Health Screening
Why is it important?

04 IBS-Irritable Bowel Syndrome
Understanding IBS

06 The Latest in Aesthetic Technology
The Art of Beauty
In the past, if an employee is asked to go for health screening, he would have been worried, and rightfully so, because a poor health report could have been used as grounds for termination.

Thankfully this view has changed over the years.

These days, health screening is recognised as a necessary tool for us to find out more about our state of health and how we can stay in tip-top shape.

Some of us shy away from health screening because we would rather not know what is wrong with us. Others feel that health screening is expensive, tedious and stressful.

The danger of this is that we may never know that we have an underlying condition predisposing us to a certain disease. Or that a long-standing mild problem such as high blood pressure may lead to a serious problem or even death.

The statistics speak for themselves: One in five Singaporeans suffers high blood pressure and high cholesterol levels. One in four Singaporeans will contract cancer in his lifetime.

So it is important to detect these diseases early to ensure better treatment outcomes.

Contrary to popular belief that health screening is a labourious task, it is relatively fuss-free and comfortable these days. Most standard screenings can be completed within an hour.

A standard health screening is one that screens for glucose and cholesterol profiles; kidney function through a urine test, a stool occult blood testing, body height and weight measurements and a blood pressure measurement. These are the bare requirements for individuals above 40 years old.

However, a doctor may recommend further tests and investigations for a complete assessment of the patient's health.

Health screening, carried out at least once every two years, enables us to have a peek into our state of health and to make adjustments to our lifestyle in order to maintain good health.

8 Main Health Tests

**Blood Pressure**

When: From age 40, you should have it checked at least once a year.

How: Ask your GP to test it for you.

What it means: If the diastolic (blood pressure when the heart relaxes) is at 90mmHg (millimetres of mercury) or above, and your systolic (blood pressure when the heart is pumping) is at 140mmHg or above, you have high blood pressure. Left unchecked, it can lead to heart and kidney failure – these can be prevented with early detection and treatment.

**Cholesterol**

When: From age 40, you should have it checked every three years. Earlier and more frequent screening is recommended if you are a current smoker, have a history of diabetes, heart attack, stroke or have a family history of high cholesterol.

How: A blood test that tests for the three types of fats in the body – ‘bad’ cholesterol, ‘good’ cholesterol and triglycerides - you need to fast for about eight hours before the blood test.

What it means: The higher it is, the greater chance you have of heart disease.

**Diabetes Mellitus**

When: From age 40, you should be tested every three years. Screening should start earlier such as from age 30 if you have a history of high blood pressure, are overweight, have a close relative who has diabetes, have heart disease or have had diabetes during pregnancy.

How: A blood test for blood glucose level is taken. Fasting prior to the test is required.

What it means: If the blood glucose is high, it means you have diabetes. Diabetes is a result of inadequate insulin production by the pancreas or ineffective insulin effects leading to high levels of glucose in the blood. This leads to damage and failure of organs such as the eyes and kidneys, and may result in kidney failure, strokes, heart attacks and blindness.
Choose from any of our 11 standard comprehensive Health Screening Packages to meet your individual needs.

For an appointment, please call our Appointments Hotline: 6311 1222 or Email: specialist@raffleshospital.com

**Colorectal Cancer**

**When:** Stool test to be done annually from age 40 onwards. For colonoscopy, you should get one done every 10 years from age 50 if the test is clear and there are no other risk factors. If you are considered to be in the high-risk group, you will need to do a colonoscopy at a younger age, and more frequently. High risk means one of your close relatives (eg. immediate family members) had suffered from colorectal cancer. Women who have had cancer of the womb, ovaries or breast may also have a higher risk of acquiring colorectal cancer.

**How:** Stool test checks for hidden blood in the stool. Colonoscopy is the minimally invasive endoscopic examination of the large colon and the distal part of the small bowel with a fibre optic camera on a flexible tube passed through the anus.

