tips from Dr Yong Chern Chet, Family Physician at the 24 Hour Emergency Centre at Raffles Hospital.

<table>
<thead>
<tr>
<th>Ailment</th>
<th>Advice</th>
</tr>
</thead>
</table>
| Fever                    | • When faced with a high temperature, sponging for young children or taking a cool shower/bath (avoid hot water) for adults will help the body cool down by as much as 0.5 to 1 degree in best case scenarios.  
  • Avoid vigorous exercise as muscles will generate heat faster than the body can dissipate it, causing a rise in the already elevated body temperature. The accompanying dehydration is no help either. |
| Cough / Runny Nose       | • In general, cough/runny nose is the body’s response to irritation of the airways. Therefore methods that reduce or soothe the passages such as breathing in moist air from a vaporizer, hot shower or a bowl of hot water will help.  
  • Sleep with your head slightly elevated to allow sinuses and nasal passages to drain better and not create a “drip” or “tickle” in the throat.  
  • To shorten the duration and severity of flu symptoms, try to increase the body’s intake of vitamin C to help boost the immune system’s response. |
| Food Poisoning / Diarrhoea | • Minor cases of food poisoning symptoms e.g. abdominal cramps, nausea, diarrhoea will self-resolve in time but if a person has severe symptoms such as a high fever with continuous vomiting or diarrhoea or persistent localised abdominal pain, they should consult a doctor as specific medical treatment may be required.  
  • Avoid dairy or oily and spicy foods.  
  • Consume an isotonic sports drink / fruit juice to replace the body’s lost electrolytes. Try to avoid carbonated drink or drinks with caffeine as they can further irritate the digestive system. |

Travel medicine kits containing medications for some of the common ailments are available at all Raffles Medical Clinics.
Extreme Sports Dissected

Panel of Experts and some travel activities they’ve tried.

Dr Lim Yeow Wai, Specialist in Orthopaedic Surgery, Raffles Orthopaedic Centre
Skiing, canoeing/kayaking, rock climbing, hang gliding, mountain biking

Dr Chris Foo, Specialist in Dermatology, Raffles Skin Centre
Canoeing and skiing

Dr Ho Kok Yuen, Specialist in Anaesthesiology, Raffles Pain Management Centre
Skydiving, scuba diving and skiing

Dr Rachel Chan, Dentist, Raffles Dental
Canoeing, water skiing, indoor rock climbing, horse riding

Dr Wong Kutt Sing, Specialist in General Surgery, Raffles Surgery Centre
Artificial rock climbing and mountain biking

Dr Stanley Liew, Specialist in Endocrinology, Raffles Internal Medicine Centre
Canoeing
When travelling overseas, it is tempting to try out all the exciting extreme sports you’ve read about and watched on television. Because of the high level of physical exertion, you will experience increased levels of dopamine, endorphins and serotonin that give you this exhilarating adrenalin rush. Beyond that, it also allows you to get real up close and personal to the beauty of nature.

As Dr Lim Yeow Wai, Specialist in Orthopaedic Surgery at Raffles Orthopaedic Centre rightly points out, “Any sport not done properly is dangerous.” Here are the facts on the most risky extreme sports and life-saving tips you should take before engaging in these activities.

Mountain biking

About the sport
If cycling is something you enjoy, mountain biking is probably a great way for you to get close to nature while you are overseas. Riding off-road over rough terrain using specially adapted mountain bikes requires endurance, core strength and balance, bike handling skills, and self-reliance.

Risks
As mountain biking can be performed almost anywhere, the risks can be underestimated, says Dr Wong Kutt Sing, Specialist in General Surgery at Raffles Surgery Centre, “Just because you can cycle on tarmac roads doesn’t mean that you can cycle on undulating terrain.”

Dr Chris Foo, Specialist in Dermatology at Raffles Skin Centre points out common skin conditions that one can acquire from this activity. "Mountain bikers may experience friction blisters on the hands from tense gripping of the handlebars which can be managed by wearing of gloves. Bikers are also prone to abrasions, lacerations and bruises from falls, fungal infection of the groin due to increased sweating in this area, skin irritation and soreness in the groin due to repetitive movement in this area. Wearing good fitting attire can help. Sunscreen should be applied to prevent sunburns."

Whitewater rafting

About the sport
Whitewater rafting offers the thrill of navigating at high speed down a river on an inflatable raft. It requires you to steer the raft carefully to avoid rocks and other hazards. As the raft travels down the river, you will encounter sudden drops and rocky waves.

Risks
According to Dr Lim, "Whitewater rafting can cause a slip disc due to the constant jerking up and down in the raft as you manoeuvre down the river. Chances of getting injured are higher in such a sport as this where much is left to the forces of nature."

