Much ado about the Flu

Our International Patients

Happy Lift - Facelifts without pain

RMG celebrates 30th Anniversary

Festive makeover
On the brink of a Bird Flu Pandemic

A viral strain previously circulating among poultry is now infecting humans and has the potential to cause a global pandemic once it acquires qualities to spread among humans.

Clear and Present Danger

Bird Flu - once regarded with mild consternation as a disease that only afflicts fowls in rural regions - is now a major global concern as the world hovers perilously close to the outbreak of a new and fatal disease.

The evolution of Avian Flu

The H5N1 Avian influenza was first isolated in poultry in 1996 in Guangzhou China. In 1997 outbreaks were reported in Hong Kong with the first reports of human infections with H5N1. By mid 2003 outbreaks began to occur across eight East Asian countries.

Health experts all over the world are now convinced that it is not a matter of whether there will be a bird flu pandemic but when and how severe this global outbreak will be.

Human transmission and potential pandemic

The World Health Organization states that for a pandemic to occur, three criteria must be met.

1. A new virus subtype needs to make its appearance
2. The virus must have the ability to cause illness in humans
3. The ability of the virus to transmit freely and sustainably between humans

The first two criteria have already been met.

It is now feared that when a human is concurrently infected with both the H5N1 avian as well as the human flu virus, the virus would then mutate into a form that is both lethal and transmissible. This will then mark the emergence of a global outbreak.

The case in Singapore

While Singapore is presently unscathed by the scourge of avian flu, outbreaks in the region is enough to send Singaporeans scrambling for flu vaccination and antiviral medication such as Tamiflu and Relenza.

Media reports on 25 November 2005 of a suspected Singapore case of H5N1 infection in a patient who had been to Indonesia serves to highlight how close bird flu is to our shores and how volatile the situation is.

Demand for flu jabs and antivirals reached unprecedented proportions, even outstripping that of the SARS outbreak of 2003.

Raffles Medical clinics have experienced a 3-4 fold increase in demand for flu vaccination during the last quarter of 2005.

Although the flu vaccine does not protect one against the H5N1 virus, health authorities here have advised groups at risk to get it. This is because the vaccine offers about 70 percent protection against human flu and helps prevent the two flu strains from mixing and mutating into a new virus that could spread among humans.

A worldwide shortage

With the demand for flu vaccine escalating, suppliers are hard pressed to meet the demand now and are unlikely to do so even in the medium term.

Roche and Glaxo are the only producers of the highly sought after Neuraminidase class of antivirals that are needed for the treatment and prevention of flu.

Of the six vaccines approved for use in Singapore by the MOH, only two suppliers have brought in stocks to Singapore and are unable to meet the year-end demand locally.

As supply of flu vaccines in Singapore is dependent on global supplies, a worldwide shortage of flu vaccines meant that many clinics in Singapore were depleted of their stocks by early November.

At Raffles Medical clinics, patients who want flu jabs have been told to fill up a form to register their request. The moment new stocks arrive; nurses will contact these patients to ask them to come to the clinics for their jabs.

Dr Wilson Wong, Medical Director of Network Operations at Raffles Medical, has this assurance: “We will continue to actively place new orders and replenish our stocks to ensure that the needs of all our patients are met.”
Managing the risk of bird flu and seasonal flu

Vaccines

The Ministry of Health has clear guidelines for higher risk groups who will require flu vaccination more. These include:

- Persons 65 years and older
- Adults and children with chronic heart and lung disease including asthma
- Adults and children with chronic diseases like diabetes, kidney trouble and other illnesses where the immune system is suppressed
- Children six months to 18 years who are on long term aspirin therapy
- Women in the second and third trimester of pregnancy
- Persons travelling to affected countries like Thailand, Cambodia, Vietnam, Indonesia and China.

Vaccination, however, is no substitute for good hygiene habits. You should adopt practices that can protect you from flu:

- Keep a distance from people who have flu and are sneezing and coughing openly. The virus is spread through inhalation of air droplets.
- Wash your hands frequently to reduce your risk of picking up the virus through contact with contaminated surfaces.
- Maintain a healthy lifestyle. Boost your immunity by exercising regularly, eating wisely and keeping stress levels low.