**What it means:** Cancer of the colon and rectum is the most common cancer in Singapore and is curable if discovered early.

**Cervical Cancer**

**When:** All sexually active women should be screened with a pap smear by age 25 and once every three years until age 69.

**How:** A pap smear is a clinic procedure where the doctor examines and performs a swab to sample cervix cells onto a glass slide. The slide is sent to a pathologist for examination under the microscope.

**What it means:** Cervical cancer is the fourth most common cancer in women. You are in the high-risk category if you are a current smoker, have had multiple sexual partners, have no regular pap smear screening, have had sexual intercourse at a young age, have had a history of sexually transmitted disease or HPV (human papilloma virus) infection.

**Breast Cancer**

**When:** From age 30 onwards, women are advised to do breast self-examination every month after their period. A mammogram should be performed every year between 40 to 50 years of age. Women over 50 should be screened with a mammogram once every two years.

**How:** Mammography is the recommended screening tool for early detection of breast cancer. An ultrasound breast examination or MRI scanning of the breast is recommended if a mammogram is inconclusive.

**What it means:** This is the most common cancer among women in Singapore. Early screening will detect it in the early stages for effective treatment. For women with a family history of breast cancer in the first-degree family members, screening should be started 5 years prior the age of diagnosis in the relative.

**Heart Disease**

**When:** If you have a history of hypertension, diabetes, high blood cholesterol levels or a family history of heart diseases, you should consider going for a cardiac screening once every two to three years.

**How:** There are many different types of screenings. These include resting ECG, treadmill ECG, stress echocardiogram, sesta MIBI and CT coronary angiogram.

**What it means:** Abnormal results means that you may have coronary heart disease and should be followed up with the heart specialists for further investigation and treatment.

**Prostate Cancer**

**When:** Any man above 50 years of age is recommended to have regular screening. If you have a family history of prostatic cancer, it is advisable to be screened earlier.

**How:** The doctor will carry out a prostate specific antigen (PSA) screening (done through a blood sampling) and perform a digital rectal examination to assess the size and surface regularity of the prostate gland.

**What it means:** Prostate cancer is ranked the sixth commonest cancer among Singaporean men. Its incidence is increasing. However prognosis is excellent if it is discovered early.
How common is IBS?

Current studies show that IBS affects at least 10 - 15% of the Singapore population. There are no significant differences in terms of gender, ethnic group, educational level or household incomes among IBS sufferers but those between the age of 20 and 40 years are at the highest risk of developing IBS.

Signs and symptoms of IBS

Daily bowel movement varies among individuals. Individuals with IBS usually have abdominal pain or discomfort with painful constipation or diarrhoea, associated with bloating, flatulence and incomplete emptying of stool.

During episodes of constipation, stool may be hard, small, pebble-like and difficult to pass. During episodes of diarrhoea, stool is usually frequent but in small volume, loose and watery with no blood but sometimes with excessive mucus. Diarrhoea commonly occurs during periods of stress or excessive intake of high fat/high calories meals. In some people, constipation and diarrhoea may alternate.

All these bowel symptoms often begin during adolescence or early adulthood and occur over periods of days to weeks. Occasionally, symptoms may be continuous and debilitating in nature. Severe IBS is also known to be associated with depression, anxiety and irritability with female sufferers reporting sensitive bladder with frequent urinary symptoms and painful menstrual periods.

Causes of IBS

IBS occurs as a result of disrupted movement of the colon, altered sensation within the gastrointestinal tract and impaired interpretation of colonic sensorimotor signals by the brain. It is affected by circulating hormones, gut chemicals, and physical stimulation such as the presence of food in the system as well as external environmental factors that act at the brain or gut level.
Diagnosis of IBS

The diagnosis of IBS is made based on chronic recurrent bowel symptoms, in an otherwise healthy individual with no alarm features to suggest other colonic diseases. The important alarm features are:

- Unintentional weight loss
- Nocturnal attacks
- Bloody stool or bleeding from rectum
- Symptoms of anaemia e.g. pallor, breathlessness, lethargy, giddiness
- Fever with unknown cause
- Change in usual bowel symptoms
- Onset in older patients (>35 years old)
- Family history of colonic cancer/ inflammatory bowel disease

Any individual with the abovementioned features should seek medical help immediately so that blood and stool tests can be done to exclude systemic or colonic diseases that can mimic IBS.

