

SMA



VOL. 55 NO. 8 | AUGUST 2023 | MCI (P) 063/12/2022

SMA *Annual Dinner* 2023

Highlights from
the Evening

Back to
the Green!



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READ ONLINE



MEET HEADACHES HEAD ON

Sharpen your knowledge of evidence-based assessment and management of headaches. Watch ACE's recent seminar and read the related ACE Clinical Guidance (ACG) *When to order CT/MRI for headache*.

When do you know it's time to order computed tomography (CT) or magnetic resonance imaging (MRI) to further investigate a headache? This was among the key talking points covered at the Agency for Care Effectiveness (ACE) seminar *Approach to assessing and managing headache as the presenting symptom*.

Featuring leading experts in the field, the seminar complements an ACE Clinical Guidance (ACG) on the topic, which aids healthcare professionals' clinical decision making.

It is important to understand the variable utility of CT and MRI so that they can be appropriately ordered for clinical presentations that warrant further investigation of headache. The ACG *When to order CT/MRI for headache* provides evidence-based recommendations on this and clinicians might want to bookmark the ACG to keep it handy."

DR BERNARD CHAN
Chairperson, CT/MRI for Headache ACG Expert Group
Senior Consultant, Neurology
National University Hospital

WATCH THE SEMINAR



SEMINAR EXPERT PANEL



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Senior Consultant, Neurology
National University Hospital



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Senior Consultant, Neurology
National Neuroscience Institute



PROF TCHOYOSON LIM
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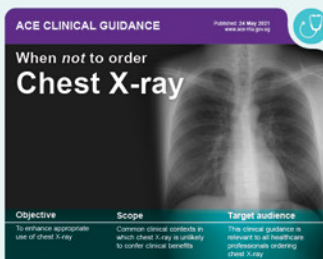
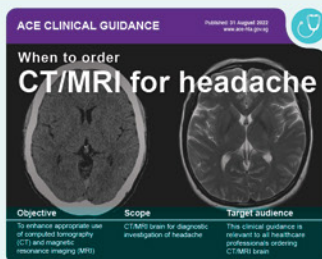


CLIN ASST PROF GILBERT TAN
Family Physician,
Senior Consultant,
Family Medicine
SingHealth Polyclinics



ASSOC PROF TAN CHER HENG
Senior Consultant,
Diagnostic Radiology
Tan Tock Seng Hospital

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The set of three imaging ACGs represent international best practices that have been contextualised to the local setting and are applicable across specialities. They are meant to encourage and emphasise appropriate use of imaging tests, not to curb the use of imaging when it is warranted."

ASSOCIATE PROFESSOR TAN CHER HENG
Senior Consultant, Diagnostic Radiology
Tan Tock Seng Hospital

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Email: news@sma.org.sg

URL: <https://www.sma.org.sg>

UEN No.: S61SS0168E

DESIGN AGENCY

Oxygen Studio Designs Pte Ltd

PRINTER

Sun Rise Printing &

Supplies Pte Ltd

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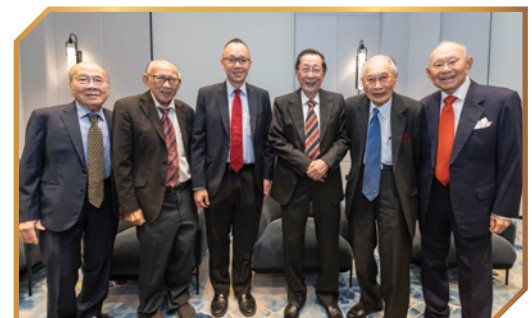
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The Editors' Musings

DR TINA TAN

Editor

Dr Tan is a psychiatrist in private practice and an alumnus of Duke-NUS Medical School. She treats mental health conditions in all age groups but has a special interest in caring for the elderly. With a love for the written word, she makes time for reading, writing and self-publishing on top of caring for her patients and loved ones.



This year's Annual Dinner was special for two reasons. First, Dr Ng Chee Kwan gave his inaugural speech as the newly minted SMA President, in which he highlighted important areas of work that our organisation is involved in, including the high-impact Health Information Bill. Second, we hosted overseas delegates from various countries for the Medical Association of South East Asian Nations Mid-Term Meeting earlier that day, and several members of the SMA Council

joined the delegates on a mini tour around Singapore and for a meal the day before.