Antivirals: Tamiflu and Relenza

It is not recommended for people to stockpile or freely use such antiviral medications. Such medications should be stockpiled only by governments and healthcare institutions who can prescribe them responsibly and only when there are clear medical indications.

Indiscriminate use of antiviral medications will lead to resistant strains of viruses that will make these medications less effective in the event of a real need.

See your doctor if you believe you are at risk or are having “flu-like illness”.

Added Dr Wilson Wong: “We need only recall the SARS scare of 2003 to realise the potential economic and health impact of a flu pandemic. This recent year-end shortage of flu vaccines and antivirals illustrates how inadequately the world is prepared if a pandemic were to occur now.”

Companies can begin planning and preparing for a possible flu pandemic through our Business Continuity Planning. Our team of specialists will be able assist you with

1) The latest medical information and updates on the flu situation worldwide and locally
2) Understanding how a flu pandemic can affect your staff and company operations
3) Steps to take to keep flu away from the workplace and minimise operational disruptions
4) Appropriate levels of preparation for flu pandemic
5) Sourcing for thermometers, vaccines, Tamiflu/Relenza, PPE (personal protective equipment) and other necessary equipment.

To discuss your concerns and requirements during this window of opportunity before a situation of panic and shortage arises, please contact us at 6311 1333.
For more than a decade, Mr Chris Sharrock, a British national, had been the victim of a persistent backache that would not go away.

Sometimes, the pain got so bad he could barely get out of bed. At other times, the dull ache just makes it difficult for him to carry out his daily activities such as driving or working at his desk.

“It is enough to make one depressed;” said the 47-year-old managing director of a Danish company.

The pain was caused by a worn out disc in his spinal column, a result of years of wear and tear from the avid golfer.

Popping painkillers only helped him achieve temporary relief. Physiotherapy did not alleviate the pain completely either.

Finally in April 2005, Mr Sharrock underwent artificial disc replacement surgery at Raffles Hospital.

The surgery was performed by consultant orthopaedic surgeon Dr David Wong who replaced the worn out disc with an artificial disc made of plastic and metal. The artificial disc mimics normal spinal movement, providing patients with greater flexibility. “This surgery removes the source of pain almost immediately and allows long time sufferers to resume everyday activities,” says Dr Wong.

Unlike traditional spinal surgery known as Spinal Fusion, which involves a long rehabilitation time of four to nine months, Artificial Disc Replacement patients recover fully within a short span of three to six weeks.

In less than three months, Mr Sharrock was surfing in Bali – something he had not done in four years. He was also playing golf again, a game he had been forced to give up a year ago.

Said a relieved Mr Sharrock: “I feel like a new man. I’ve only hoped that the pain would lessen. But to move freely and do sports again is beyond anything I’ve hoped for. It’s a miracle.”

Mr Chris Sharrock, back pain patient
Mr Sharrock is one of thousands of international patients who have come to benefit from Singapore’s highly rated healthcare system.

As part of the drive to maintain Singapore’s position as the leading regional healthcare hub, Raffles Hospital has been consistently offering advanced medical treatments coupled with personalised care.

The international patients market has grown exponentially since the inception of our International Patients Centre in 2002 and the International Marketing department in 2003.

Foreign patients now constitute 34% of Raffles Hospital’s total patients load. This is up from 20% in 2002 and 25% in 2003.

Every quarter, Raffles Hospital has visits from international patients from more than 100 countries, who come for health screening and aesthetic services, as well as orthopaedic, cardiology, O&G and cancer treatments.

Other than patients from core markets of Indonesia and Malaysia, the Hospital has also seen a rise in patients from new and exciting markets like Bangladesh, Myanmar, Korea, the Indian Subcontinent and the Russia Far East.

While staying competitive with regional countries in offering “health tourism” packages, which are mostly low-cost surgeries combined with holidays, Raffles Hospital also aims to maintain Singapore’s edge by providing more complex procedures such as transplants, cancer treatment and heart surgeries.

Complementing the investment in medical hardware is our special human touch, offered through dedicated officers at the International Patients Centre.