Depending on the clinical presentation, your doctor may also advise you to go for a barium enema x-ray or a colonoscopy.

Treatment of IBS

Most individuals with IBS have mild symptoms and are able to control their symptoms through education, reassurance, stress management, diet and lifestyle modification.

Education and reassurance that IBS will not lead to cancer or other diseases play a vital role in ensuring mental well being and alleviate anxiety and fear. Regular exercises and relaxation techniques are helpful in reducing stress as an aggravating factor of IBS. A high fibre diet is usually recommended except in those with severe bloating.

Medication acting on the colon is needed for individuals with moderate to severe symptoms. Antispasmodics that reduce spasm of the colon are given for pain relief and prokinetic agents that enhance colonic contractions are prescribed for bloating. Specific antidiarrhoeal drugs are given to reduce stool frequency so that work and social activities are not interrupted. Selective intermittent usage of laxatives may be needed when constipation worsens to less than three stools per week.

For those with severe refractory symptoms, low dose antidepressants have been shown in recent scientific researches to be able to alleviate pain and diarrhoea by acting on the brain-gut axis and sensory pathways.

Finally, alternative medicine such as herbal medicines, aromatherapy, yoga, meditation and other unconventional therapies have been shown to work in selected individuals.

It is important to continue care under the same doctor as he or she can make a confident diagnosis of IBS with knowledge of your psychosocial background to work out a step-wise programme that encompasses diet and exercise planning, stress management techniques and targeted medications to ensure improved quality of life.

If you suspect you have IBS or require more information about the condition, call the Appointments Hotline: 6311 1222
Advances in Aesthetic Medicine

Titan™ and CoolGlide™ Laser

By Dr Lee Mun Heng

Skin Lifting

Aesthetic medicine has come a long way with the advent of new technology. A few years ago, the thought of undergoing a full surgical face-lift would be rather daunting. For the faint hearted, there is now a safe, effective, painless and medically proven alternative. The answer is TITAN™, a revolutionary technology that is patent pending from world-renowned specialists in medical aesthetic research & development, CUTERA. Inc USA.

As our skin gets damaged from sunlight or oxidation from pollutants and the oxidants generated from our body, the nice springy elasticity that is seen in babies’ skin is lost. This results in wrinkles and sagging of the face. Mothers will know how this feels like when their tummies wrinkle terribly after childbirth. This is due to the damage of the elastic tissue in the deeper layers of the tummy skin from excessive stretching whilst they were pregnant.

TITAN™ technology is newer compared to older generation radio-frequency skin lifting technology. It uses new methods to deliver infra-red energy to the deeper layers of the skin. The energy causes the collagen, which acts like a scaffold to the skin, to tighten up, resulting in an amazing reversal of ageing skin. Sagging face, wrinkles, prune-like tummies can all be treated this way. There is no downtime and you can go about your daily activities as usual!

Advantages of TITAN™

- Safe, comfortable, non-surgical face or tummy lift
- Treats lax and redundant skin throughout the body
- No down time

Laser Vein Therapy and Hair Removal

Sagging skin and wrinkles are not the end of the story. Many of us would have noticed the unsightly fine veins on our face and legs. These are superficial veins that our body does not require as we have a deep venous system to do the channeling of blood.
The new **CoolGlide™** long pulse Nd-Yag laser can now be used to ablate some of these veins. No surgery is required and the procedure is safe and effective. Laser can also be used to effectively remove hair in unwanted areas such as lips, armpits and bikini lines.

