

NEW

WHAT'S NEW AT PACIFIC HEALTHCARE ?

To Celebrate Singapore's 45th National Day, enjoy the following packages at

- The Wellness Lounge (Level 20, Paragon) T: 6887 1299
Classic Bliss (u.p.\$88) 60 minutes cleansing & hydrating facial
Full Body Massage (u.p.\$100) 45 minutes deep tissue massage to relax and detox the body
Endermologie (u.p. \$160) 30 minutes body contouring to reduce cellulite
- Customized Health Solutions (Level 7, Paragon Shopping Podium) T:6333 6292
Antibacterial Silver Moisturizer Lotion 30ml (u.p. \$58)
Antibacterial Silver Gel Cleanser 120ml Twin Pack (u.p. \$84)

\$45

ON LEVEL 7



Pacific Healthcare Imaging – our very own diagnostic imaging centre, offering General X-ray, Ultrasound, Mammography and Breast biopsy, Computed Tomography ("CT" scan) and Virtual Colonoscopy, using the latest technology, such as the Siemens low radiation dose, high speed CT scanner, full field digital mammography with computer aided technology, and Philips ultrasound elastography.

The Breast Surgery Centre – led by our female breast surgeon Dr Georgette Chan, offering a comprehensive service of breast cancer screening, treatment of benign breast problems, as well as breast cancer.

The Thyroid Head & Neck Surgery Centre – led by Dr Ranjiv Sivanandan, is a one-stop facility that will allow you to have a complete evaluation of all growths and lumps arising from the head and neck region.

Four new specialists who joined us this year and made the establishment of the new centres possible

- Dr John Huang and Dr Ching Boon Chye (Pacific Healthcare Imaging)
- Dr Georgette Chan (The Breast Surgery Centre)
- Dr Ranjiv Sivanandan (The Thyroid Head & Neck Surgery Centre)

290 Orchard Road #07-13 Paragon
Pacific Healthcare Imaging
6508 6350

The Breast Surgery Centre
6508 6318

The Thyroid Head & Neck Surgery Centre
6508 6311

ON LEVEL 19



Pacific Implantable Lens Centre – offering the Implantable Contact Lens (ICL™) an advanced reversible alternative to LASIK. The centre is equipped with the technology to customize lenses according to individual needs, and our own day surgery centre for convenient and effective treatment.

290 Orchard Road #19-01 Paragon
Eye Cataract & Retinal Specialist Centre
Pacific Implantable Lens Centre
6883 6961

UPCOMING TALKS

Say Goodbye to Glasses and Contacts with the Implantable Contact Lens (ICL)
Forum by Dr Cheryl Lee (Consultant Ophthalmologist)

Venue: Pacific Healthcare Specialist Centre Level 19, Paragon
(Lift access at Tower Lobby 2)

Time : 6:30pm – 7:30pm
Date : 23 July 2010, Friday
04 August 2010, Wednesday
20 August 2010, Friday

FREE ADMISSION

Smile Younger, Look Younger, Feel Younger
Forum on Age Management and Dentistry

Venue: Pacific Healthcare Specialist Centre Level 19, Paragon
(Lift access at Tower Lobby 2)

Time : 2pm – 4pm
Date : 31 July 2010, Saturday

FREE ADMISSION



Three New Specialists Centres

Engaging and Educating
Our Patients Through Public
Health Forums

A Chat With The Colourful
Dr Cheryl Lee

Pacific Healthcare Imaging, the Breast Surgery Centre, and the Thyroid Head & Neck Surgery Centre opened in January 2010.

At Pacific Healthcare, we believe in providing integrated, multi-disciplinary healthcare services for our patients. This year we are glad to introduce three new specialist centres, as well as our new specialists.

First, we launched Pacific Healthcare Imaging, which utilizes the latest technology, including:

1. The latest low radiation, high-speed 256 slice Siemens Somatom Definition Flash CT scanner, which enables cardiac CT to be performed within a quarter of a second, at a significantly lower radiation dose than before.
2. Full field digital mammography with computer aided detection.
3. New generation Phillips Ultrasound with elastography.

Our latest technology will provide quality diagnostic services at competitive prices.