Patients Relations Officers at Raffles Hospital are tasked with taking care of our foreign patients’ every need during their stay here.

The minute a foreign patient steps off the plane at Changi Airport, he knows he is in good hands as our Patients Relations Officer will follow through with his passage to Raffles Hospital; handling his admission and discharge; financial counselling and insurance claims, and making arrangements to tailor to his individual culture, religious and food preferences.

This year, the international patients market saw its contribution to the revenue of Raffles Medical Group rise by more than 50% compared to the year before.

This market share is poised to expand even further as the International Marketing team makes inroad into new countries.

The team promotes services and packages through representative offices in Indonesia and Bangladesh and 50 marketing associates in 12 countries. It also participates actively in road shows, exhibitions, talks and seminars in Indonesia, Middle East and China, organised by Singapore Medicine.

Said Dr Saw Chit Aung, Deputy Director for Hospital Marketing: “Singapore expects to be a greater draw to medical tourists as the regional economy improves and there is now a shift from medical treatment to aspirational medicine. Soon, more people will come to Singapore for health screening, aesthetics services and orthodontic procedures.”
As people age, the effects of gravity, exposure to the sun, and the stresses of daily life can be seen in their faces. Deep creases form between the nose and the mouth; the jaw line grows slack and jowly; folds and fat deposits appear around the neck; prompting people to seek surgery to reverse these effects.

A facelift “sets back the clock” and improves the most visible signs of ageing by removing excess fat, tightening underlying muscles, and re-draping the skin of the face and neck.

A facelift cosmetic surgery usually takes several hours or somewhat longer if you are having more than one surgical procedure done.

**Traditional Facelifts**

Facelifts have not been very popular in Singapore as it is an invasive procedure resulting in some scarring and post-operative pain and sometimes, even complications like nerve injuries. Recovery time is long: 2-4 weeks, with patients claiming not to “look normal” for several weeks after recovery.

In a traditional facelift, incisions are made above the hairline at the temples, extending in a natural line in front of the ear and continue behind the earlobe to the lower scalp. If the neck needs work, a small incision may also be made under the chin. Many Asian patients are prone to scar hypertrophy and/or keloid formation, and this is a major consideration that will deter them from going for a facelifting operation with all its inherent problems.

In the classical face-lifting operation, the surgeon would separate the skin and subcutaneous tissues from the underlying muscle. Excess fatty tissue may be trimmed or suctioned from around the neck and chin to improve the contour. The surgeon then tightens the underlying muscle and membrane by pulling the skin back, and removing the excess fat. Stitches would be applied to secure the layers of tissue and close the incisions; metal clips may be used on the scalp as well.

Following surgery, a small, thin tube called a drain, may be temporarily placed under the skin behind the ear to drain any blood that might collect there. The surgeon may also wrap the patient’s head loosely in bandages to minimise bruising and swelling. As this is a very invasive procedure, the face remains swollen, puffy and bruised for 2-4 weeks.

For these reasons, few women here have chosen conventional facelift as a procedure of choice, opting instead for less invasive procedures such as blepharoplasty, Botox injections and injection of fillers into deep facial creases and areas of permanent wrinkling.

But one can now age gracefully and painlessly with a new face-lifting technique – Happy Lift. This revolutionary method minimizes bruising, scarring and post-operative pain as compared to the age-old method of facelift. It is a simple procedure done using special needles that does not require general anaesthesia.
The Happy Lift

The Happy Lift is a technique pioneered by Italian Plastic Surgeon Dr Ciro Accardo. It is a modification of Aptos, an earlier surgical technique invented in 1999 by Russian cosmetic surgeon Dr Marlen Sulamanidze. The Aptos procedure uses threads to lift, contour and suspend sagging tissues of the face without the cuts and tucks that go with a full-blown facelift.

The Aptos threads have barbs that can hook onto the subcutaneous fats of the face. The facial tissue is caught slightly in these barbs and then suspended and lifted. The threads are placed in carefully predetermined areas in the face to support the tissue and lift it.

The result: smooth and youthful-looking skin, achieved in less than an hour, requiring little downtime and without bruising and scarring. The Happy Lift method can be done as a day surgery and patients can return to work the next day.