No more messy and painful waxing. Our Aesthetic Dermatologist and Plastic Surgeon will be glad to advise you on which veins are suitable for this procedure.

**CoolGlide™ Laser Vein Therapy**

Female Cheek

Pre - Treatment

5 Weeks After Treatment

Leg

Pre - Treatment

2 Weeks After Treatment

**CoolGlide™ Laser Hair Removal**

Upper Lip Area

Before Treatment

After Treatment

**Raffles Aesthetic Centre**

Extended opening hours, for your convenience

Mon - Fri 8.30 am - 7.00 pm

Sat 8.30 am - 3.00 pm

**New Services Available**

**TITAN™** Skin Lifting (face and tummy area). Promotional Price from **$1,800** per treatment (before GST) upon signing up for a package of 3. Only for a limited period from March - May 06

**CoolGlide™** Laser Vein Therapy (removal of fine veins) from **$200** per treatment (before GST)

**CoolGlide™** Laser Hair Removal (upper lips / armpits / bikini line / legs) from **$300** per treatment (before GST)

**Other Services Available**

**IPL Photorejuvenation** (acne, pigmentation, pore reduction and sun damage repair)

- Chemical Peeling and OBAGI™ Peels
- Facial Fillers
- **BOTOX™** treatment (face)
- **BOTOX™** treatment (sweaty armpits, palms and feet)
- Skin whitening by Iontophoresis
- Laser removal of benign skin lesions
- Laser tattoo removal
- Cosmetic surgery
  * Rhinoplasty (reshaping of the nose)
  * Eyelid surgery
  * Surgical facelift
  * Tummy tuck
  * Liposuction
  * Breast augmentation

For more information or to make an appointment, please call our

**Appointments Hotline: 6311 1222** or **Email: specialist@raffleshospital.com**
Bruising, burns, swelling, fluid collecting under the skin and tissue damage are common for liposuction patients. The slow recovery time, up to two weeks, can be agonising, especially for patients who want to conceal the fact that they have undergone plastic surgery.

LipoSelection®, on the other hand, has a shorter downtime of just a few days. Results can also be seen almost instantly since there is less damage to the skin.

Because nerves and blood vessels are largely undisturbed, pain and bruising are kept to a minimum. Dr Millard reports no permanent nerve damage or loss of sensation to treated areas since he started using the system.

LipoSelection® is recommended over any other form of body sculpting for many reasons. From a patient’s perspective, it is safer, causes less bruising, swelling, pain and downtime while providing significantly better, smoother results. Surgeons have the advantage of additional control for precise contouring accuracy and reduced fatigue and strain over other sculpting technologies.

Clinical studies indicate a reduction in the need for re-treatments as well as a reduction in lipoplasty complications with the VASER System. The slightly higher price tag compared to that of traditional liposuction (between $2,000 to $20,000 depending on number of areas treated) due to increased surgery time is a small price to pay for the enhanced patient experience and fast recovery.

“It is premature to say if LipoSelection® will become the new gold standard in body contouring, but we are excited about the technique as it promises to reduce operating time and promote faster recovery.” said Prof Walter Tan.

Have the torturous diets, exhausting gym sessions and expensive weight-loss products failed to zap those fats from your body? A brand new liposuction technique, LipoSelection® by VASER®, is now available. Dr John A. Millard, Consultant Plastic Surgeon from USA introduced it to Singapore’s plastic surgeons in Raffles Hospital on 25 February.

LipoSelection® utilises minimally invasive procedures which lessen scarring, bruising and recovery time. Through the use of ultrasound to dissolve fat cells, LipoSelection® leaves important tissues - such as nerves, blood vessels and connective tissue - largely undisturbed, yielding exceptional smooth, shapely results and promoting fast recovery.