Bungee jump

About the sport
A popular adrenalin-pumping travel activity is bungee jumping. Connected to a large elastic cord, jumpers will jump off a tall structure causing the bungee cord to stretch, as the cord snaps back, it sends the jumper flying upwards. The oscillation will continue until all the energy is dissipated. The thrill of bungee jumping comes from both the free-falling as well as the rebounds.

Risks
Bungee jumping injuries include equipment mishaps or tragic accidents, and those that occur regardless of safety measures, such as eyesight damage (which can be transient) or even neck injuries. “Due to the sudden traction involved, bungee jumping is especially bad for the back,” explains Dr Lim.
Scuba diving

About the sport
The sea is full of beautiful and amazing sea creatures and scuba diving allows you to be in the middle of it all. Scuba diving is a form of underwater diving in which a diver uses a scuba set (self contained underwater breathing apparatus) to breathe underwater.

Risks
"Scuba divers need training on the proper use of equipment, as well as an understanding of the physics and medicine behind descent and ascent during diving. Something most dive schools do not emphasise enough," says Dr Ho Kok Yuen, Specialist in Anaesthesiology at Raffles Pain Management Centre. "You need to understand seawater conditions in order to have a safe dive."

Dr Ho, who tried scuba diving before, added that fatigue and lack of rest on dive trips, can expose divers to increased risks.

Rock / Mountain climbing

About the sport
Although artificial rock climbing is available even in Singapore, rock climbing where participants climb up or across natural rock formations is a physically and mentally demanding sport. It often tests participant’s strength, endurance, agility and balance along with his mental control.

Risks
To safely do rock climbing, knowledge of proper climbing techniques and usage of specialised climbing equipment is important.

As many people are amateurs," explains Dr Wong, "most of them will try things at the novice stage. There are some activities, such as rock climbing, which carries high risks for the novice, as you will be subject to the elements which you have no control."

Skiing

About the sport
It can be an exhilarating experience to run down on your ski at a snow-capped mountain top. Skiing involves the use of a ski to travel over snow. Many ski resorts offer classes to teach skiing techniques which can be difficult to master.

Risks
Beginners learning under an instructor would usually be skiing at low speeds in gentle terrain so risks are generally low. Extreme skiers looking at testing their skiing abilities against harsh terrain put themselves at higher risks. Studies show that there are 3 injuries in 1000 skiing days. Knee injuries are the most common but skiers are at risk of broken bones and even death.

General Precautions
If precautions are taken, extreme sports could be a highlight at your holiday destination. If you have made plans to try them out, consider these tips.

Prior to the trip
Before embarking on such thrilling activities, Dr Wong recommends that you go for a medical checkup as you may not know if you have an underlying condition.

"If you have an uncontrolled medical condition, you may be unable to cope with endurance sports, such as mountain biking and scuba diving," adds Dr Stanley Liew, Specialist in Endocrinology at Raffles Internal Medicine Centre. "In order to undertake strenuous activities, you should undergo a period of training and physical preparation to keep your body in the optimum condition."

Frequency of the activity is another consideration. "Though bungee jump may be risky, if one only does bungee jump once in a lifetime, then the overall risk may be relatively lower than performing scuba diving frequently," says Dr Liew.

All said, extreme sports are not inherently dangerous. If all you want is to experience the adrenalin rush to make your holiday complete, go for it! HN
Travel Health and Supplements

Travelling, and especially air travel can be hard on your health. Increased stress, changing time zones and difficulty in finding healthy food can all have a negative impact on your health. The following health supplements may be useful for protecting you from sickness and environmental stress when travelling:

**Probiotics**

Probiotics are beneficial bacteria normally present in the digestive tract. They are vital for proper digestion and can be helpful with side effects associated with taking antibiotics such as diarrhoea or yeast infections. Probiotic Acidophilus is highly recommended to travelers to prevent and treat the occurrence of traveller's diarrhoea.

**Echinacea and Vitamin C**

Both Echinacea and Vitamin C are helpful for boosting the immune system. They are useful for the prevention of allergies, colds, flu and infection. It is recommended that these supplements be taken a week before travelling to strengthen the body’s immunity.

**B-Complex**

B-complex is a combination of B vitamins which supports the nervous system to help prevent stress. As travelling can be stressful, a good amount of B vitamins may help to improve the energy level to make travelling fun and stress-free.

---

**Promotions**

Buy 1 and get the 2nd bottle @70%* off!

(mix not allowed)

- **Probiotic Acidophilus**
  (UP: $45.90)
- **Echinacea 400mg**
  (UP: $24.50)
- **B 50 Complex 60's**
  (UP: $18.90)
- **Balance C 500mg**
  (UP: $17.90)

* Prices are not valid in conjunction with other discounts and promotions.
* This promotion is only available at Raffles Health Retail Pharmacy, Level 1, Raffles Hospital.
"Tuna salad wrap with vegetables - a quick and easy healthy meal for your vacation.