Plastic surgeons in Singapore have welcomed this new modification which promises to eliminate some of the problems associated with the use of permanent threads (synthetic polypropylene material). The absorbable material used in the Happy Lift technique will gradually dissolve over a period of about 10 months, and leave in its place a fibrous tract which will continue to support the skin of the face and neck. More threads can be introduced subsequently without the prospect of accumulating more and more foreign material (permanent threads) in the face.

This translates to a safer procedure as it reduces the risks of complications such as infection and foreign body reactions. In addition the barbs or cogs in the material are better designed to catch on to the supporting layers of the skin.

With these new changes and transformations to the traditional facelift, looking good need not be a painful and complicated affair or a privilege of the young alone. Because of the minimally invasive and low risk nature of the procedure, face lifts can now be offered to younger patients with mild to moderate sagging. It can be combined with other facial rejuvenation procedures like radio-frequency or infra-red treatments to achieve an even better result. As this article goes to print, there is already ongoing research to make better and stronger threads for lifting other areas of the body e.g. neck, breasts etc where sagging can also occur as part of the ageing process.
Raffles Medical Group started out in 1976 with 2 clinics, fulfilling the dream then of two young doctors who only wanted to provide the best care they could for their patients.

Now 30 years later, Raffles has grown to include a world-class hospital, 60 primary care clinics in Singapore, 4 clinics and medical centres in Hong Kong, representative offices in Indonesia and Bangladesh, and representation in Sri Lanka, Abu Dhabi, Bahrain, and Korea. Including its healthcare financing arm, International Medical Insurers, and personal healthcare unit, Raffles Health, Raffles Medical Group provides a continuum of integrated healthcare services to meet the medical and wellness needs of our corporate clients and patients.

This new year as we commemorate 30 years of our founding, we have lined up a host of celebratory events and promotions which will be rolled out throughout the year.

We start off in January 2006 with our Wellness 2006 and Raffles HealthScreeners 2006 packages which offer some special celebratory treats.

Raffles Healthscreeners 2006

From 1st February 2006 to 31st March 2006, enjoy special discounts off our new and revised Healthscreening packages for 2006.

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<thead>
<tr>
<th>Healthscreening packages</th>
<th>Price</th>
<th>Recommended for</th>
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<tr>
<td>Raffles Lifestyle 2006</td>
<td>$238</td>
<td>Individuals 18 to 25 year old</td>
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<tr>
<td>Raffles Deluxe 2006</td>
<td>$350</td>
<td>Men below 40 years old</td>
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<tr>
<td>Raffles Ladies Deluxe 2006</td>
<td>$430</td>
<td>Women below 40 years old</td>
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<td>Raffles Exec 2006</td>
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<td>Raffles Ladies Exec 2006</td>
<td>$790</td>
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<td>Raffles Ladies Platinum 2006</td>
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All prices BEFORE GST
Wellness 2006

Raffles Medical Group celebrates 30 years with a toast to good health. In 2006, we offer a platter of health screening and wellness packages that will give you a headstart to healthy years ahead.

### Lifestyle Risk Screening Package
- Clinical Measurements, History & Physical Examination
- Lipid screen, Fasting Blood Glucose, Uric Acid
- 12 Leads Resting Electrocardiogram
- Medical Report
- Doctor’s Review

**$48**

### Raffles Basic Health Review
- Clinical Measurements, History & Physical Examination
- Hematogical Screen
- Liver Function Screen
- Kidney Function Screen
- Lipid/Cholesterol Profile
- Endocrine Screen [Blood Glucose (Diabetes) & Uric Acid (Gout) Levels]
- 12 Leads Resting Electrocardiogram
- Urinalysis
- Stool OB
- Medical Report
- Doctor’s Review

**$138**

### Liver Risk Screening Package
- Full Liver Function
- Alpha Feto Protein
- Doctor’s Review

**$48**

### Premarital C Check
- Full Blood Count
- Blood Group
- VDRL
- HIV Serology
- Rubella Serology
- Hepatitis Serology
- Urine FEME
- Doctor’s Review