Liposuction, the conventional method of removing fat from deposits beneath the skin using a hollow stainless steel tube (called a cannula) with the assistance of a powerful vacuum, is the third most requested procedure in Singapore. Its popularity stems from its ability to target fats in diet-and exercise-resistant areas.

As with all surgeries, liposuction carries with it risks. According to Professor Walter Tan, President of the Singapore Association of Plastic Surgeons in Singapore and Consultant Plastic Surgeon of Raffles Hospital, liposuction, when properly carried out, is minimally traumatic. In the hands of the untrained and unqualified, Prof Tan warns that it can be an extremely dangerous and damaging procedure.
LipoSelection®: Seeing is believing

LipoSelection VS. Liposuction

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<tr>
<th>Ultrasound based</th>
<th>Suction based</th>
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<tr>
<td>Tissue selectivity (leaves important tissues largely intact)</td>
<td>Tissue damage (inability to differentiate fat from nerves, blood vessels, connective tissues)</td>
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**Results:**
- Smooth contouring
- Low to minimal pain
- Resume activities quickly
- Minimal swelling and bruising

**Gentle wrist motion by surgeon:** Precise sculpting and contour finesse

**Designated to treat common as well as delicate areas such as arms, chin, neck, knees, and inner thighs; and fibrous areas such as the back**

For more information on the availability of this new technique in Raffles Aesthetics Centre, call our

Appointments Hotline: 6311 1222

Raffles Hospital Submits Winning Paper In Annual Scientific Meeting of the Singapore Radiological Society

**Physicians and patients to gain from research**

**Good news for patients who are concerned about their heart.** With growing studies on the new 64-Slice Cardiac CT scan that has recently been made available in Singapore, you can look forward to faster and more accurate scans of the heart.

The research paper submitted by Raffles Hospital on “Correlation of 64 MSCT coronary angiography and Conventional angiography: GY Tseng, KY Yeong, Yang LH” won the first prize for best research paper in the annual scientific meeting of the Singapore Radiological Society.

Dr Gavin Tseng, Consultant Diagnostic Radiologist, pointed out four ways by which the paper will help physicians and patients.

“We demonstrated the cross-sectional views of the heart arteries allow accurate interpretation of the degree of blockage. Previously, we had to look through many different type of images before we interpreted the scan. This translates to faster turnover and reporting,” he said.

The paper also proposed four varying categories of degree of stenosis (blockage) compared to the current two. This would increase the accuracy of the diagnosis and help physicians determine the more suitable treatment for the condition.

Through the comparison of qualitative (relying on experience of physicians) and quantitative (relying on technology) approaches, Dr Tseng and team found that the computer is a little more accurate. But with experience, the physician can diagnose with more speed and some degree of accuracy.

Finally, the team described two new signs which are very useful in detecting significant blockages in the heart arteries. This has not been described in medical literature before.

Dr Tseng is confident that there are more ways to harness the capabilities of the 64-Slice CT scan technology.

“The research will help physicians to interpret the scans more accurately to the benefit of the patients,” he said.

Raffles Hospital is one of the six hospitals in Singapore to use the 64-Slice CT scanners.

To make an appointment for the 64-Slice CT Scan, please call the

Appointments Hotline: 6311 1222
The Raffles Japanese Clinic has become something of a household name among the 25,000 strong Japanese community in Singapore as it continues to attract an ever-growing and extremely loyal clientele.

On an average month, the Clinic receives visits from more than 1,000 Japanese patients, a far cry from its early days at the Raffles SurgiCentre at Clemenceau Avenue when it only served Japanese corporate clients. These days, the Clinic sees expatriate Japanese living in Singapore, Japanese diplomats and Japanese businessmen both in Singapore and from the region.

“This shows that more and more of the Japanese community in Singapore and the region have come to recognise our special brand of personalised care,” said Ms Asami Yasuko, Manager of the Raffles Japanese Clinic.

