Gleneagles
STRENGTH FOR Life

STAY STRONG AT EVERY AGE

At Gleneagles Hospital, the dedicated team of specialists and medical staff are committed to help meet your evolving health needs as a woman with preventative, wellness and treatment options to support you at every stage of life.


f /GleneaglesHospitalSingapore #strengthforlife
It was with deep sadness that Singapore bade final farewell to its founding father at the state funeral on 29 March 2015. Mr Lee Kuan Yew has left behind a lasting legacy including a world-class healthcare system that is renowned globally for its medical expertise, clinical excellence and cost efficiency.

As a healthcare provider, it is our duty to uphold this high standard of care, wherever we operate. By adopting responsible business practices, Parkway Pantai is able to create greater positive impact as it grows its hospital network – the newest addition being Continental Hospitals, a 750-bed multi-specialty hospital in Hyderabad, India, which it acquired a 51 per cent stake on 23 March.

Across Singapore and Malaysia, we continue to provide free medical treatments to underprivileged patients through the ‘Life Renewed’ programme and Gleneagles Hospital Singapore’s ‘Strength for Life’ programme, both of which are supported by the Khazanah IHH Healthcare Fund (pages 13 to 17).

Our corporate social initiatives also extend to supporting medical education and professorships, meal delivery to disadvantaged families and helping flood victims in Malaysia rebuild their communities (pages 18 to 25).

Setting ourselves apart as a healthcare operator with a heart – this will be our contribution to society and tribute to Mr Lee.

Beeling
CONTENTS

04 NEWS BITES
Bite-sized health news and tips

08 SPECIAL TRIBUTE
Parkway Pantai salutes Singapore’s founding father

10 At Your Service
The philosophy of Parkway Pantai nurses

13 COVER STORY
‘Life Renewed’ gives new knees to elderly in need

Khazanah IHH Healthcare Fund continues to make a real difference

Gleneagles Hospital Singapore and Shape magazine join hands for charity

18 CORPORATE CITIZENSHIP
60 beneficiaries receive meals for a year from Mount Elizabeth Hospital

Mount Elizabeth-Gleneagles Scholarship helps medical students fulfill their dreams

Supporting healthy ageing with S$3 million endowment fund

Bringing relief to flood victims in Malaysia

26 SNAPSHOTs
Through the lens around Parkway Pantai

36 PROFILE
ENT specialist Dr Low Wong Kein heeds the call to be a doctor and more

Oncologist Dr Kananathan Ratnavelu on the battlefield against cancer

44 NEW SCIENCE
New Radiation Oncology Centre at Mount Elizabeth Novena Hospital
chocolate for beauty

A Cambridge University-based research and development company has developed an antioxidant-rich “beauty chocolate” that is said to increase blood flow and smoothen wrinkles with visible effects within three weeks.

Containing as much flavonol as 100g of dark chocolate and as much astaxanthin as 300g of salmon in one 7.5g bar, the super chocolate – Esthechoc – is made with 72 percent cocoa content and is only 38 calories per bar. Flavonol and astaxanthin both have anti-ageing properties. Researchers claim that eating one bar daily over a 21-day span made the skin of test volunteers, who were in their 50s and 60s, look healthier and younger.

Source: Mail Online

smartphone addiction linked to depression

Are you inseparable from your smartphone? If you are, you could be depressed. Researchers at the Baylor University in Texas claim that people who are constantly checking their phones are more prone to moodiness and temperamental behaviour.

Volunteers of both sexes with an average age of 21 were asked to complete a detailed survey, enabling researchers to analyse their personalities and degree of addiction they had to their mobile gadgets. The more extroverted individuals displayed a higher tendency to be addicted to their smartphones. The research suggests that cell phone addiction goes hand in hand with emotional instability and people with impulsive personalities. It could also be an attempt at mood repair.

Source: Mail Online

workout at home

Squeezing in a workout is a challenge for those with hectic lifestyles. With neither time nor motivation to hit the gym, why pay for an expensive membership when you can get nearly cost-free workouts in the comfort of your own home?

Household chores burn more calories than you think. Scientists say that mopping the floor and moving the water bucket around the house for an hour burns 238 calories, which is comparable to 70 minutes of weightlifting. Improvise by replacing dumbbells and barbells with grocery bags or laundry baskets filled with some heavy items. To pump up the intensity, try skipping, which burns more calories than swimming or jogging. Or get into a full workout in your living room with free online workout videos!

Source: News.com.au
ways to stop snoring

Studies have shown that individuals who wore flight socks in the day had lesser problems with obstructive sleep apnea, a snoring-related condition, when asleep at night. The socks reduce the build-up of fluid in the lower part of the legs which finds its way up to the neck area in the night.

Singing is also said to improve snoring conditions as singing exercises are believed to help tone the muscles along the nasal passages, the palatopharyngeal arch, the soft palate and the tongue, thus reducing snoring vibrations.

Attaching a tennis ball to the back of your pyjama shirt works to make you sleep on your side instead of on your back, reducing the possibility of your tongue sinking back into your throat and blocking airways.

Allergens and dust mites hiding in your pillows might also be the reason for snoring, and changing a new set of pillows once or twice a year might lighten your condition.

Source: The Telegraph

restore immunity with a nap

A study on the relationship between hormones and sleep by the Paris Descartes University in France found that a 30-minute nap has substantial effects on reversing a weakened immune system caused by lack of sleep.

Healthy men aged between 25 and 32 showed an increase in norepinephrine levels, and a drop in interleukin-6 levels when they had limited sleep the night before. Norepinephrine is a hormone and neurotransmitter that raises heart rate, blood pressure and blood sugar, while interleukin-6 is a protein with anti-viral properties. When the test subjects took a nap during the day, both levels returned to normal, suggesting that a quick nap may be effective in restoring the body’s immune system.