**$138**

### Well Women Screening Programme Packages

#### Well Women Screening Programme A
- Pap Smear
- * Ultrasound Pelvis/Ultrasound Breast/Mammogram (Bilateral)
- Doctor’s Review

**$128**

#### Well Women Screening Programme B
- Pap Smear
- * Mammogram (Bilateral)/Ultrasound Breast
- Ultrasound Pelvis
- Doctor’s Review

**$238**

#### Well Women Screening Programme C
- Pap Smear
- * Mammogram (Bilateral)/Ultrasound Breast
- Ultrasound Pelvis
- Bone Densitometry
- Doctor’s Review

**$338**

### Immunisation Programme
- Hep A Screening
- Hep B Screening
- Hep A & B Screening
- Hep A Vaccination (per dose)
- Hep B Vaccination (per dose)
- Hep A & Hep B (Twinrix) (per dose)
- Influenza Vaccination

**$18**

**$18**

**$30**

**$75**

**$23**

**$88**

**$25**

### Options available:
- Hormone Screening (FSH, LH, E2)

**$58**

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*All prices BEFORE GST

# Fasting is required

* A choice of either one

* Appointment at Raffles Hospital is required

Additional tests 10% discount off list price
Festive Makeover
- Be beautiful & in great shape in the New Year

The new year is fast approaching but public relations executive Sherry Lim is not particularly upbeat about meeting her friends at the upcoming functions.

The result of too many suppers is showing. She noticed recently that her skirts are getting tighter. The weeks of late nights in front of her computer have led to visible eye-bags. Her complexion, while blemish-free, was dull and sallow.

Are you, like Sherry, dreading the new year and worrying about the many parties you’re required to attend and the events you’ll be seen at?

Fear not, Raffles Aesthetic Centre has just the solution for the little imperfections that have been bothering you. You might even fit into those jeans that you haven’t worn in a while.

Though limited by time, Sherry did not want to be rushed into unproven quick fixes that may do more harm than good. After consulting the specialists at Raffles Aesthetics Centre, Sherry signed up for a package of Intense Pulsed Light (IPL) treatments for her dull skin. Using photo technology, intense light rays were applied to her skin - an action that stimulated the production of collagen. This results in firmer and revitalised skin tone.

In four sessions, Sherry found her freckles and fine lines had disappeared, as had the enlarged pores and broken blood capillaries.

To shed that extra weight, the 25-year-old signed up for a weight management package. On the first day of the programme, she was pleasantly surprised to find a team of medical and health experts working on her weight loss regime.

The team comprised an endocrinologist, who assessed Sherry’s metabolic and growth rates and decided on appropriate medication; a dietician, who planned her daily menu; and a physiotherapist who designed exercises for her problem body areas. There was even a psychologist who used behavioural modification to help her achieve her goals and advised her on how to maintain a healthy self-image.

After six sessions, coupled with a sensible diet and exercise regime, Sherry dropped three kilos and one dress size.

Said Sherry happily: “I didn’t starve, I didn’t need to kill myself with exercise nor did I have to endure immense pain to look better. The programme sets out achievable goals according to my needs and I only needed to follow the planned sessions carefully.”

“What’s more,” she added, “I have picked up valuable tips on healthy living that will serve me well for life.”

Surprise your friends just as Sherry did.
With new technology and techniques in aesthetics, patients can undergo many of these procedures with almost no down time. Perfect if you’ve only got a few weeks to go before the festivities begin.

For those who need the extra help with weight management, Raffles also offers a full range of weight management programmes:

- Specialised weight management programme formulated by a team of endocrinologist, dietician, physiotherapist and psychologist
- Plastic surgery services such as liposuction and tummy tuck
- Surgical procedures for the obese such as lap band surgery and intragastric balloons
- Acupuncture using stimulating pressure points to reduce fats in tummy

With all procedures performed by trained and registered doctors, you can rest assure that you can look your best this festive season with the help of the team from the Raffles Aesthetics Centre.

“With new technology and techniques in aesthetics, patients can undergo many of these procedures with almost no down time.”