The Raffles Japanese Clinic is located on the 12th floor of Raffles Hospital. It is run by three full-time Japanese doctors, nurses and clinic staff. Patients at the Raffles Japanese Clinic enjoy the convenience of specialist referral to the team of multidisciplinary experts at Raffles Hospital.

Dr Tashima Rina, who has just joined the Clinic as its physician, sees to the antenatal needs of her female Japanese clients and has easy access to fellow O&G consultants and facilities at the Raffles Women’s Centre located on the same floor.

The secret of Raffles Japanese Clinic’s success,” explains Ms Asami, “is in the way we treat each patient.”

“When patients come, we don’t just treat them for their ailments. We take time to talk with them, find out more about their medical history and general state of health.”

Staff at the clinic also provide emotional support. When someone is new to the country, they would ask if he has found accommodation, and whether he is assimilated into the social and business network of Japanese here.

“We are doctors, nurses, counsellors and friends all rolled into one,” sums up Ms Asami.
**NEW Specialists**

**Dr Watt Wing Fong**
Consultant Obstetrician and Gynaecologist
Raffles Women’s Centre (RH) and
Raffles Women’s Clinic (Compass Point)

**Notable Achievements:**
- “Young Investigator Award” at the KK Women’s and Children’s Hospital
- Annual Scientific Meeting (1999)
  Multiple “Service from the Heart” recipient for her dedication to patient care.

**Area of Specialty:** General obstetrics and gynaecology, with special interest in medical disorders in pregnancy.

**Clinic sessions:**
- Raffles Women’s Centre, Raffles Hospital
  - Tue, Thur & Fri  2.00pm to 5.00pm
- Raffles Women’s Clinic, Compass Point
  - Mon to Sat  9.00am to 12.30pm
  - Mon  2.00pm to 5.00pm
  - Mon, Tue (except 1st Tue of the month) & Thur  6.30pm to 8.45pm

**Enquiries:** 6311 1230 (Raffles Women’s Centre, RH)
6881 3604 (Raffles Women’s Clinic, Compass Point)

**Dr Law Ngai Moh**
Consultant Gastroenterologist and Physician
Raffles Internal Medicine Centre

**Notable Medical Achievements:**
- Special interest in GI motility as well as interventional endoscopy.
- Held fellowships in both fields at the Mayo Clinic and University of Minnesota respectively.

**Areas of Specialty:** Internal medicine, gastroenterology and hepatology.

**Clinic sessions:**
- Mon, Wed & Sat  8.30am to 1.00pm
- Tue & Thur  8.30am to 5.30pm
- Fri  2.00pm to 5.30pm

**Enquiries:** 6311 1214 (Raffles Internal Medicine Centre)

**Dr Cordelia Han**
Consultant Obstetrician and Gynaecologist
Raffles Women’s Centre (RH) and
Raffles Women’s Clinic (Causeway Point)

**Notable Medical Achievements:**
- Practised at KK Women’s and Children’s Hospital
- Managed the Menopause Clinic in KK Women’s and Children’s Hospital
- Obtained a post-graduate diploma in palliative care from the Edith Cowan University, Western Australia

**Areas of Specialty:** Gynae-onco pain control in terminal patients / palliative care, menopausal health and bone care.

**Clinic sessions:**
- Raffles Women’s Centre, Raffles Hospital
  - Mon & Wed  8.30am to 5.00pm
- Raffles Women’s Clinic, Causeway Point
  - Mon & Thur  6.00pm to 8.30pm
  - Tue & Fri  8.30am to 5.00pm
  - Sun  11.00am to 3.00pm

**Enquiries:** 6311 1230 (Raffles Women’s Centre, RH)
6314 6431 (Raffles Women’s Clinic, Causeway Point)

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**Dr Yeo Tseng Tsai**
Consultant Neurosurgeon

**Area of specialty:** Neurosurgery and neuro intensive care

**Enquiries:** 6311 1140 (Raffles Surgery Centre)

**Dr Yeo Sow Nam**
Pain Management Consultant

**Area of specialty:** Treatment for acute pain, chronic pain and cancer pain

**Enquiries:** 6311 2310 (Raffles Orthopaedic Centre)
Office

ergonomics - a real pain in the neck?