Source: The Indian Express
walk at lunchtime to cope better

Do you tend to feel sluggish or find it hard to focus at work, especially after lunch? A new study suggests that taking 30 minutes out of your lunch break for a self-paced stroll improves health and could also help you cope better with work.

The study subjects, sedentary middle-aged office workers, were required to take 30-minute walks during their lunchtime three times a week, over a span of 10 weeks. Questionnaires answered after their walks allowed researchers to assess how they felt towards stress, motivation and physical fatigue, at that point in time. Volunteers’ responses showed boosted feelings of positivity and enthusiasm as compared to days when they did not go for a walk.

Source: The New York Times

a rainbow for a balanced diet

A balanced diet is important, but it’s no easy feat to remember all the nutrients, minerals and vitamins different foods contain. An easy rule of thumb is to eat a rainbow of foods.

Red foods such as apples, tomatoes, radishes and strawberries tend to support memory, heart and urinary tract health, and protect against cancer. Greens such as broccoli, cucumbers, honeydew and dark leafy greens give your immune system a boost and aid vision, bone and dental health. Blues and purples including blueberries, eggplant and grapes, protect against cancer and help with memory and heart health. Whites and tans found in mushrooms, onions, potatoes and pears can help lower cholesterol and improve blood pressure. Yellow and orange foods like peaches, corn, carrots and sweet potatoes support heart health and boost immunity.

Source: Duke Medicine
sugar swaps

Looking to change your dietary habits for better health? Here are a few sugar swaps that can help lower your sugar intake without cutting the size of your meal.

For starters, have some plain porridge or plain whole wheat biscuits instead of sugar-loaded cereals for breakfast. Alongside meals, choose to have water or unsweetened fruit juice instead of soft drinks. Instead of chocolate bars, cookies or cakes, grab some vegetable sticks, plain unsalted nuts or plain whole wheat biscuits for a midday snack. For dessert, swap ice creams and puddings for fruits and plain yoghurt, or make your own smoothie by simply mixing up some frozen fruit, milk or yoghurt and unsweetened juice in a blender.

Source: The Telegraph

take heart

Almost 1 in 3 deaths in Singapore is caused by cardiovascular disease. It is worth a reminder that heart attacks are not limited to the elderly; anyone can have a heart attack regardless of risk factors.

Duke cardiologist Christopher Granger advises one to call an ambulance immediately if there is sudden chest pressure or tightness that radiates to the jaw or either arm, shortness of breath, nausea and vomiting with no apparent reason, especially when one is alone.

When a heart attack or cardiac arrest occurs, blood flow to the heart is interrupted, causing the tissue to die or become irreversibly damaged. It is critical to get professional care as soon as possible.

Source: Duke Medicine

hunger creates anger

You should never have a difficult conversation with your significant other when you are hungry. Research has shown that low levels of glucose in the blood may increase anger and aggression between spouses.

107 married couples equipped with blood glucose meters, voodoo dolls and 51 pins measured their glucose levels each morning before breakfast and each evening before bed over a period of 21 days. Participants were told that the dolls represented their spouse and the number of pins they stuck into the dolls each night before they went to sleep would indicate how angry they were at their spouse. More anger and aggression were recorded by spouses with lower evening glucose levels.

Source: Science Magazine by the American Association for the Advancement of Science
Singapore lost a great leader on 23 March 2015. The passing of Mr Lee was deeply felt by people from all walks of life across the island and beyond.

As a mark of respect to the man who built Singapore to what it is today – including turning its healthcare system into one of the best in the world – Parkway Pantai gave black ribbons for its Singapore staff to wear on a voluntary basis during the week-long national mourning period. A tribute banner was also put up in honour of Mr Lee on its websites and hospital Facebook pages. Corporate logos on these platforms were converted to grayscale.

To facilitate staff wishing to pay their last respects to Mr Lee, free transportation to the Parliament House where he was lying in state was arranged between 25 and 27 March.

Parkway Pantai also put together a condolence book in which staff and doctors penned their heartfelt gratitude and tributes to the nation’s founding father and prime minister.

Mr Lee has left behind a lasting legacy and he will forever remain in the hearts and minds of the people whom he dedicated his life to serving. Farewell, Mr Lee. May you rest in peace.
In October 1983, Mr Hon Sui Sen, who was then the Finance Minister, was admitted to the Intensive Care Unit of the Singapore General Hospital after a heart attack.

Initially, he did well, but he had a second massive attack a few days later, resulting in intractable heart failure and nothing could be done to save his life.

His family and the Prime Minister’s Office were informed of his impending death.

I was part of the team looking after Mr Hon.

Mr Lee Kuan Yew, then the Prime Minister, came to the hospital shortly after that. He went to Mr Hon’s room and spent some time there to say goodbye to his friend. After that, he went to the Sister’s Office.

I went there with a hot drink for him, to make sure he was all right.

To my surprise, Mr Lee broke into tears. He really cried.

GOOD MAN

“Can Singapore afford to lose such a good man?” he asked.

“I am sorry, I wish there was more we could do for Mr Hon,” I replied.

“I understand,” he said with a nod.

Mr Lee then composed himself, thanked us and left.

This incident showed me a soft side of Mr Lee that I never knew he had.

To me, he was a man of steel and yet here he was, not ashamed to cry his heart out and show his profound grief at the impending death of a very dear friend.

My admiration for Mr Lee went up a lot after that.

Published on 30 March 2015, The New Paper
A PHILOSOPHY
for nurses, by nurses

What are the qualities of a good nurse? The Parkway Pantai nurses in Singapore have distilled it down to three main points to form a Philosophy articulating what is unique about the Parkway Pantai nurse.

Professionalism. Expertise. Advocacy. These three principles have emerged after several discussions and consultations within nurses in Singapore, on what makes a good Parkway Pantai nurse.

They form the Parkway Pantai Nursing Philosophy – the first of its kind in the organisation – that would guide nurses in their day-to-day duties. The Philosophy embodies the values that Parkway Pantai nurses believe for nursing.