Dr Wong Soon Tee, Consultant Dermatologist, Raffles Aesthetic Centre

All ready for the holidays!
Food is an integral part of life. It provides nourishment but also has social, emotional and traditional significance during celebrations. Eating healthily does not mean having to avoid festivities or accept weight gain. You can fit any food into your healthy eating plan. The secret? Moderation. Dietician Michelle Funk, shares some tips for healthy eating this festive season.

**Set Realistic Goals:** Losing weight during the holiday season is a self-defeating aim. Instead, plan to maintain your weight and resume weight loss after the festival is over. Rather than binge throughout the season, feast on a few special days.

**Balance:** Choose smaller, low calorie meals when not at celebration parties so that you can still enjoy the traditional holiday foods without overloading your calories for the day.

**Party With A Full Stomach:** Have a low calorie snack such as a glass of milk or juice or a more substantial wholemeal sandwich or fruits before going to your party. An empty stomach may lead to overeating.

**Party First:** Upon arrival, grab a low calorie beverage and catch up with people rather than reach for the food. You may find that you have eaten less in the end!

**Think small:** Any food can fit into your plan, even traditional foods. However, as most traditional foods are high in calories and fat, enjoy them in small helpings.
Once around: Finish the helping on your plate slowly to know when you are full. Keep your first helping small especially if your host expects you to take seconds. Remember to keep to your usual portion of rice/pasta/bread and meat dishes.

Making low fat food choices: Watch the fat by limiting the fried foods and leaving rich sauces, gravy or salad dressings behind. Choose to sample big calorie players like roasted meat or duck, baked ham, sweet barbequed pork (bak kwa), nasi briyani and curries with coconut milk. You can also trim the fat from the meat and remove the skin before eating. Watch the sweet foods as they tend to be high in fat and in sugar. Limit yourself to one small piece of your favourite sweet food.

Colour your plate: Add colour and variety to your plate by loading your plate with vegetables. Being high in fibre and low in calories, they’re great when you’re trying to watch your waist line during the festive period. Limit the rich sauces that come with the vegetables.

Sweet endings: Finish off your meals with fresh fruit or fruit agar agar. If you must have a particular dessert, take a small serving.

Cheers: Raise a toast to celebrate the season but drink in moderation. Keep within the recommendations of three standard drinks per day for men and two standard drinks per day for women. Besides the high calories, alcohol can make you lose control over your intention of not overeating.

Standard drink of alcohol
• 2/3 can of regular beer (220ml)
• 1 glass of wine (100ml)
• 1 nip of spirits (30ml)

Go slow with the sugar: Carbonated drinks and sweetened drinks can add to the calorie count. Opt for sparkling mineral water or low calorie, sugar free drinks instead.

The season of sharing: Cookies and other pastry delights like love letters, pineapple tarts, fruit cakes or kueh are laden with calories and fat. Keep some for your family and sharing the rest with your colleagues and friends.

Burn those calories: Make an effort to be active during the festive season. Short bursts of exercise and activity can add up to help you maintain your waistline. Try walking to destinations rather than driving and taking the stairs instead of the lift.

Start losing weight again (if you need to): With the festive season over, you can return to your usual food pattern of watching the size of your meals and follow a low fat, low sugar style of eating. Fill up on fibre like fresh fruits, vegetables and wholemeal products to help you remain full. Remember to go back to your usual exercise routine.
Cancer Risk Screening

Each of us bears different risks to different cancers. Now you can screen your risk of cancer, taking into account your age, lifestyle and family history.

Raffles Cancer Centre offers a cancer risk screening programme that addresses the cancer concerns of individuals. The programme is unique for the following features:

- Screening by a specialist medical oncologist
- Flexible and customised screening packages to suit individual risk profiles
- Genetic counselling and genetic testing to assess the risk of hereditary cancers
- Full body mole examination to assess for moles with signs of cancer changes

Sign up now to secure your health.

Cancer screening packages

- Male only (all ages) - $350
- Female only (below 40yrs old) - $360
- Female only (above 40yrs old) - $450

Cancer Genetic Testing

Recent advances in science have now shown that for some cancers, the risks can be inherited from generation to generation, and could be screened earlier before the presentation of symptoms.