This is but part of the important work that SMA does on a day-to-day basis – advocating for our profession and forging ties within the local and overseas medical communities (including our very own Singaporean students who are overseas and keeping in touch through their bimonthly "Letters from the UK" column).

Happy reading.

DR TOH HAN CHONG

Guest Editor

Dr Toh is a senior consultant medical oncologist and Deputy CEO (Strategic Partnerships) at the National Cancer Centre Singapore. He was a former Editor of *SMA News*. In his free time, Dr Toh enjoys eating durians and ice cream, reading, writing, rowing and watching films. Thankfully, the latter four are not fattening.



National Day is always a time of celebration, reflection and thanksgiving, and so too is the SMA Annual Dinner. Medicine in Singapore has come a very long way since our independence. Just like the pride and security we feel when boarding a Singapore Airlines (SIA) flight to the warm chime of "Welcome home, Dr Toh!", and its supreme service and satay starter, Singapore medicine is also world class. Yet like SIA, there are headwinds for Singapore medicine on the road ahead – an ageing population, shortage of nurses (a global problem), burnout among doctors, and making technology an enabler rather than stumbler in our safety-first patient-facing work beyond being merely a data storage and mover (which can sometimes hiccup more than the amazing tech-less *dabbawallas* of Mumbai who make one delivery error in over nine million lunchbox deliveries). And like SIA flight prices, healthcare is becoming more expensive.

I recently watched the movie *Barbie*. It was good but I did not find it to be a tour de force social commentary even as it hosed down misogynistic toxic masculinity. I grew up in the time of women's liberation on America television, with shows like *The Mary Tyler Moore Show* and *Charlie's Angels*, and movies like *My Brilliant Career*, *Alien*, *The Piano*; more recently *The Silence of the Lambs*,

Dangal and *RBG*. From a young age, I have seen empowered women doctors, many in leadership roles, such as the late and iconic Mama Oon (Dr Oon Chiew Seng). My late mother went to medical school at a time when the cohort was still mostly male. Thankfully, today's medical schools are way more gender balanced. Singapore enjoys more gender equity in medicine and other fields than some large first-world democracies, even if it is still a work in progress. We can be proud of this as we celebrate Singapore medicine and National Day.

"Humans only have one ending. Ideas are forever." – Barbie, the movie

Innovating for the future, translating biomedical research into patient care, bringing medical management into homes, and training doctors, nurses and allied health professionals to the highest standards, Singapore medicine continues to challenge itself. The Singapore Medical Council is also introducing compulsory continuing medical education on medical ethics, a reminder of the sacred trust patients put in their doctors. The brave new world of telemedicine, generative artificial intelligence (AI) and data sharing will need a new paradigm of managing consent, confidentiality and compassion. Especially if, channeling the prophetic 1980's film *Electric Dreams*, "Doctor AI" can one day possess consciousness, reason, passion, anger, jealousy and love. ♦

A Night of Collegiality

SMA ANNUAL DINNER 2023

Text by Sylvia Thay, Deputy Manager

The SMA Annual Dinner held on 22 July 2023 saw more than 400 distinguished guests, overseas delegates and friends of the profession gathered at the Grand Copthorne Waterfront Hotel's newly renovated grand ballroom.

Joining us for the evening were Dr Vivian Balakrishnan, Minister for Foreign Affairs, and his wife; Mr Chan Yeng Kit, Permanent Secretary for Health; Dr Beh Swan Gin, Permanent Secretary (Development), Ministry of Trade and Industry; Prof Kenneth Mak, Director-General of Health; Dr Ho Kaiwei, Deputy Secretary (Development), Ministry of Health; Dr Tan Wu Meng, Member of Parliament for Jurong GRC and Chairperson of the Government Parliamentary Committee for Health; Dr Lim Wee Kiak, Member of Parliament for Sembawang GRC; Mr Anthony Tan, CEO of MOH Holdings; presidents of the ASEAN medical associations; past

SMA Presidents and Honorary Members; and fellow medical professionals, stakeholders and partners.