With just a few ingredients, you can create a meal in minutes when you are on vacation even if you don’t know how to cook. Fill a wrap stuffed full of tuna salad and you can maintain your health during your tour."

Ms Nehal Kamdar, Senior Dietitian, Raffles Internal Medicine Centre

Tuna Salad Wrap
2 servings per recipe

Ingredients

- 1 can (6 oz) tuna, water packed, drained
- 1 small onion, diced
- 1 stalk celery, sliced
- 1 carrot, diced
- 2 tablespoons low fat mayonnaise
- 4 cups fresh romaine lettuce
- 2 small tomatoes, cut in wedges
- 2 tortilla wrappers

Preparation

1. Combine tuna, carrot, tomato, onion, carrot, celery, and mayonnaise in a mixing bowl. Mix well.
2. Divide lettuce and tomato wedges between two separate plates.
3. Spread the tuna salad into tortillas. Serve it cold.
4. Or if you prefer it warm, heat each tortilla in the pan and transfer to the serving plates.

Nutrition Information per Serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>220g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>18g</td>
</tr>
<tr>
<td>Fat</td>
<td>6g</td>
</tr>
<tr>
<td>Protein</td>
<td>21g</td>
</tr>
<tr>
<td>Fibre</td>
<td>3g</td>
</tr>
</tbody>
</table>

Ease of preparation: ☑️☑️☑️☑️

Nutritional level: 🍅🍅🍅🍅🍅
Q: Upon arrival at a foreign destination with a bad back, what should I do? Stretch in the hotel room? Get a deep-tissue massage? Swim? Or undergo physiotherapy? What should I not do?

A: Before setting out, you should do exercises that strengthen your shoulders, back, stomach and legs, not forgetting to stretch hamstrings as well. Do likewise when you reach the destination. Ask for a firm mattress when you arrive at the hotel. It may be a good idea to have a nice relaxing massage as well. Swimming is also a good exercise as it helps to stretch and relax tired muscles.

At the hotel and when physiotherapy is not available, if the back pain is acute and feels like a stab, ice the affected area for not more than 20 minutes at a time. If you feel tired, have stiff and tight muscles, treat it with heat for 30 to 40 minutes. Do not place your suitcase on the bed to unpack, get the hotel staff to place them on the luggage rack instead. Always remember not to bend forward to pick up your bags or suitcase.

Dr David Wong, Specialist in Orthopaedic Surgery, Raffles Orthopaedic Centre

Q: I’d like to take a holiday while pregnant. Can you share some health advice? Should I limit the flight time? Are there things I should bring along?

A: It is usually safe to travel during pregnancy if the pregnancy is uncomplicated. The best time to take a holiday would probably be in the second trimester. This is because the pregnancy is supposedly "more stable", and many of the symptoms of early pregnancy such as nausea and vomiting would have abated.

Pregnant women are more prone to developing deep vein thrombosis ("economy class syndrome") where blood clots in the legs veins. If it dislodges and enter the lung circulation, it can be a potentially life-threatening condition. Drinking more water and exercising the legs will reduces the risk. In high-risk cases, e.g. obesity, long flight, it is advisable to have special Thrombo Embolic Deterrent (TED) stockings. In some instances, blood thinners may have to be administered. Your doctor will be in the best position to advise you.

Before your trip, you may consider having a flu vaccination, especially if you are travelling during the flu season to an area with high prevalence. Avoid any high-risk activity, e.g. thrill rides, trekking. Ensure that the food and water is clean. Food should be well cooked and hygienic. You should bring along some medication for the minor ailments such as diarrhoea, vomiting, fever. Do not forget to bring along any supplement/medication which you may be taking during the pregnancy.

Dr Watt Wing Fong, Specialist in Obstetrics & Gynaecology, Raffles Women’s Centre
Strengthen Your Immunity
Protect yourself with vaccination

Many infectious diseases and some chronic conditions can be successfully prevented through timely vaccination.

It is even more important for the elderly to prevent the onset of diseases that may be difficult to treat due to lower immunity and a more vulnerable state of health.

**Basic Vaccination Package @ $386 (inclusive of GST)**

- Consultation with Infectious Diseases Specialist
- 3 Vaccinations:
  - DTap vaccine
  - Influenza vaccine
  - Pneumococcal vaccine
- Vaccination report

Based on your individual and lifestyle needs, a variety of vaccines that can reduce your risk of falling sick are also available at our clinic.