The services offered at Pacific Healthcare Imaging include: General X-ray, Ultrasound, Mammography and Breast biopsy, Computed Tomography ("CT" scan) and Virtual Colonoscopy. We have two consultant radiologists, Dr John Huang and Dr Ching Boon Chye. For more information, please call 6508 6530.

Second, we launched the Breast Surgery Centre, lead by our female breast surgeon Dr Georgette Chan. The centre offers a comprehensive service of breast cancer screening, treatment of benign breast problems, as well as breast cancer. Together with breast radiologist Dr Ching Boon Chye, Dr Chan will provide clinical consultation, breast examination, breast cancer risk assessment and perform open and image-assisted breast biopsies

In addition to lumpectomy and mastectomy of the treatment of breast cancer, advanced aspects of breast cancer surgery such as sentinel lymph node biopsy, nipple sparing mastectomy and skin-sparing mastectomy with immediate breast reconstruction are available at the Breast Surgery Centre.

Breast cancer patients will have their treatments individually tailored for them by a strong multidisciplinary team of medical oncologist, radiation oncologists, and plastic surgeons. If you are interested in finding out more, do visit our website or call us.

www.thebreastsurgerycentre.com
Tel: 6535 8833.

Third, we opened the Thyroid Head & Neck Surgery Centre, lead by Dr Ranjiv Sivanandan. This is a one-stop facility that will allow you to have a complete evaluation of all growths and lumps arising from the head and neck region. Additionally, we have a comprehensive array of diagnostic investigations at our disposal, which include flexible fibre-optic nasoendoscopy, neck and thyroid ultrasound, CT, MRI and PET scans,



Dr Georgette Chan



From Left to Right Dr Ching & Dr John Huang



Dr Ranjiv Sivanandan

and histopathological tissue analysis that allows us to define, diagnose and stage disease accurately and expeditiously. The Thyroid Head & Neck Surgery Centre brings vast experience in managing benign and malignant tumors of the head and neck, and the expertise to recommend and perform the appropriate surgical procedure be it an excision biopsy, thyroidectomy, parotidectomy, neck dissection or major surgical resection and reconstruction. Our website can offer you more details or you can call us too.

www.thyroidheadnecksurgery.com
Tel: 6508 6311

Thus, our three new centres Pacific Healthcare Imaging, the Breast Surgery Centre, and the Thyroid Head & Neck Surgery Centre represent the recent expansion of our specialist healthcare services. We hope to offer you a more comprehensive range of services that will help you best fulfill your healthcare needs, and to always provide you with compassionate patient care and excellent medical treatment.

Interview with Dr Cheryl Lee

Dr Cheryl Lee, our group's ophthalmologist, joined the group in 2008, establishing the Eye, Cataract & Retinal Specialist Centre on the 19th floor of Paragon. Before that, Dr Lee enjoyed more than ten years of international experience in the field of ophthalmology. She received a wide range of specialist training at Cheltenham, Cambridge and Bristol in the UK, the Bascom Palmer Eye Institute in Miami, Florida and the Pitie-Salpetriere hospital in Paris. She was a consultant medical and surgical retinal specialist in London before her return to Singapore.

Dr Lee is a trained retinal surgeon with special interests in vision correction for short and long-sighted, cataracts, droopy eyelids surgery and medical retinal diseases. Her impressive string of academic accolades include the Gold Medal and Book Prize in Ophthalmology from the National University of Singapore, the Marie Comer Anglian Prize in Ophthalmology from the University of Cambridge, UK and the best lecturer of the year award in 2007/2008 from the University of Bristol, UK. Besides her academic achievements, Dr Lee is multilingual and is fluent in English, Mandarin, Malay, French, Spanish, Teochew, Hokkien and Cantonese. She enjoys sharing and educating people, and has held public talks on 'Looking and Seeing Younger', and the Implantable Contact Lens (ICL™). An enthusiastic and energetic specialist who works well with people of all ages, we are glad to present an interview with Dr Cheryl Lee!

Hi Dr Lee, so what have you been doing lately?

Other than seeing patients and giving talks on the 19th floor of Paragon, I've been travelling to give educational talks in China and Vietnam. These opportunities combine my love for travelling and teaching, and thus I try to do them regularly. I gave Implantable Contact Lens (ICL™) talks in China, and it was amazing to observe the differences in attitudes towards eye care between the different provinces! I was also the only Asian ophthalmologist, along with a group of American doctors, to teach 300 doctors in Central Vietnam.