Kicking off the dinner, SMA President Dr Ng Chee Kwan delivered a warm welcome to the Guest of Honour and SMA Honorary Membership recipient Dr Vivian Balakrishnan and all who were present, before sharing a little about how he first came to be a part of the Association and its Council. Dr Ng also shed light on the work SMA has been doing for the medical profession, especially in recent years (see page 12).

The highest honour

The SMA Honorary Membership was first instituted in 1969 and is the highest honour that SMA can bestow upon individuals who are distinguished in public life or who have rendered meritorious service to the medical profession or to the Association.

Dr Wong Chiang Yin took to the stage to deliver the citation for Dr Vivian Balakrishnan, whom he found to be one of the very few persons to fit into a category of eminent doctors who have also served and led this country with distinction. Dr Wong shared personal insights into Dr Balakrishnan's character, including lessons learnt from him. He ended the citation saying this of Dr Balakrishnan: "who, above all else, I consider a good chap, and who has decided to give his all to serve his patients, his profession and his fellow countrymen; often with distinction, and always with decency and dignity."

Inviting Dr Balakrishnan on stage, Dr Ng Chee Kwan presented to him the Honorary Membership in the form of a calligraphy scroll written by renowned calligrapher Mr Kee Meng Cheng. His works have been presented to previous SMA Honorary Members,

including the late Minister Mentor Lee Kuan Yew, Former President Tony Tan, Prime Minister Lee Hsien Loong, Former Senior Minister Goh Chok Tong and Former Senior Minister Tharman Shanmugaratnam, just to name a few.

In Chinese culture, there is the concept of the three “non-decayable” or “three permanents”: “三不朽。立言不朽，立功不朽和，立德不朽。” Loosely translated, it means there are three things that one can achieve in life that do not decay:

- Establishing virtue that does not decay;
- Establishing service or work to the nation that does not decay; and
- Establishing words or speech that do not decay.

Dr Wong had chosen these four words for our Honorary Member: “立功不朽”, which means establishing service or work to the nation that does not decay. We believe these four words aptly describe what our Honorary Member has done in his decades of public service, first as a doctor and then as a political leader. His contributions to Singapore will stand the test of time and will not decay.

Following the awarding of the Honorary Membership, Dr Balakrishnan expressed his thanks and appreciation for the SMA, and shared a few words of encouragement with his fellow doctors.

Appreciation for those who give

The work and achievements of SMA and our charity arm, the SMA Charity

Fund (SMACF), are the fruits of labour of many generous donors and dedicated volunteers who give their time and energy to support the Association’s efforts. We thus acknowledged these individuals with awards presented over the span of dinner in the presence of colleagues and friends.

SMA Merit Award

The SMA Merit Award was presented to five recipients this year, recognising these individuals who have made significant contributions to SMA and the medical profession, or who have provided social service to the community.

Prof Vathsala Anantharaman for her achievements in the field of organ transplantation and significant



Legend

1. Group photo with the calligraphy scroll. L to R: Mrs Balakrishnan, GOH Dr Vivian Balakrishnan, Dr Ng Chee Kwan, Dr Wong Chiang Yin
2. Prof Vathsala Anantharaman, SMA Merit Award recipient
3. Dr Beh Swan Gin, SMA Merit Award recipient

4. Prof Chow Wan Cheng, SMA Merit Award recipient
5. Prof Tan Puay Hoon, SMA Merit Award recipient
6. Mr Thali Koattiath Udairam, SMA Merit Award recipient



contributions to academic medicine in Singapore. Prof Vathsala is the Head of the Department of Medicine at the National University Hospital (NUH) and NUS Yong Loo Lin School of Medicine (NUS Medicine) and Co-Director of the National University Centre for Organ Transplantation at NUH. She has been at the helm of many milestones in renal transplantation in Singapore, such as the first spousal kidney transplant in 1991.