Nursing Philosophy launch
The official launch celebration, with the unveiling of the winning staff-designed Nursing Philosophy logo as the highlight, was held on 28 January 2015 to much excitement. The fun games, uplifting performances and special video screening – all directed and produced internally by nurses – left the audience with a strong impression of the Philosophy, sealing the principles to memory.
In her opening address, Elaine Ng, Group Director of Nursing, stressed on the importance of the Philosophy, “We need to bring nursing alive by living up to its values. I would like to encourage our nurses to always aspire to and practise these qualities in our daily work. This will help us to make a difference in our patients’ life and ours too.

“Nursing is only as great a profession if we have the knowledge, the skills and right attitude to care for the patients and those around us. We hope the Parkway Pantai philosophy – conceptualised by your seniors and peers – will always guide you to be a shining beacon of light for others,” she reminded.

As a ceremonial gesture, senior management comprising the four Singapore hospitals’ Chief Executive Officers and Chief Operating Officers signed off on Nursing Philosophy posters to express their appreciation and support for the initiative. The hospitals’ Directors of Nursing and Deputy Directors of Nursing also signed off, pledging their commitment to abide by the Philosophy. All nurses attending the launch were also invited to sign on the posters, after which these posters would be framed and displayed prominently in each hospital.

PARKWAY PANTAI NURSING PHILOSOPHY

**PROFESSIONALISM** is defined as establishing caring and therapeutic relationships with team members and patients actively and collaboratively.

**EXPERTISE** is about lifelong learning and keeping oneself up to date with evidence-based knowledge and skills for the delivery of efficient, safe and quality care.

**ADVOCACY** redefines the nurse-patient relationship by having nurses advocate patient rights and empowering patients in the process to make decisions in the best interest of their health.

Logo creators: Mount Elizabeth Novena ICU Team

**LEADER:** Nurse Clinician Santos Deanna Rapi

**MEMBERS:** Senior Staff Nurse Zhao Junyu, Staff Nurse Crispino Arlene Calinoa, Staff Nurse Arulmani Naga
Nursing Philosophy Excellence Award – open for nominations now!

To encourage nurses to practise Professionalism, Expertise and Advocacy in their daily work, Parkway Pantai has established the Nursing Philosophy Excellence Award. Staff, doctors and members of the public can get nomination cards from the hospital wards from 4 February 2015 to nominate nurses who have impressed them with their knowledge, skills or service. Nurses who receive the highest number of cards will win attractive vouchers. First round of winners are based on nominations from 4 February to 30 April 2015 and second round of winners from 1 May to 31 July 2015 nominations.

To encourage nurses to practise Professionalism, Expertise and Advocacy in their daily work, Parkway Pantai has established the Nursing Philosophy Excellence Award.
In 2014, Parkway East Hospital (PEH) performed 14 total knee replacement (TKR) surgeries for 11 needy elderly at no cost, as part of Parkway Pantai’s ‘Life Renewed’ programme supported by the Khazanah IHH Healthcare Fund.

On 5 February 2015, PEH gathered the beneficiaries and their family members, as well as the doctors and staff who contributed to the programme, for a heartwarming thank-you dinner on its premises.

Dr Ahmad Adzuan, then CEO of PEH who has moved on to become the CEO of Gleneagles Kuala Lumpur since 1 March 2015, presented a token of appreciation to the participating doctors including Dr Jeffrey Chew, Dr Aileen Seah and Dr Charles Tsang.

The patients, who were identified by PEH’s partner voluntary welfare organisation SATA CommHealth and Lions Befrienders, were grateful for the free surgery which has significantly improved their quality of life.

Mdm Chong Voon Lin, the oldest among them at 80 years old, is happy that she can resume her normal daily activities and live independently and free of pain.

Others like Mdm Tan Soh Bee, 63, and Mr Lam Kwan Shiang, 64, who had to stop work because of knee pain, are thankful as the surgery has enabled them to rejoin the workforce and live a meaningful life.
Over 3,100 disadvantaged patients to date have benefitted from the RM20 million disbursed by the Khazanah IHH Healthcare Fund.

Dr Tan See Leng, IHH Managing Director & CEO and Parkway Pantai Group CEO & Managing Director, said, “The Khazanah IHH Healthcare Fund is the cornerstone of IHH’s corporate responsibility efforts. We are humbled to have helped so many patients within the short span of time. We embrace our duty as committed healthcare partners and will continue to disburse the Fund effectively and efficiently over these remaining three years, to help even more among the less fortunate.”

About the Fund
The RM50 million Fund was first announced in 2012 during the Group’s July initial public offering. Under this initiative, patients who need financial assistance would have access to the expertise of IHH’s network of healthcare professionals and medical facilities. The plan was to dole out RM10 million annually over five years through programmes run by IHH’s three home markets: Singapore’s Parkway Pantai Limited (Parkway Pantai), Malaysia’s IMU Health (IMU) and Turkey’s Acibadem Holdings (Acibadem). The Fund partners several welfare organisations to identify patients and communities in need.
Disbursements began in 2013 after frameworks were put in place to systematically identify and match deserving patients to the Group’s medical network. Of the RM50 million, 70 per cent has been allocated for Malaysia and the remaining 30 per cent split between Singapore and Turkey.

On top of the Fund, hospitals and subsidiaries within these three home markets run additional charitable programmes separately as part of their corporate social responsibility efforts.

**Beneficiaries of the Fund**

In Malaysia and Singapore, Parkway Pantai runs the ‘Life Renewed’ programme, which helps to improve quality of life for less fortunate patients by covering the costs of surgical and medical procedures that they require. To date, more than 550 patients in Malaysia and 130 in Singapore have benefitted from treatments ranging from paediatric cardiac surgeries to cochlear implants and total knee replacements.