By Lim Hun Teck
Senior Physiotherapist

Work can sometimes be a pain in the neck. As we spend most part of our waking hours, 8-10 hours on average, at work; poor work habits, incorrect posture and ill-fitting work environment can pose a risk to health. The number of workers using computers is increasing at an astonishing rate, and the reported rate of stress-related injuries has kept pace. A study done by the Back Society (Singapore) showed that almost one in every five Singaporeans had experienced an attack of neck or back pain in the last six months.

Ergonomics is the science of adjusting your work environment to fit your body and make it most comfortable. Ergonomics should “fit the job to the worker” and train the person doing it safely. Following ergonomic principles helps reduce stress and eliminate many potential injuries and disorders associated with the overuse of muscles, bad posture, and repeated tasks. Improper postures can increase the amount of stress placed on the muscles, ligaments, facets, and discs in and surrounding your neck, resulting in pain.

The key to preventing many musculoskeletal disorders is a properly designed workspace.

Here are some suggestions for practicing ergonomics easily in the workplace.

Exercises

In addition to having good office ergonomics, it is recommended that staff takes short breaks to perform simple stretching exercises. This will help to reduce muscle tension caused when muscles remain static or fixed in one position for too long. Do perform all exercises within your comfort zone. Stretches should be done slowly, smoothly and regularly. Do not bounce or strain. If discomfort persists - STOP.

The Chair Is Important

A good chair should be sturdy, preferably five legged, and have a seat, which is not too deep or too broad. It should provide good back support, have options to adjust the height of the chair, the tilt angle and height of the backrest. Armrest is not necessary. If an armrest is preferred, it should be short or angled to allow chairs to be brought close to the desk.

Sitting Posture

Good posture while at your desk or computer also helps to prevent musculoskeletal injuries such as neck and back pain. Prolonged period in an awkward position, such as holding a phone on the shoulder while typing, or slouched, crossed leg, and forward chin posture can reduce circulation, cause tension and strain, and can lead to neck and back pain.

The Ideal Sitting Posture

1. Shoulders dropped and relaxed.
2. Forearms should be at a slight angle from your elbows, not directly in front of them.
3. Ensure keyboard is placed back far enough so that your forearms can rest on the desk.
4. Neck relatively upright.
5. Visual field maintained horizontally.
6. Monitor placed within comfort zone.
7. Back properly supported, slightly reclined.
8. Thighs supported and feet flat on the ground.

1. Shoulder/Arm Stretch

- Reach arm across chest, grasping opposite shoulder with the opposite hand.
- Gently pull the elbow across the chest and towards the body.
- Hold position for 10 seconds when stretch is felt in shoulder.

2. Neck Stretch

- Sit upright and draw the chin in gently. Bend head to the right so the right ear moves to the right shoulder.
- Hold for 10 seconds. Repeat for opposite side.
Early intervention is essential to prevent injuries from developing into reportable cases. Repetitive strain injuries can be prevented or better managed with a sound ergonomics programme.

Promote health and implement good ergonomics at your workplace today.

For more information on making your workplace ergonomically sound, call the 24-hr Appointments Hotline: 6311 1222
The Asian Medical Foundation (AMF), a Singapore-based Charity and Institution of Public Character, is dedicated to attending to the medical needs of the underprivileged in Singapore, particularly those who require urgent medical treatment. Among others, the AMF hopes to help manage chronic medical conditions of the underprivileged elderly who have contributed to the development of Singapore. The AMF is also looking to assist students from poorer families.

The AMF was started by a small group of medical professionals and friends who wanted a best-of-breed charitable foundation, one that is effective and possesses a clear mission to help the underprivileged.