Dr Beh Swan Gin for his significant contributions in public service, and his leading role in the development of Singapore's biomedical sciences industry. Dr Beh is the Permanent Secretary (Development) at the Ministry of Trade and Industry, and was Chairman of the Economic Development Board from 2014 to 2023. He is a medical doctor by training and graduated from NUS Medicine. In 2006 and 2007, Dr Beh held concurrent appointments as the executive director of the Biomedical Research Council at the Agency for Science, Technology and Research, and the director of the Ministry of Trade and Industry's Energy Planning Division.

Prof Chow Wan Cheng for her significant contributions to the field of gastroenterology and hepatology in Singapore, in particular the areas of viral hepatitis and liver transplantation. The SMA also commends her contributions to academic medicine, including the implementation of professional training competencies for house officers and specialist training for gastroenterology.



Prof Chow is a senior consultant at Singapore General Hospital (SGH), and clinical associate professor at NUS Medicine and Duke-NUS Medical School. She was also the Head of Department of Gastroenterology and Hepatology in SGH from 2004 to 2009.

Prof Tan Puay Hoon for her significant contributions to the medical profession especially in the field of breast and urologic pathology, and academic medicine in Singapore. Prof Tan is a pathologist with Luma Medical Centre Singapore. She has held several international and regional leadership positions, including being a past president of the International Society of Breast Pathology and the immediate past convenor of the Assembly of the Asia-Pacific International Academies of Pathology. Prof Tan also sits on the editorial boards of multiple academic journals.

Mr Thali Koattiath Udairam for his significant contributions in the development of healthcare policy and public healthcare administration for over 40 years, and his contributions to SMACF as its director from 2013 to 2023. He is the Singapore/international CEO of Sheares Healthcare Group, a Temasek subsidiary. Mr Udairam played a key role in developing and implementing the first computerised hospital administration system in Singapore in 1984 and was part of the team which developed and rolled out the Medisave scheme.





Donor Appreciation Awards

In celebration of the SMACF's ten-year anniversary and to thank the donors for their years of support, the following VIP donors were presented with plaques of recognition at the dinner.

Platinum tier

Adj Prof Tan Sze Wee

Dr Wong Chiang Yin

Dr Benjamin Tan Jia Xing

Joint-name bursary tier

In honour of the late Dr Michael Benedict Toh Kok Kuan (received by A/Prof Matthias Toh)

In honour of the late Mdm Lee Na Na (received by Dr Ong Eng Kang)

To find out more about the SMACF donor recognition programme, please visit <https://smacf.org.sg/Our-List-of-Donors>.

Token of appreciation

The SMA is led by a 20-doctor-strong Council who devote their time and energy to the work of the Association, in the hope of achieving betterment for the medical profession. In recognition of his service on the SMA Council since 2013, a token of appreciation was presented

to Adj A/Prof Tan Tze Lee who stepped down this year.

SMA Long Service Awards

The SMA Long Service Award serves to appreciate individuals who have contributed their time and services to SMA's Council and committees. We would like to express our thanks to all the awardees for your contributions in support of the Association's work!

30 years of service

Dr Jonathan Pang Sze Kang: Squash, SMA Sports and Games Committee since 1990

20 years of service

Dr Jeevarajah Nithiananthan: Chess, SMA Sports and Games Committee since 2003

10 years of service

Dr Chia Yih Woei: SMA Sports and Games Committee since 2013

Dr Chin Yuan Hui Andrew: SMA-NK Yong Wine Appreciation Chapter since 2013

Dr Chng Nai Wee: Soccer, SMA Sports and Games Committee since 2013

Adj A/Prof Sim Kang: *Singapore Medical Journal (SMJ)* Editorial Board since 2013

Dr Lim Kheng Choon: SMA Council since 2013; Membership Committee since 2014; Professional Indemnity Committee since 2022

Adj A/Prof Tan Tze Lee: SMA Council (2013–2023)