IMU Health reaches out to underserved communities via its ‘IMU Cares’ campaign, with faculty and students traveling to communities in remote areas of Malaysia to provide free health and medical services.

In Turkey, Acibadem in collaboration with the Turkish Ministry of Family and Social Policies sponsors fertility treatments, specifically in-vitro fertilisation procedures, through its ‘Dreams Coming True’ project. More than 2,400 men and women have received free treatments so far, and about 400 successful pregnancies have been reported to date.

**Looking Ahead**

As the Fund enters its third year, it has incorporated feedback from stakeholders such as enhancing its website to make information more accessible and timely. Visitors to the site, especially potential beneficiaries, can find out more about the application process and criteria, participating hospitals and contact details for each country as well as view testimonials from patients who have benefitted from the Fund.

Tan Sri Dato’ Dr Abu Bakar bin Suleiman, IHH Chairman, said, “None of this would have been possible without the help of our many generous partners and our dedicated team of professionals at IHH. We are grateful for their tireless contribution to the cause and promise that IHH will continue to serve and make a difference to the community.”

More than 250 women from all walks of life came together at The Big Splash, East Coast Park, on 21 March 2015 to take part in the Gleneagles Strength for Life Skipping Rope Charity Challenge.

Organised by Gleneagles Hospital (GEH) in collaboration with Shape magazine, the event aims to raise S$180,000 to provide free cataract treatment at GEH for elderly beneficiaries from Community Chest and its network of voluntary welfare organisations.

For every five skips recorded by the participants, $1 was put aside from the Khazanah IHH Healthcare Fund for this cause. A total of 109,485 skips was clocked that morning.

Members of the public with Fitbit activity trackers can also contribute by logging their daily step count with gleneagleshospitalsingapore@gmail.com through their Fitbit app until 30 April 2015. Gleneagles Hospital will pledge $0.01 from the Khazanah IHH Healthcare Fund for every step logged.
“This event is more than just about skipping rope. It is about making a real
difference in the lives of these elderly through cataract surgery. It is about women
being empowered to take charge of their own health and well-being to stay strong
at every stage of their life,” said Dr Vincent Chia, Chief Executive Officer of GEH.
“Gleneagles Hospital is committed to supporting these women with its medical
expertise and dedicated team of specialists.”

Leading by example, a group comprising Gleneagles management, staff and
doctors participated in a five minute skipping session. The top 100 contestants with
the most number of skips recorded in five minutes also walked home with a limited
edition “GlenEgirl” Fitbit Flex activity tracker worth S$129. 🎉

For more details, visit www.gleneagles.com.sg/strengthforlife
Through the ‘Tingkat: Gift of Warmth’ donation drive, which started during the Christmas season last year, more than S$56,000 was raised for Hope Centre, which serves needy residents in the Kampong Glam area.

Besides providing meals for the beneficiaries for a year, a portion of the funds will also be used to purchase home medical equipment like blood glucose monitoring kits and blood pressure monitors for the centre, which would benefit all other needy residents under their care.

“Our doctors and staff at both Mount Elizabeth and Mount Elizabeth Novena Hospitals found the Tingkat project particularly meaningful. Most other Christmas charity drives last only for a season, but this project impacts the needy and provides for their most basic needs for an entire year,” said Dr Kelvin Loh, Chief Executive Officer of Mount Elizabeth Novena Hospital, who added that he hopes to make the Tingkat project an annual event.
On 30 January 2015, Joycelyn Ling, Chief Executive Officer of Mount Elizabeth Hospital, presented the funds raised to Hope Centre. She then led a group of Mount Elizabeth doctors to deliver the tingkat meals to the beneficiaries at their homes and provide free health checks for the elderly.

“It’s a whole new experience when we get to meet and interact with the people we are helping through our donations. It’s very heartening to know that the practical help we are providing benefits them not only today, but for the entire year ahead.

“Today’s whole new experience when we get to meet and interact with the people we are helping through our donations. It’s very heartening to know that the practical help we are providing benefits them not only today, but for the entire year ahead. Our doctors will continue to provide training and assistance to Hope Centre in using the home medical equipment,” shared Joycelyn.

Joycelyn Ling,
Chief Executive Officer of Mount Elizabeth Hospital
Muhammad Fadhli Bin Mohamad Ikbal, a medical student at NUS Yong Loo Lin School of Medicine, shares how the Mount Elizabeth-Gleneagles Scholarship is helping him fulfill his dreams.

Every day, Muhammad Fadhli’s family struggles to get by. “My parents work tirelessly every day, starting as early as 6 am, to feed my younger sister, my ailing grandmother and myself,” he says.

“We live by what my parents earn each day, not knowing whether it will be enough to pay the bills or put food on the table.”

So when he qualified for medical school, he was faced with a daunting challenge in the form of the school fees that he had to pay.

Fortunately, he received the Mount Elizabeth-Gleneagles Scholarship and that has made a world of difference.

“A load has been lifted from my parents’ shoulders because they now do not have to worry as much about how I am coping financially in school,” he says.

The scholarship, which he calls a “godsend,” has also helped him to pay for books, a laptop, overseas school trips and accommodation in Tembusu Residential College.

To help out with the family finances, Fadhli initially wanted to work part time while at university. But his father made him promise not to. “He told me that even though our family is not so well-off financially, he and my mom will do everything in their power to make sure that everything will go smoothly, and that I should not worry about anything other than my studies.”

Knowing how the scholarship has changed his life, Fadhli hopes that more people will donate. “There will always be students like me who are unsure of going the distance in medical school with our financial concerns holding us back,” he says. Scholarships help these students “to achieve things they originally thought were impossible.”

This article is reproduced with permission from the NUS Yong Loo Lin School of Medicine Giving Report 2014 “The Gift of Hope”
new S$3 million endowed PROFESSORSHIP to support healthy ageing

Parkway Pantai sets up a second Professorship with NUS to help Singapore prepare for a “silver tsunami”.

