



The EDITORS' MUSINGS



Tina Tan

Deputy Editor

Dr Tan is an associate consultant at the Institute of Mental Health and has a special interest in geriatric psychiatry. She is also an alumnus of Duke-NUS Medical School. Between work and family life, she squeezes time out for her favourite pastimes – reading a good (fiction) book and writing.

I'm truly excited to present this issue that has a focus on Preventive Medicine. At the risk of sounding like a *mountain turtle* (slang for someone who is not well informed), did you know that Preventive Medicine trainees can specialise in a variety of areas such as Public Health or Occupational Medicine? Or that the research our colleagues conduct has a potential impact on healthcare policy?

We've invited several of our colleagues in Preventive Medicine to share their insights on working in the field, the training of new residents and how their work impacts the Singapore population that we are treating in our own areas of work. I hope that this issue proves to be educational and enlightening for our readers.

When I broke the news to my peers that I was taking up a Master of Public Health (MPH) programme at National University of Singapore (NUS), my decision was met with looks of bewilderment and apprehension. They had one common question: "Do you know of any friends/seniors who can help you through this rigorous course?" And my answer was a resounding "no".

For me, it was really a venture out of my comfort zone, stemming from a desire to do something different from clinical work. Although I took the leap of faith and joined the programme alone, I was glad that I met helpful course mates and teachers who made my learning enjoyable and fun. The diverse range of modules that the programme offers ensures that one will never feel bored. It has been a flurry of activities since I started the course and it was absolutely challenging, both mentally and physically, to absorb all that was taught at nightly classes. But as the saying goes, what doesn't kill you makes you stronger.

Chie Zhi Ying

Guest Editor

Dr Chie is a family physician working in the National Healthcare Group Polyclinics. She enjoys freelance writing and singing. She writes for *Lianhe Zaobao*, *Shin Min Daily News* and *Health No.1*. She can be contacted at chiezhiying@gmail.com.

Hence, it is with great pleasure that I introduce this issue of *SMA News* on Preventive Medicine, which focuses on disease prevention, and health promotion and maintenance. We are privileged to have residency programme director A/Prof Jason Yap and resident Dr Andrew Green shed light on the Preventive Medicine residency programme. Dr Raymond Lim, lecturer at NUS Saw Swee Hock School of Public Health, also shares with us his work as a lecturer and researcher.

Benjamin Franklin once said: "An ounce of prevention is worth a pound of cure". This underscores the wisdom behind the old saying "prevention is better than cure". With that, enjoy the read. ♦