You should consider genetic counselling, with or without genetic testing, if there is a personal or family history of:

- Breast Cancer (prior to age 40)
- Ovarian Cancer (any age)
- Endometrial Cancer (prior to age 50)
- Colorectal Cancer (prior to age 50)
- Colorectal Adenomas (> or = to 20 cumulative polyps)
- Melanoma (multiple primary)
- Pancreatic Cancer (any age)

The cancer genetic screening comprises an assessment and counseling session with our medical oncologist and genetic testing as appropriate.

Know your risks and take measures to prevent the development of cancer.

Pre-Employment Psychological Screening for maids

Very often, when people hire their maids, they assess their general health and working ability, but neglect to assess the maid's mental health. This can sometimes lead to serious problems later.

You can now have your maid evaluated by experts for their psychological well-being and mental health before they are hired.

At Raffles Hospital, a team of psychiatrists, psychologists, and clinical counselors will provide assessment of the psychological fitness of your maid. This may help to identify risk factors that could predispose the maid to abnormal or violent behaviours.

The assessment is conducted in Raffles Counselling Centre and will comprise a psychometric test and a mental state interview. A written report will then be provided to the employer or agent.

To make an appointment with our mental health professionals or for more information, contact us today.
Heart & Stroke Screening Packages

Heart diseases and stroke are major causes of death and disability. Our modern lifestyles characterised by stress, lack of exercise and unhealthy diet put us at risk.

Sign up for a Raffles Heart and Stroke Screening Package and let our specialists assess and manage your risk of cardiovascular diseases.

Heart & Stroke screening packages

- **Basic Healthy Heart Screening $128** — includes cardiologist physical and clinical review, blood test, ECG to check for normal heart functions
- **Heart & Stroke Screening $299** — With blood test and risk profile assessment for heart disease and stroke, and ultrasound imaging of the carotid arteries.
- **Coronary CT Angiogram Package $1,029** — 3-D imaging of the heart and arteries using high precision imaging technology
- **Coronary Risk Assessment $1,400** — Comprehensive set of tests to determine coronary health

Limited Time Only:
Special Package Price for Lap Banding

Laparoscopic Adjustable Gastric Banding Surgery, or Lap Banding as it is commonly known, is a minimally invasive surgical treatment for severe obesity.

It is a technique in which a silicon band is placed around the upper part of the stomach to create a small pouch. When the patient eats, the pouch fills up to create a sensation of fullness.

If you have a body mass index of 32 and above and considering Lap Banding as a treatment option for weight loss, we are making available a special package price of $13,180* for Lap Banding for a limited period from 23 December 2005 to 28 February 2006.

The special package price includes surgeon, anesthetist and hospital fees, and represents a saving of $1,320 from the usual price of $14,500*.

*excluding prevailing GST

For more information or to make an appointment, call our 24 Hour appointments hotline at 6311 1222 or email specialists@raffleshospital.com
SPECIAL promotions

Your GUARD against Flu

The simple flu today is no longer as simple as what it may seem, especially with the concerns surrounding bird flu in the region and elsewhere around the world.

The Flu Guard includes:

- **Pre Travel Consultation** and advice if you are going overseas
- A **Vaccination** jab against flu.
- A **Travel Kit** containing necessary medications for relief of discomfort during travel, for example, diarrhoea, headache, and nausea.
- A **Flu Kit** containing everyday items to protect yourself against the influenza virus, including a N95 mask, thermometer, hand sanitiser and vitamin C tablets.
- Check-up **Consultation upon return**, and **Certification** if free from influenza.
- A **Rapid Flu Test** that allows the doctor to detect influenza A & B - the most common and potent subtypes of the flu virus - through a simple nasal swab. If tested positive for influenza, one course of anti-viral medication (Tamiflu/Relenza) will be administered.

Present a gift of health to your loved ones today!

In celebration of Raffles Medical Group’s 30th anniversary, Raffles Health Screeners is pleased to offer you 30% off Raffles Health Screeners Gift Certificates. Purchase the Gift Certificates at $70 and you’ll enjoy the full value of $100 for our Health Screening packages.

Show someone you care today with this thoughtful gift.

For enquiries, please call 6311 1111.