To help Singapore cope with the demands of an ageing population, Parkway Pantai has set up a S$3 million endowment fund with NUS Yong Loo Lin School of Medicine to establish the Parkway Pantai Professorship in Medicine and Healthy Ageing.

The new Professorship will enable NUS to appoint an expert in functional ageing, which encompasses degenerative disorders of the bone, muscle and joints, and nervous system. It will also provide support for more extensive research in the causes, prevention, as well as treatment of age-related disorders including dementia.

Parkway Pantai’s other Professorship with NUS was set up in 2000 when it donated S$1.5 million towards the establishment of the Parkway Professorship in Geriatrics. The Professorship enables NUS to engage eminent academics and clinicians in geriatric medicine to help advance the field in Singapore by facilitating teaching and research, as well as the development of clinical and community care in geriatrics.

By the year 2030, Singapore citizens aged 65 and over will triple to 900,000. Through such targeted Professorships, Parkway Pantai is creating value for the healthcare system and contributing to Singapore’s future, by supporting research that will help create a vibrant future that embraces an actively ageing population.
From late December 2014 to early January 2015, Peninsular Malaysia has been battered by the monsoon rains. Ensuing floods and landslides have destroyed buildings, roads and homes, disrupting lives and livelihoods. IHH-owned hospitals in Malaysia, managed under the Parkway Pantai Group – Pantai and Gleneagles Hospitals - had taken their own initiative to contribute to flood relief in their own ways and help fellow Malaysians rebuild their communities.

As a Group, IHH Healthcare Berhad, the parent company of Parkway Pantai, donated RM2 million for flood relief. RM1 million went to MERCY Malaysia, RM200,000 to International Medical University, and the remaining RM300,000 to support employees affected by the flood.

**SAVING LIVES, rebuilding communities**

Pantai and Gleneagles Hospitals contribute to flood relief efforts as Malaysia experiences its worst floods in decades.
As a Group, IHH Healthcare Berhad, the parent company of Parkway Pantai, donated RM2 million for flood relief.

@ Temerloh, Pahang
Pantai Hospital Ayer Keroh, together with Hard Rock Café© Melaka, organised a Flood Relief Mission programme to help the victims in Temerloh, Pahang. 23 volunteers headed up to Kampung Padang Tenggala in Temerloh, carrying essential items such as food supplies, stoves, cleaning tools, diapers and clothes to help 30 families, whose homes were destroyed by the flood.

@ Parit Kangkar
Evacuees at the Sekolah Kebangsaan Kota Dalam (Relief Centres for Batu Pahat and Ayer Hitam), situated at Parit Kangkar were briefed about good hygiene practices and essential ways of protecting themselves during flood evacuation. 18 nurses and staff from Pantai Hospital Batu Pahat (PHBP) advised them on proper hand rub and hand wash techniques. The PHBP team also distributed pillows, mattresses, mats, blankets, diapers, mineral water, hand rub and hand wash to the evacuees.
Doctors and staff from Pantai Hospital Ipoh donated cash and sundries to flood victims in Perak.

@ Perak
Doctors and staff from Pantai Hospital Ipoh (PHI) donated cash and sundries such as biscuits, packet drinks, snacks, clothing and footwear to flood victims in Perak. PHI worked with Yayasan Bina Upaya, a foundation set up under the State and Menteri Besar Perak to coordinate and disburse the items.

The public had another location option to donate to flood victims in Perak area when Pantai Hospital Manjung worked with relief centre at Pusat Latihan UiTM Kg to receive and deliver donations. Essential items such as toiletries, canned food, mineral water, diapers and clothes were collected.
43 IMU staff and students travelled overnight to distribute the supplies and help the affected population.

@ Kuala Krai, Kelantan
The International Medical University (IMU) staff and students donated medication, basic necessities and 1,200 school bags with stationery. IMU collaborated with two NGO’s I-Medik and Yayasan Ikhlas in delivering the medication and the distribution of supplies to three schools in Kuala Krai.

Another batch of supplies comprising essential items and household goods was subsequently donated to 800 families in the kampungs of Laloh, Karangan and Pemberian. 43 IMU staff and students travelled overnight to distribute the supplies and help the affected population.
It was a lucky ‘strike’ for Mount Elizabeth Novena Hospital as it became the first Parkway Pantai hospital in Singapore to deliver an SG50 golden jubilee baby at the stroke of midnight on 1 January 2015. The hospital launched its maternity services in March last year. The baby boy, who was born one day past his due date, was an unexpected SG50 baby for parents Chee Kuan Eng and Tan Chee Ting.

Coming in a close second was Parkway East Hospital, where baby girl Chevonne missed the first spot by just one second. She joins an unusually large family as the fifth child.

Coincidentally, both Gleneagles Hospital and Mount Elizabeth Hospital welcomed their first babies – both boys – at 1.42am.

Apart from receiving the Singapore golden jubilee baby gift set, parents of all babies born on New Year at Mount Elizabeth Hospitals and Parkway East Hospital also got a special treat – a celebratory tea or cocktail party organised by the hospitals for their families.
Parkway Pantai was decked out in bright auspicious colours in February as it ringed in the Year of the Goat.

In Singapore, babies born at the two Mount Elizabeth hospitals were kept warm and snug in specially designed mandarin orange blankets while those at Parkway East Hospital were wrapped in red packet ones to represent happiness, blessings and joy.

Doctors and staff from our hospitals also gathered together for a good luck toss at lohei sessions held across all our hospitals.