Dr Cheryl Lee
Eye, Cataract & Retinal Specialist
MBBS (Singapore), FRCOphth (UK)

Pacific Healthcare Eye,
Cataract & Retinal Specialist Centre
Pacific Implantable Lens Centre



For more on Dr Cheryl Lee's Eye Practice
Please visit www.theeyeclinic.com.sg or call 68836961

Other than work related activities?

One result of living abroad is that I have a strong interest in learning different languages. To keep up with the languages I have acquired as well as to learn new ones, I try to read material in different languages everyday, from newspapers to books and even dictionaries! I also watch movies in different languages to ensure my language skills don't get too rusty.

Another thing I'm quite fond of doing is cooking, particularly French food after growing up in a French Vineyard. But I'm quite adventurous with food so I like to cook and eat all kinds of food.

Do you think being an ophthalmologist has affected the direction of your interests and activities?

I've always been interested in the eye because I believe that eyes are absolutely crucial to the functioning of someone's daily life. I mean imagine closing your eyes for 5 minutes and trying to do things around the house? How much eyes matter was a compelling reason for me to specialize in ophthalmology.

Actually I think the study of ophthalmology has enabled me to better understand and appreciate certain interests. I'm fascinated by the history of art, and specifically the link between art and eye conditions. I'm curious to see how personality, colour and shape preference are shaped by eye conditions, and how this has influenced art through the ages.

How do you think eye care has changed over the years?

I think that there has been a paradigm shift regarding eye care. While previously the focus might only have been on functionality - just seeing better - now there are options to have the bonus of looking younger as well. For example, in the area of eye rejuvenation, after a cataract operation, there can be the bonus of no longer having glasses for reading and distance. Thus there are both elements of seeing and looking better. More vision correction options are available too, as we have the ICL™, especially necessary for people who can't do LASIK. Patients really have more options in eye care now, and I think that enhances their choice and is great progress!

Anything else you'll like to mention?

Our Eye, Cataract & Retinal Centre supports the Singapore Association for the Visually Handicapped (SAVH). I encourage more people to support the SAVH too, such as through donating their old spectacles at our clinic.

PACIFIC HEALTHCARE

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| <p>Heart CT Scan from \$S\$1300</p> <p>Pacific Healthcare Imaging t: 6580 6350</p> | <p>Mammogram \$S\$200</p> <p>Pacific Healthcare Imaging t: 6580 6350</p> | <p>Ovarian and Uterus Check from \$S\$150</p> <p>Pacific Healthcare Imaging t: 6580 6350</p> |
| <p>Teeth Whitening from \$S\$1000</p> <p>Pacific Healthcare Specialist Dental t: 6883 6977</p> | <p>Dental Implants from \$S\$3500</p> <p>Pacific Healthcare Specialist Dental t: 6883 6977</p> | <p>Smile Assessment from \$S\$50</p> <p>Pacific Healthcare Specialist Dental t: 6883 6977</p> |
| <p>Sleep Test from \$S\$500</p> <p>Pacific Sleep Centre t: 6510 1977</p> | <p>ENT Consult from \$S\$90</p> <p>The ENT Clinic t: 6238 2970</p> | <p>Eye Screening \$S\$120</p> <p>Eye Cataract & Retinal Centre t: 6883 6961</p> |
| <p>Virtual Colonoscopy from \$S\$850</p> <p>Pacific Healthcare Imaging t: 6580 6350</p> | <p>Skin Consult from \$S\$120</p> <p>Dermatology t: 6883 6978</p> | <p>Anti-Aging Serum from \$S\$199</p> <p>Customized Health Solutions t: 6333 6292</p> |

*Prices excl. GST and may vary depending on length of consult & complexity of procedure. Valid until 31st Dec 2010



