

Pacific Healthcare Opens Singapore's First Private Specialist Sleep Centre

Singapore, 3 January 2007 – Main Board-listed Pacific Healthcare Holdings Ltd. ("Pacific Healthcare") today opened Singapore's first private specialist Sleep Centre on the penthouse level of Paragon, Orchard Road. The Pacific Sleep Centre is dedicated to the treatment of sleep disorders and provision of sleep diagnostics, sleep therapy and sleep enhancement services.

This newest centre, headed by Consultant Ear Nose and Throat Surgeon, Dr Kenny Pang, adds to Pacific Healthcare's existing network of more than 50 facilities, including medical and dental clinics, specialist centres, day surgery facilities, diagnostic imaging centres and nursing homes and complements the Group's comprehensive range of specialist services.

"Patients are evaluated using the latest diagnostic equipment to determine the best course of action. One common misconception is that snoring affects only obese men. On the contrary, many women and children are affected as well. The establishment of Pacific Sleep Centre allows all patients with sleep disorders to seek appropriate treatment from our team of specialists which include ear, nose & throat surgeons, respiratory physicians, psychiatrists, neurologists and dentists all under one roof," said Dr Kenny Pang, Medical Director of the Pacific Sleep Centre.

Dr William Chong, CEO of Pacific Healthcare added: "Snoring and other sleep disorders are very common in our population. It is not merely a social issue of disrupting the sleep of our partners; it has in fact been shown to be linked to high blood pressure, heart conditions and even sudden death. This centre addresses an important but often ignored problem and is an integral part of Pacific Healthcare's vision of meeting the total needs of our patients. We hope that our pioneering efforts in developing this sleep centre will create a greater awareness in managing this problem"

About the Pacific Sleep Centre

The services offered at the centre include:

Sleep Diagnostics

Sleep diagnostics can be either ambulatory (home-based) or performed in-house. The Watch PAT Sleep Test, Overnight Blood Pressure Monitoring and Polysomnogram (Full) can be synchronized in order to provide accurate overnight monitoring. Continuous overnight blood pressure monitoring is useful for patients with nocturnal hypertension and sleep apnea. Sleep assessments also include sleep sedation and sleep endoscopy, in order to accurately isolate and identify the exact level of airway collapse during patient's sleep.

Surgical Treatments

Surgical treatment has been shown to be effective and curative in certain subsets of patients. Surgery ranges from the use of laser techniques, palatal implants, reduction of the soft palatal tissue, minimally invasive tongue surgery, midline tongue coblation technique and jaw advancement. The recently introduced Pang's Expansion Pharyngoplasty technique, that has shown great effectiveness, is also available.

Sleep Therapy & Enhancements

Depending on the patient's sleep disorder, sleep therapy and enhancement services are available. These include: Nasal CPAP & Masks, Oral Appliances, Sleep Counselling, Oxygen Therapy, Sleep Hygiene, Sleep Promoters and Sleep Pharmacology.

Contact Details:

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About Pacific Healthcare Holdings

Incorporated in 2001 in Singapore, Pacific Healthcare Holdings Ltd. is an integrated healthcare provider offering a comprehensive range of healthcare services; encompassing specialist medical care, general practice medicine, dentistry, health screening, wellness services as well as the operation of nursing homes, day surgery centres, and a psychiatric hospital.

Pacific Healthcare aims to be the premier healthcare group in Singapore and Asia, renowned for its Care, Compassion and Medical Excellence. Through a team of more than 100 dedicated professionals and a wide network of clinics and facilities, it focuses on the total health and well-being of patients.

It has operations in Singapore, Hong Kong and Hyderabad. Its competencies lie in Specialist Healthcare, in particular the fields of Plastic Surgery, Cosmetic and Implant Dentistry, Obstetrics and Gynaecology and Cardiology.

It is listed on the Main Board of the Singapore Exchange.

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