Of course, no Lunar New Year celebration is complete without an energetic lion dance to bring good luck and fortune. For the first time, a lion dance troupe also visited Parkway Pantai’s head office at TripleOne Somerset to perform for the corporate office staff and the Parkway Pantai Board of Directors.
CNY VISITING @hospitals

While it’s anyone’s guess whether your favourite food stall would be open on the first day of Chinese New Year – the odds are very, very unlikely – you can count on hospital doors being wide open 24 hours, 365 days with staff ever ready to attend to you with warmth and smiles. And so it was business as usual at Singapore’s four hospitals: Mount Elizabeth, Mount Elizabeth Novena, Gleneagles and Parkway East. In what has been an established annual practice that working staff look forward to, the Singapore management team made visits to the wards, operating theatres, kitchens and security offices to spread early morning cheer, as a gesture of appreciation for the dedication and commitment from those on duty.
Staff from Pantai Hospital Ayer Keroh (PHAK) joined hands with China Press and other organisations for a corporate social responsibility initiative held in Rumah Sejahtera Bukit Baru and Machap Baru on 10 February 2015. Red packets and goodie bags were distributed to the old folks at both homes as part of the Chinese New Year celebrations. The visitors also provided free hair cut for old folks and put up performances.

Within the hospital, festive cheer was also spread by Michael Wong, Chief Executive Officer of PHAK, who went round the hospital on 10 February 2015 to distribute red packets and personalised greeting cards to all departments as appreciation for the staff’s hard work, and as a good luck token for the new working year.
Powerful synchronised LED water drumming and an energetic lion dance – Parkway Pantai kicked off its annual Lunar New Year lo hei dinner with its doctors on a loud, auspicious note.

More than 400 doctors, guests and staff joined in the celebrations at Swissotel on 27 February 2015. All through the evening, the high-spirited crowd was entertained by Michelle Chong’s wits, Mark Lee’s jokes and Imelda Teo’s serenading vocals, not to mention the delightful food and wine. The night was at its peak when doctors took a stroll down memory lane and showed off their childhood skills at chapteh, hula-hoop and yoyo.
WARNA for cancer patients

Gleneagles Kuala Lumpur (GKL) brought smiles to more than 30 senior citizens of Taman Sri Rampai and cancer patients at the hospital’s Chinese New Year Open House on 25 February 2015.

The event, officiated by Deputy Minister of Women, Family and Community Development, YB Datin Paduka Chew Mei Fun also marked the launch of GKL’s cancer support group, WARNA as part of the hospital’s corporate social responsibility line-up. The support group is facilitated by Clinical Psychologist Leong Huey Mei, a cancer patient herself.

“WARNA will be a platform for patients to share their experience. It is an opportunity for them to speak with others outside their own circle of family and friends,” said Dato’ Amir Firdaus Abdullah, then Chief Executive Officer of GKL. He also announced that underprivileged cancer patients who are in need of surgery may apply for the Khazanah IHH Healthcare Fund and upon approval, their surgery will be partially or fully sponsored under the Fund.

MNH’S 1,000th baby

Just 11 months after the opening of the single rooms only maternity ward, Mount Elizabeth Novena Hospital welcomed her 1000th baby. Mr and Mrs Neo’s firstborn – a baby girl, was delivered in February 2015. Dr Kelvin Loh, Chief Executive Officer, and Choy Shook Yee, Chief Operating Officer, both of Mount Elizabeth Novena Hospital, paid a special visit to present a congratulatory gift pack to celebrate the birth with the family and to also mark this milestone for the hospital.
For the first time, staff from all over Parkway Pantai’s Singapore Operations congregated at a single venue to hear their Group Chief Executive Officer and Managing Director, Dr Tan See Leng, speak at his first combined town hall on 19 January 2015. Held at Suntec Convention and Exhibition Centre, the inaugural town hall of the year was attended by some 900 staff, who learnt about the company’s performance and developments in 2014, and what is in store for the Group this year.

Calling staff the “unsung heroes”, Dr Tan expressed his thanks to all staff for their hard work and shared about the challenges Parkway Pantai will face in 2015 with the opening of two new hospitals in Singapore and an increasingly competitive medical tourism sector.

He also took questions and feedback from the floor on a wide range of topics. Joining him on the Question & Answer panel were Dr Lim Suet Wun, Chief Executive Officer of Parkway Operations; Dr Kelvin Loh, Senior Vice-President, Parkway Hospitals Singapore; Elaine Ng, Group Director of Nursing; and Yeo Swee Har, Vice President, Head of Human Capital Management.
Pantai Hospital Ayer Keroh (PHAK) organised the first Pantai Nursing Seminar in the Southern Region at Equatorial Hotel, Melaka from 6 to 7 March 2015. 90 nurses from all over Peninsular Malaysia took part in this learning journey.

16 speakers covered topics such as wound care, paediatric nursing, diabetic nursing, holistic patient care, critical care oncology and stress management at work. The importance of nursing soft skills in ensuring patient satisfaction was also highlighted.

Jeremiah Manvir, Chairman of Patient for Patient Safety Malaysia, announced the pre-launch of PHAK engagement with Patient for Patient Safety Malaysia in evaluating patient and family experience of the hospital system and services.
Pantai Hospital Manjung organised a mini carnival in its premises to bring cheer to the neighbourhood on 21 December 2014. From fun-filled, family-friendly competitions to free exhibitions and performances, visitors, young and old, had a great time. They also enjoyed free health screenings and could opt to give back to society through blood donation. A key highlight of the carnival was the Car Boot Sales – almost 40 parking lots were taken up to sell products such as local snacks and pre-loved clothes.
Dr Low Wong Kein continues in his mission to help the hearing impaired on and off the surgical table.

No technically challenging ear surgery is written off. If there is a way to perform the procedure, one can be assured Adjunct Associate Professor Dr Low Wong Kein will find it.

Starting with Singapore’s first paediatric cochlear implant in 1997, this ENT (Ear, Nose and Throat) surgeon specialising in otology and neuro-otology (ear-related disorders) has continued to perform operations that most others may shy away from. But these are not big feats in his eyes.

“Overcoming technical difficulties may be challenging but there will always be a way if you try hard enough,” he says.