We appeal to all donors to contribute to this worthwhile cause. The registration form can be found at www.asianmedicalfoundation.org. You may also wish to contact us at 6311 1659 should you require more information.
Vaccination Against Infectious Diseases

In Singapore, immunisation against Diphtheria, Tetanus, Pertussis, Poliomyelitis and Hepatitis B is mandatory as stipulated by the Ministry of Health. It is also common for parents to opt for added protection against Haemophilus Influenzae B.

We offer a choice of two vaccination packages for your baby’s first six months.

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<tr>
<th>Age</th>
<th>Package A</th>
<th>Package B</th>
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<tr>
<td>1 month</td>
<td>Hepatitis B - 2nd dose (1st dose given at birth)</td>
<td>Hexa - 1st dose</td>
</tr>
<tr>
<td>2 months</td>
<td>5-in-1 - 1st dose</td>
<td>5-in-1 - 2nd dose</td>
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<tr>
<td>3 months</td>
<td>5-in-1 - 1st dose</td>
<td>5-in-1 - 2nd dose</td>
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<tr>
<td>4 months</td>
<td>Hexa - 3rd dose</td>
<td>Hexa - 3rd dose</td>
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<td>5 months</td>
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<td>6 months</td>
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**S$288 per package**

**NOTE**
- 5-in-1 includes Haemophilus Influenzae B, Poliomyelitis, and DTaP (Diphtheria, Tetanus and Pertussis)
- Hexa includes all that are in 5-in-1 and Hepatitis B
- Vaccination against Poliomyelitis can be given in oral form or via injection.

... and check your baby’s development

Our Paediatrician will carry out developmental screening (including reflexes, vision, hearing and motor development) for your baby at critical milestones that ties in with your baby’s vaccination schedule.

**Protect Your Child Now!**

**Prevenar Vaccination**

Your child is exposed to viruses and bacteria in the environment. Vaccination is important to give them a necessary boost to their immune system.

**Streptococcus Pneumoniae** is a commonly found bacteria that can cause children to suffer from illnesses such as:

- Meningitis
- Blood Poisoning (Septicaemia)
- Pneumonia
- Middle Ear infections (Otitis Media)

Meningitis, Septicaemia and Pneumonia can result in death or leave a child permanently disabled. Vaccination is advised against the Streptococcus Pneumoniae bacteria.

**Price S$167 per dose**

To make an appointment, please contact us at our

Appointments Hotline: 6311 1222
Email: specialist@raffleshospital.com

**Raffles Children’s Centre operating hours**

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
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<tbody>
<tr>
<td>Mon - Fri</td>
<td>8.30am - 10.00pm</td>
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<tr>
<td>Sat</td>
<td>8.30am - 2.00pm</td>
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<tr>
<td>Sun/PH</td>
<td>9.00am - 1.00pm</td>
</tr>
</tbody>
</table>
For an appointment, please contact us at 6311 1111

Protect yourself against Flu

Flu vaccination (Southern strain) is now available at all Raffles Medical Clinics.

For more information, contact us at 6311 1111

Cardiologist Heart & Stroke Screening Packages

Our sedentary and stressful lifestyles and unhealthy diets can put us at risk of heart diseases and stroke. Sign up for a Raffles’ Heart and Stroke Screening Package to assess and manage your risks of cardiovascular diseases.

(All prices inclusive of GST and valid till 30 June 06)

Blood Test
- Cholesterol+
- Glucose+
- Creatinine
- FBC
- Electrolyte
- Urine Dipstick

Cardiology Investigation
- ECG
- 2D Echocardiogram
- Coronary CT Angiogram (including Calcium Scoring)
- Carotid Doppler

+ Fasting is required for these tests

Optional Investigations
- Treadmill
- 2D Echocardiogram
- Exercise Echo
- Head & Neck CT Angiogram
- MRI Stroke Angiogram
- Ankle Brachial Index

(All prices inclusive of GST and valid till 30 June 06)