A/Prof Teo Boon Wee Jimmy: *SMA News* Editorial Board since 2013

Prof Wong Wai Keong: *SMJ* Editorial Board since 2013

Staff

Tan Kie Chuan: Manager, Technology & Applications, 10 years of service

Ashley Soh: Senior Executive, Technology & Applications, 5 years of service

Legend

7. Adj Prof Tan Sze Wee, SMACF donor

8. Dr Wong Chiang Yin, SMACF donor

9. Dr Benjamin Tan Jia Xing, SMACF donor

10. A/Prof Matthias Toh, SMACF donor

11. Dr Ong Eng Kang, SMACF donor

12. Dr Chong Yeh Woei, SMACF Chairperson

13. Adj A/Prof Tan Tze Lee receiving his Token of Appreciation from Dr Ng Chee Kwan

14. SMA Long Service Award recipients with SMA 1st Vice President Dr Tan Yia Swam

15. *SMJ* Best Research Paper Award recipients with Editor-in-Chief Adj Prof Poh Kian Keong



SMJ Best Research Paper Award

The *SMJ* Best Research Paper Award was launched in 2004 to encourage the publication of high quality local and international research papers within the *SMJ*, and to promote and recognise local and regional researchers for their achievements. The top three research papers of 2022 were selected from 59 Original Articles published in the *SMJ* from January to December 2022. *SMJ* Editor-in-Chief Adj Prof Poh Kian Keong presented the commemorative trophies and certificates to representatives from the following papers.

Published in the February 2022 issue, the award for the paper "Point-of-care hepatitis C screening with direct access referral to improve linkage to care among halfway house residents: a pilot randomised study" was received by the team's representative, Dr Prem Harichander Thurairajah.

The next paper that received the award, "Safety, tolerability and efficacy of LEGA-Kid® mechanical percussion device versus conventional chest physiotherapy in children: a randomised, single-blind controlled study", was also published in the February 2022 issue. Dr Yuen Ling Hue received the award on behalf of her team.

Finally, the paper "Clinical characteristics of spinning-induced rhabdomyolysis and other causes of rhabdomyolysis: a comparative study" published in the October 2022 issue had its award received by Dr Eunizar Omar on behalf of her team.

We congratulate the authors and recipients of the above awards and encourage more quality submissions to *SMJ*!

As the evening drew to a close

Amid the continued festivities, Honorary Treasurer Adj Asst Prof Ng Chew Lip stepped up on stage to present the two lucky draw prizes to their respective winners.

1. A framed-up original poster of contemporary artist Shi Lifeng's "Peach Blossom Leaves" worth \$2,000 (sponsored by Art Works Advisory) won by Dr Satish LR.





2. A two-day-one-night stay in the Grand Copthorne Waterfront's Grand Deluxe Room (arranged by SMA) won by A/Prof Pek Wee Yang.

Through the night, dinner guests were seen in conversations with long-time friends, colleagues and classmates, while also making new acquaintances. Our Guest of Honor Dr Balakrishnan was also mingling in the ballroom, frequently surrounded by groups of friends eager to catch up. As with all good things, the SMA Annual Dinner eventually came to an end late into the night, with

guests departing with large smiles on their faces.

The 64th SMA Council thanks Dr Vivian Balakrishnan for taking time to grace the event, and for all guests who joined us for the evening. Last but not least, we would like to thank our generous sponsors: Art Works Advisory, Mitsubishi Electric and the Medical Protection Society. Our heartfelt thanks once again to all who have supported and attended the SMA Annual Dinner 2023, and we look forward to having you with us again at the next annual dinner! ♦





Legend

- 16. Dr Satish LR receiving his lucky draw prize from Adj Asst Prof Ng Chew Lip
- 17. Adj Asst Prof Ng Chew Lip presenting the lucky draw prize to A/Prof Pek Wee Yang
- 18. Dr Ivan Low, emcee for the Dinner
- 19. All set up and ready for our guests
- 20. GOH Dr Vivian Balakrishnan posing with guests for a table photo
- 21. Dr Ho Kaiwei and A/Prof Jason Yap posing for a photo
- 22. Doctors in training joining the evening's festivities
- 23. Reliving fond memories with a class photo
- 24. SMA News Ed Board members and staff
- 25. Table photo with GOH Dr Vivian Balakrishnan
- 26. Adj Asst Prof Ng Chew Lip and the MASEAN delegates at the Dinner
- 27. The eye specialists



Visit <https://bit.ly/SMA-AD2023>
or scan to view more photographs
from the evening

President's

WELCOME ADDRESS



Text by Dr Ng Chee Kwan

Good evening, Minister for Foreign Affairs Dr Vivian Balakrishnan, distinguished guests Mr Chan Yeng Kit, Dr Beh Swan Gin, Prof Kenneth Mak, Dr Ho Kaiwei, Prof Chee Yam Cheng, Dr Tan Wu Meng, Dr Lim Wee Kiak and Mr Anthony Tan, delegates from the Medical Associations of South East Asian Nations (MASEAN), honoured guests from the professional and trade associations, fellow colleagues and friends, ladies and gentlemen.