Compassion from the beginning
As a student, Dr Low did well enough. He chose the science track by default because an arts track was not as popular then. Although his parents were keen on him becoming a doctor, it was more going with the flow for Dr Low: a triple science academic path pointed naturally to medicine. However, he embarked upon it with a greater sense of passion when he realised his own capacity for compassion.

“When I was young, our pet dog got injured. I felt so helpless and didn’t know what else to do. I just broke into tears.”

From that point on, Dr Low did not consider any other alternative careers. And once he graduated, giving patients his utmost became his motto, even in a busy public healthcare institution where he was head of department and senior consultant.

But he wanted more time with his patients.

“I wanted to function more at an independent level and be able to spend more time with my patients, explaining things or examining them. I didn’t want to necessarily compromise on the human touch because of time constraints. To me, that’s very important because ultimately what satisfies me is having a satisfied patient,” says Dr Low.

He therefore made his move to private practice in November 2012 along with two former colleagues with whom he had a good working relationship for many years. Joining the team was a fourth doctor who was already in the private sector. The four now run an ENT-Head & Neck practice at Mount Elizabeth Novena Hospital (MNH) and have since expanded to open another satellite practice at Parkway East Hospital. MNH’s comfortable facilities and ample parking space were plus points. More importantly, its clientele matched the target patient group.
Joining the clinic is his wife, Dr Stephanie Lim, an experienced hearing therapist. Having worked in the same department since their public sector days, the husband and wife team has got it down pat and has established an unspoken balance between work and home life.

**Much more to be done**

Seeing his patients and addressing their hearing needs is only one aspect of Dr Low. The universal newborn hearing screening which is now part of Singapore’s standard medical care for infants was piloted by him after several meetings with the Ministry of Health (MOH). As Director of MOH’s national cochlear implant programme, he also set up the cochlear implant subsidy scheme.

“Those were important milestones. But even after that I felt that there was more to be done. And in order to break new ground I thought prevention was the way to go,” he reveals.

And knowing how youth nowadays perpetually have music blasting in their ears, he knew that it had probably not sunk in yet among them just how much damage that extended periods of exposure to excessively loud music can do. Although he has given occasional talks to this target group, these were insufficient. An effective programme was needed.

As President of the Singapore Association for the Deaf, he worked with students from Raffles Girls’ Secondary School as an advisor on a project to prevent loud noise damage to ears. He and the students realised that the only way to get the message across would be through a formalised school programme.

After convincing MOH and the Health Promotion Board, the wheels have been set in motion to incorporate the programme into the schools’ curriculum. The programme is expected to be launched later this year.

Dr Low has also made his presence felt in Yunnan, China, where he helped set up a cochlear implant programme in Kunming and facilitated the necessary skills transfer. His wife was very much involved too.

“I do the surgery and she does the rehabilitation. She also trained the therapists there,” he shares.

He also went on to establish a primary care centre in a small village there which now carries out hearing screening for newborns. Both projects are relatively independent now, only requiring Dr Low’s advice every now and then.

“China is a big place, so it’s not possible to help everybody but I was hoping to at least establish a miniature model and if it is successful, then others can emulate and eventually be self-sufficient. We still do skype sessions with the children. Some of them are actually attending normal schools. It’s truly heartening to hear the kids call me ‘yeye’ and I couldn’t be happier to have contributed to the positive change in the children’s life.”
Bucket list

Despite his heavy commitments, Dr Low always finds an interest to pursue. Be it acupuncture or nature walks, he completely immerses himself in it. An avid painter up to several years ago, he seems to have given that up now for the camera instead.

“Somehow I think painting was not my forte. But photography has definitely piqued my interest for now. My wife and I even go on photography trips. Just recently we went to China and had a wonderful time. The landscape just lends itself so well to being photographed.”

Besides going on more such trips, he has a couple of things on his bucket list. One is to write an autobiography, but the thought that nobody would read it holds him back.

“I will definitely enjoy writing it, but it’s not a very practical thing to do. Still, it will be for self-fulfilment and perhaps that’s all that is needed,” says Dr Low.

A business outside medicine such as a social enterprise could also be on the cards.

“At the end of the day, what is important I feel, is to be happy all the time.”
It has been said we should choose our battles. Dr Kananathan Ratnavelu, the accidental oncologist, however, believes that one should not decline when called to battle.

Oncologists can sometimes be quite philosophical, partly because their specialty requires them to face cancer patients on the verge of life and death on a daily basis. Most oncologists may desire to enter medicine at an early age, but not Dr Kananathan Ratnavelu. The 52-year-old Consultant Medical Oncologist who is now practising at Gleneagles Kuala Lumpur never planned to be a doctor as a child.

He wanted to do engineering but ended up studying medicine at University Malaya in 1983 to fulfill his father’s wish.

Although he was initially bored with mugging books and memorising facts, his interest spiked in the third year when he started doing clinical practice.

Since 2000, Dr Kananathan has been involved in medical education in various capacities, the latest being a Perceptor for the Johns Hopkins – Perdana Medical School.

“The medical curriculum today is better,” he notes, “because students begin clinical practice in the first year. General medicine such as anatomy, physiology, biochemistry and others are important, but ultimately, medicine is about people. Early interaction and exposure to patient care helps prepare doctors for the real world when they leave medical school and start dealing with patients and their families.”

In oncology particularly, he found that counseling the patient and their family members is as important as administering treatment. With the advent of the internet and mobile devices where information is just a click away, the personal touch makes a world of difference to cancer patients struggling to decide on their course of treatment.

In army lines
The black and white group photograph of smartly-dressed army officers sitting in his clinic cabinet holds a treasure trove of memories for the good doctor. As the Regimental Medical Officer in the army, he was responsible for the health and well-being of 1,000 army officers and their family members. He spent one year in Terengganu and the second year in Miri Sarawak, often travelling to deep jungles with the soldiers.