A**Age Management**

Dr. Ann Tan | Women & Fetal Centre
Tel: (65) 6887 1103 | 6887 1106

Dr. Julinda Lee

Pacific Healthcare Specialist Centre
Tel: (65) 6883 6955

Assisted Reproduction

Dr. Ann Tan | Women & Fetal Centre
Tel: (65) 6887 1103 | 6887 1106

Dr. Lee Wei Hong

MD Specialist Healthcare
Tel: (65) 6238 2933

B**Breast Surgery**

Dr. Georgette Chan
The Breast Surgery Centre
Tel: (65) 6508 6318

Breast - Radiologist

Dr. Ching Boon Chye | Pacific Healthcare Imaging
Tel: (65) 6508 6350

C**Cardiac - Radiologist**

Dr. John Huang | Pacific Healthcare Imaging
Tel: (65) 6508 6350

Cardiology

Dr. Lim Tai Tian | MD Specialist Healthcare
Tel: (65) 6238 2930

D**Dentistry**

Atria Pan Dental Group | Wisma Atria
Tel: (65) 6733 3133

MD Specialist Healthcare | Paragon

Tel: (65) 6235 3188

Pacific Healthcare Specialist Centre

Paragon
Tel: (65) 6883 6977

Robertson Choo Oehlers Lee & Lye

Dental Surgeons | Paragon
Tel: (65) 6737 3833

Dermatology

Dr. Patricia Yuen
Dermatology, Lasers & Aesthetics
Tel: (65) 6883 6978

FACILITIES**Compounding Pharmacy**

Customized Health Solutions
Tel: (65) 6333 6292

Day Surgery Centre

Specialist Surgery & Laser Centre
Tel: (65) 6238 2980

Nursing Home

Pacific Healthcare Nursing Home
Tel: (65) 6272 3133

Wellness Facilities

The Wellness Lounge
Tel: (65) 6887 1299

G**General & Vascular Surgery**

Dr. John Tan | MD Specialist Healthcare
Tel: (65) 6238 2966

General Medicine

Dr. Malcolm Lim | Atria Medical Associates
Tel: (65) 6734 1433

Dr. Tan See Lin | Pacific Medical Clinic

Tel: (65) 6508 6331

H**Head & Neck Surgery**

Dr. Ranjiv Sivanandan
The Thyroid Head and Neck
Tel: (65) 6238 2966

N**Neurology**

Dr. Adrian Tan | MD Specialist Healthcare
Tel: (65) 6238 2930

O**Obstetrics & Gynaecology**

Dr. Ann Tan | Women & Fetal Centre
Tel: (65) 6887 1103 | 6887 1106

Dr. Choo Wan Ling

Pacific Healthcare Specialist Centre @ 7
Tel: (65) 6508 6337

Dr. Julinda Lee

Pacific Healthcare Specialist Centre
Tel: (65) 6883 6955

Dr. Lee Wei Hong | MD Specialist Healthcare

Tel: (65) 6238 2966

Oncology

Dr. Steven Tucker | Pacific Cancer Centre
Tel: (65) 6883 6968

Ophthalmology

Dr. Cheryl Lee
Eye, Cataract & Retinal Centre
Tel: (65) 6883 6961

Orthopaedic Surgery

Dr. Yung Shing Wai
MD Specialist Healthcare
Tel: (65) 6238 2966

Otolaryngology (ENT)

Dr. Kenny Pang
Pacific Sleep Centre
Tel: (65) 6510 1977

Dr. Ravi Seshadri

MD Specialist Healthcare
Tel: (65) 6238 2970

P**Paediatrics**

Dr. Irene Chan | ikids Paediatric Practice
Tel: (65) 6883 6969

Plastic Surgery

Dr. Martin Huang
The Cosmetic Surgery Clinic
Tel: (65) 6733 3372

Dr. Andrew Khoo

Aesthetic & Reconstructive Centre
Tel: (65) 6733 3712

Psychiatry

Dr. Francis Ngui
Adam Road Medical Centre
Tel: (65) 6466 7777

Dr. Ken Ung

MD Specialist Healthcare
Tel: (65) 6238 2930

R**Radiology**

Dr. Ching Boon Chye | Pacific Healthcare Imaging
Tel: (65) 6508 6350

Dr. John Huang | Pacific Healthcare Imaging

Tel: (65) 6508 6350

S**Sports Medicine**

Dr. Low Wye Mun | Clinic at Cuppage
Tel: (65) 6734 5830

U**Urology**

Dr. Damian Png
MD Specialist Healthcare
Tel: (65) 6238 2966

Dr. Michael Wong

Singapore Urology & Fertility Centre
Tel: (65) 6838 1212

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