Once upon a time, there was a houseman who thought that the SMA platinum credit card was good and attractive, so he signed up to be a Member of the SMA. He did not have any idea what the SMA did, but he faithfully renewed his Membership every year, out of a sense that he should belong to an association of doctors. Then he was caught up with specialist training and the acquisition of letters which he could attach behind his name. Meanwhile, his SMA Membership subscription continued to be automatically renewed through his credit card every year.

When he finally reached the hallowed grounds of private practice, he decided on a whim to attend the SMA Annual

General Meeting to find out what his hard-earned money was being used for. To his relief, he discovered that the money did go to good use. A year or two later, an eminent cardiologist decided to step down from the SMA Council; this doctor was then invited to take up his place on the Council and he foolishly decided to do so.

Well, this doctor is none other than myself and this year marks my ninth year on the Council. I am deeply honoured to have the privilege of addressing all of you here tonight.

To start with, let me thank all of you for coming to the SMA Annual Dinner.

The Annual Dinner marks the high point of the SMA's calendar year, and it is a time when we honour those who have contributed greatly to the medical profession, and also a time for the medical fraternity to come together. It was a relief to be able to resume our annual dinner last year, after a two-year hiatus due to the COVID-19 pandemic. Tonight, I am especially appreciative of our MASEAN delegates who have come all the way from their respective countries to attend the mid-term MASEAN meeting, which was held earlier today.

In the next few minutes, allow me to highlight some of the work that the SMA has been doing for the medical profession.

We are the only professional body that includes medical students and junior doctors in our Membership. According to a study published in the *Singapore Medical Journal* in 2022, 21% of medical students in Singapore come from households with monthly incomes of less than \$3,000. Through the SMA Charity Fund, we have provided more than 450 bursaries to medical students from low-income families to assist with their basic living expenses. These students are then able to concentrate on their medical studies without having to worry about making ends meet.

Through the SMA Doctors-in-Training Committee, we engage the relevant institutions and the Ministry of Health (MOH) regarding various residency concerns, such as long working hours, work stress, protected time for studying and career prospects. Some of our initiatives include a Telegram chatbot helpline to support junior doctors, a digital handbook for house officers, as well as a "Called to See Patient" workshop.

Through our engagements with MOH, we provide feedback on issues and policies affecting doctors in private practice – most recently on the Healthier SG initiative for GPs and the implementation of insurance panels for private practice specialists. We have shared GPs' concerns about the price caps for whitelisted drugs under the Healthier SG scheme, and we have also repeatedly advocated that insurance panels should be open to all specialists, as long as they charge reasonably.

Looking ahead, we have concerns about the proposed Health Information Bill that will require mandatory contribution of patients' health information to the National Electronic Health Record (NEHR) by all licensed healthcare providers. While we acknowledge the benefits of the NEHR, we believe that implementing a solution that upholds patient autonomy and privacy is absolutely essential, and cybersecurity and cost implications should be factored in as well.

Finally, you are likely aware that the Singapore Medical Council will require all doctors to obtain continuing medical education core points for medical ethics, starting from next year. Through the SMA Centre for Medical Ethics and Professionalism, we are working hard to come up with learning modules so that all doctors can meet this requirement without hassle.

In conclusion, although doctors face increasing regulatory as well as commercial pressures, I believe most of us still consider ourselves fortunate to be in our profession. We can pay it forward by advocating for the profession and advocating for our patients, and by uplifting others less fortunate than ourselves. This is also in line with the SMA slogan: For Doctors, For Patients.