The two years between 1990 and 1992 were the most memorable time of his life. “Army life taught me that nothing is impossible,” he laughs.
From gastroenterology to oncology
After leaving the army, Dr Kananathan was posted to the Kuala Lumpur General Hospital (HKL), where he specialised in internal medicine and gastroenterology. He gained his magnetic resonance cholangio-pancreatography (MRCP) qualifications in Ireland in 1997. He was mentored by Tan Sri Dato Dr Ismail Merican who headed the Hepatology Unit and Clinical Research Malaysia and later helmed the Ministry of Health Malaysia as the Director General of Health in 2000.

Dr Kananathan went on to join Nilai Cancer Institute (NCI) to establish internal medicine and endoscopic services there.

It was here he realised that oncology was totally different from what he had experienced first-hand in the late 60s when his grandmother was treated for breast cancer. As there was no formal programme in Malaysia in medical oncology at that time, he approached the founder and medical director of NCI, the late Dr G Selvaratnam who offered to take him under his tutelage.

In 2004, Dr Kananathan was granted membership to the European Society of Medical Oncology and in 2007 he was made a Fellow of the Royal College of Physician Ireland. Over the last decade, he witnessed how cancer perception evolved from a death sentence to a chronic illness. Still, a lot remains to be done such as improving early detection and increasing patient support services.

One of his principles is to tell patients to make a clear choice between his treatment and alternative herbal treatments.

"Many patients tend to take a combination of Eastern and Western treatments, which I feel can be dangerous and disruptive. If they’d like to try alternatives, I’ll tell them to see me only after they’ve completed their course and decided that it has not helped," he explains.

His conviction arose from a book by the late Foo Bee Hoon, an environmentalist who was diagnosed with stage 4 small-cell lung cancer. The cheerful tree-hugger, who kept a very popular blog chronicling his journey from diagnosis to his ultimate demise a year later, had relied on a battery of alternative treatments, only to conclude in the end that what really helped him was his allopathic therapy.

"I only do whatever is within my capabilities. Patients often have their own reasons for their decisions, and all I can do is recommend what I feel is best for them. There’s no way I can do it any differently.”

His only regret is the high cost of cancer treatment, which makes it inaccessible to many patients.

He agrees with the controversial statement made by Dr Richard Smith, former editor of the British Medical Journal, who said “cancer is the best way to die” because it allows one to plan for his or her death. Foo, for instance, planned his own funeral services and obituary, making efforts to call all his friends and relatives to say goodbye during his final months.

“Patients often have their own reasons for their decisions, and all I can do is recommend what I feel is best for them.”
A personal battle
Dr Kananathan’s wife, formerly a general practitioner who left medical practice to care for their two children, recently underwent treatment for stage four thyroid cancer.

“We had discussions on treatment options and sometimes she thinks I’m downplaying her condition to console her. I can stay calm throughout her outbursts because I know cancer makes the patient insecure. Every small symptom such as a cough or body pain makes them fear that the cancer has spread or returned,” he shares.

His passion for oncology goes beyond his practice. Dr Kananathan has participated in 34 multi-centre trials since 2004 and is the Principal Investigator in 15 of these trials. He is currently serving his second term as the member of the Expert Panel for oncology drugs in the Ministry of Health.

Ultimately, cancer needs multi-disciplinary care because it might involve various organs and parts of the body, he states. Treatment may be long-drawn, so the entire family must be prepared to battle it out together.

“It often reminds me of the days in the army. We stick together through thick or thin, so if we do lose someone, we can all say that ‘he put up a good fight’. Fighting cancer is exactly that,” he surmises.
new realm of
POSSIBILITIES

Mount Elizabeth Novena Hospital adds radiotherapy to its suite of service offerings, unlocking new treatment options for cancer patients.

On 1 March 2015, Mount Elizabeth Novena Hospital (MNH) officially opened its new Radiation Oncology Centre.

Located on the basement level of the hospital, the Centre features the TrueBeam STx linear accelerator developed by Varian Medical Systems. The machine integrates imaging and treatment delivery to provide quick, powerful and non-invasive cancer treatments with precision and lower X-ray dosage.

How it works
Radiotherapy uses beams of radiation to treat cancer and has been around for more than 100 years. When the high-energy beams hit the cancerous cells, their ability to reproduce is compromised and they eventually die, causing the tumour to shrink. As the treatment is non-invasive, patients do not need to undergo incision or surgery.

TrueBeam is an advanced radiotherapy system that delivers treatment with speed and accuracy. The beams damage cancerous cells while minimising exposure to nearby healthy cells.

It also has sophisticated respiratory monitoring systems that compensate for breathing. Radiation beams can be delivered without requiring patients to hold their breaths to restrict body movement, which can be especially challenging for those with limited lung capacity.

The ability to deliver higher doses of radiation at great speed means most patients are able to complete their treatments in just minutes a day.

Opening new doors to cancer patients
The TrueBeam system provides patients previously restricted to surgery or chemotherapy with another viable treatment option.

The system is designed to address a diverse range of cancer cases, even areas located in close proximity to critical structures which can be challenging.

The accuracy of the machine allows it to treat more complicated cancer cases, such as those in the lung, liver, kidney and head and neck, as enough of surrounding healthy tissue is preserved for the proper functioning of these critical organs.

“With TrueBeam, we’ll be able to treat many inoperable brain tumours, tumours that are close to the spinal cord, and tumours of the lung, liver, or pancreas, which are subject to respiratory motion during treatment.”

Dr Lee Kuo Ann, Consultant radiation oncologist at Mount Elizabeth Novena Hospital

“With TrueBeam, we’ll be able to treat many inoperable brain tumours, tumours that are close to the spinal cord, and tumours of the lung, liver, or pancreas, which are subject to respiratory motion during treatment,” Dr Lee Kuo Ann, consultant radiation oncologist at Mount Elizabeth Novena Hospital shared.
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