**Vaccinate to prevent:**
- **Diphtheria:** An upper respiratory tract illness that is contagious.
- **Tetanus:** An infection caused by open wound contact, which results in prolonged muscle spasms and contractions.
- **Pertussis:** Also known as “Whooping Cough”, it is highly contagious. This cough may lead to rib fractures, urinary incontinence and hernias.
- **Pneumonia:** A lung infection that results in fever, chills and fatigue common in bacterial and fungal pneumonia.

**IMI-Bupa Affinity Programme**

When illness strikes, getting well is all you need to worry about.

**IMI-Bupa offers:**
- Access to more than 7,000 private hospitals worldwide
- Your own customised plan
- The convenience of going cashless at Raffles Medical Group

Sign up now to enjoy 10% discounts!!!

Please email imi-bupa@imi.sg or contact us at 6298 2266.

**Raffles Internal Medicine**

For more information or for an appointment, call 6311 1222 or email internalmedcentre@rafflesmedical.com
Raffles Dental is offering a Braces Package for full-time students.*

Braces are used in Orthodontic treatment to “straighten” teeth that are displaced or misaligned.

Brace yourself for a future of great smiles.

**Braces for Students at S$4,588**

- No waiting list
- Treatment by specialists
- Evening & Saturday clinics
- Progressive payment plan

*Raffles Dental*  
For more information or to make an appointment, please call 6311 2360/2365 or email dental@raffleshospital.com

---

*The Grey State of Health*

**Feeling tired, depressed, agitated or suffering from insomnia, poor memory, aches, and shortness of breath?**

Are you experiencing these problems lately? You might be in a state of sub-health.

Also known as the grey state, sub-health is defined as a borderline state between being healthy and falling sick. If neglected, it can potentially be more dangerous than diseases, as the body’s weakened immune system allows for easy attack of pathogens.

The main causes of sub-health are occupational stress, undesirable lifestyle habits or behaviours.

**High-Risk Group**

- Age group 30 - 40
- Females significantly higher than males
- Professionals such as:  
  - Senior and middle-level managers
  - Clerks
  - Other white-collar workers

**Remedies**

- Acupuncture to safely and effectively relieve aching, insomnia, depression and other symptoms closely related to sub-health conditions
- Chinese Herbal Medicine to boost body immunity and enhance internal harmony

**Sign up for our Sub-Health package - designed to help you stay in good health.**

4 sessions of Acupuncture  
S$254.65

*Raffles Chinese Medicine*  
For more information or to make an appointment, please call 6311 2388/2322 or email specialist@raffleshospital.com

* Package prices include GST and are valid till November 2011.
* Packages must be utilised within six months from date of purchase and are not transferable or refundable. Raffles Chinese Medicine reserves the right to withdraw or revise the packages without prior notice.

---

* Terms & conditions apply
* Excludes consultation fees and X-rays
* Package price is only applicable to local Singaporean / PR students under 18 years of age, currently studying in local schools
* Present your matriculation or student card upon registration
* Price is inclusive of GST
Make a Medical Stopover at Raffles
For Your Wellness and Medical Needs

Raffles provides a comprehensive range of medical services through our islandwide network of 74 Raffles Medical Clinics, Raffles Dental and Raffles Hospital.

Put your health in good hands with Raffles Medical Group.

Raffles Hospital
One-Stop Tertiary Hospital in the Heart of the City
Raffles Hospital offers 24-hour emergency care and a comprehensive range of specialist services and complementary treatment.

- Aesthetics
- Cancer
- Children
- Chinese Medicine
- Counselling
- Dental
- Dialysis
- Ear, Nose & Throat
- Eye
- Fertility
- Health Screening
- Heart
- Internal Medicine
- Japanese Clinic
- Orthopaedics
- Pain Management
- Physiotherapy
- Skin
- Surgery
- UroRenal
- Women

You can expect personalised services that are tailored to your needs. Raffles Hospital is a Joint Commission International accredited facility.

Raffles Medical Clinics
There’s One Near You
For general medical services, vaccination or health screening, visit any of our family medicine clinics located across the island. Our Executive Medical Centre offers medical solutions for busy executives. To bring medical services closer to you, we also provide house/hotel call services.

Changi Airport
Beyond Basics
For medical services in Singapore Changi International Airport, visit any of our six clinics located in the terminals. In addition, our 24-hour clinic at Passenger Terminal 3 provides executive health screening and dental services.

Raffles Dental
Your Smile is Important to Us
Raffles Dental offers a comprehensive range of services; from general dentistry to specialist services to meet all your dental needs. Visit any of our seven clinics and Raffles Hospital for these services.

For more information on our services or for an appointment, please call (65) 6311 1111

To Our Patients Our Best

www.rafflesmedicalgroup.com