Finally, I would like to thank Dr Ivan Low as well as the SMA Secretariat for organising the SMA Annual Dinner. With that, I hope you enjoy your dinner and have a very good evening. ♦



The 64th SMA Council with Guest of Honour Dr Vivian Balakrishnan and distinguished guests



19th MASEAN Mid-Term Meeting

Text by Benjamin Ong, Editorial Executive

The 19th Medical Association of South East Asian Nations (MASEAN) Mid-Term Meeting was held from 21 to 22 July 2023 at the Grand Copthorne Waterfront Hotel, Singapore. This year's meeting was hosted by the SMA and attended by delegates from the national medical associations (NMAs) of Brunei, Indonesia, Malaysia, Myanmar, the Philippines, Singapore, Thailand and Vietnam.

The SMA delegation comprised:

- Adj Asst Prof Ng Chew Lip, SMA Honorary Treasurer, who is also the MASEAN Secretary General;
- Dr Ng Chee Kwan, SMA President;
- Dr Tammy Chan, SMA 2nd Vice President;
- Clinical Asst Prof Benny Loo Kai Guo, SMA Honorary Secretary;
- Dr Lee Yee Mun, SMA Council Member;
- Dr Ivan Low, SMA Council Member; and
- SMA secretariat staff Denise Tan, Spencer Soh and Krysania Tan, who also support the MASEAN Secretariat.

Scientific symposium

The theme for this year's scientific symposium was "Digital Health". This was aptly determined as the COVID-19

pandemic had served as a catalyst for the rapid digitalisation of healthcare across the region, with many countries adopting telemedicine services and mobile applications as part of their pandemic management measures. The NMAs' representatives shared their countries' progress in relation to the development and rollout of digital healthcare initiatives in their nations.

Singapore's experience was presented by Dr Lee Yee Mun. He spoke on the digital healthcare initiatives and frameworks that Singapore has launched, such as the National Electronic Health Record, the HealthHub mobile application and other regulatory guidelines for telemedicine and medical devices.

Delegates discussed some common challenges faced on this front by the NMAs, such as adoption rates for mobile applications, data privacy and security concerns. Delegates also shared their common hopes for their respective nations' digital healthcare systems to be reliable, accessible and equitable.

Next MASEAN meeting

Following the NMAs' presentations, the topic of the next scientific symposium

was discussed. It was brought up that the symposium need not always be scientific in nature and could explore topics such as healthcare financing and continuing professional development. The topic of junior doctors was also raised, and delegates engaged in preliminary discussion for a MASEAN-affiliated junior doctor network. In summary, MASEAN Secretary General Dr Ng Chew Lip acknowledged the different medical priorities each nation had and reiterated the importance of solidarity and the need for NMAs to support each other on their various agendas.

As the 19th MASEAN Mid-Term Meeting concluded, delegates were invited to the SMA Annual Dinner held at the Grand Copthorne Waterfront Hotel. We thank the delegates for joining us and we look forward to the 20th MASEAN Conference, to be held in Malaysia in 2024. ♦

HIGHLIGHTS

From the Honorary Secretary

Report by Clinical Asst
Prof Benny Loo Kai Guo

SMA awards for Duke-NUS and LKCMedicine graduates

SMA President Dr Ng Chee Kwan presented the SMA-Lee Foundation Achievement Prize and Teamship Awards on 1 June 2023 at the Duke-NUS graduation dinner. Details of the award winners can be viewed at <https://nus.edu/3OWuZLS>.

Dr Ng also recently presented the SMA Prize for Best Scholarly Project at the Lee Kong Chian School of Medicine (LKCMedicine) Homecoming and Graduation Dinner on 16 June 2023. The prize for Academic Year 2021–22 was presented to graduating student Kenneth Loi Zhi Kuan. The award is a part of a \$15,000 donation by SMA to the LKCMedicine Advancement Fund in 2020.

These collaborations are part of the SMA and SMA Charity Fund's (SMACF) ongoing support of our local medical schools, alongside the Wong Hock Boon-SMACF Outstanding Mentor Awards at NUS Yong Loo Lin School of Medicine, and the SMA-Lee Foundation Awards at Duke-NUS Medical School.



Dr Ng CK with the Duke-NUS award recipients



Dr Ng CK presenting the award to Kenneth Loi

Dr Loo is a paediatrician in public service with special interest in sport and exercise medicine. He serves to see the smiles on every child and athlete, and he looks forward to the company of his wife and children at the end of every day.



Congratulations to new NMPs

SMA congratulates Ms Chandradas Usha Ranee and Dr Syed Harun Bin Taha Alhabsyi, who are among nine persons recently chosen to be Nominated Members of Parliament (NMPs). Ms Chandradas recently became a director on the SMACF Board and Dr Syed Harun has been an SMA Member since 2013.

More details on the nine new NMPs are available via the following link: <https://bit.ly/3DBw2LT>.

We also wish to take this opportunity to express our thanks to SMA 1st Vice President Dr Tan Yia Swam for her service of two and a half years as an NMP.

MASEAN Mid-Term Meeting

The 19th Medical Association of South East Asian Nations (MASEAN) Mid-Term Meeting was held from 21 to 22 July 2023 in Singapore. This year's meeting was hosted by the SMA and delegates were also invited to the SMA Annual Dinner on 22 July 2023. For more details on the meeting, please refer to the report on page 14 of this issue. ♦

Honouring Excellence

The 64th SMA Council warmly congratulates our Members who are recipients of the National Day Award 2023.

The Public Service Star

Emeritus Prof Lee Eng Hin

Chairman
Bioethics Advisory Committee,
Ministry of Health (MOH)

The Public Administration Medal (Silver)

Dr Ng Yih Yng

Chief Medical Officer
Home Team Medical Services Division
Ministry of Home Affairs
MOH

Prof Terrance Chua Siang Jin

Chief Executive Officer
Executive Office
National Heart Centre Singapore
Singapore Health Services, MOH

A/Prof Thomas Loh Kwok Seng

Group Chairman
Medical Board
Senior Consultant
Department of Otolaryngology
Head & Neck Surgery (ENT)
National University Hospital
National University Health System
Associate Professor
Otolaryngology
National University of Singapore, MOH

A/Prof Chong Phui-Nah

Chief Executive Officer
National Healthcare Group Polyclinics &
Primary Care
National Healthcare Group, MOH

Dr Lyn James

Director (International Cooperation)
Public Health Group, MOH

Prof Chin Jing Jih

Chairman
Medical Board
Tan Tock Seng Hospital
National Healthcare Group, MOH

Prof Tan Huay Cheem

Senior Adviser to the Director
National University Heart Centre, Singapore
Senior Consultant
Department of Cardiology
National University Hospital
National University Health System
Professor
Medicine
National University of Singapore, MOH

The Public Administration Medal (Silver) (Military)

COL (DR) Tan Nan Guang

Chief Army Medical Officer
Headquarters Army Medical Command
Singapore Army

The Public Administration Medal (Bronze)

A/Prof Seow Wan Tew

Senior Consultant
Neurosurgery
National Neuroscience Institute
Singapore Health Services, MOH

A/Prof Patricia Neo Soek Hui

Head
Senior Consultant
Division of Supportive and Palliative Care
National Cancer Centre Singapore
Singapore Health Services, MOH

A/Prof Clement Tan Woon Teck

Group Chief
Ophthalmology
National University Health System
Senior Consultant
Department of Ophthalmology
National University Hospital
Associate Professor
Ophthalmology
National University of Singapore, MOH

Dr Jeannie Tey Su Hui

Director
Corporate Planning
Consultant
Preventive & Population Medicine
Tan Tock Seng Hospital, MOH

A/Prof Lim Soo Teik

Senior Consultant
Cardiology
National Heart Centre Singapore
Singapore Health Services, MOH

Prof Ian Yeo Yew San

Senior Consultant
Medical Retina
Surgical Retina Department
Singapore National Eye Centre
Singapore Health Services, MOH

Adj Asst Prof Eric Wong Ming Hai

Group Chief Data & Strategy Officer
National Healthcare Group HQ
National Healthcare Group, MOH

Dr Hwang Chi Hong

Director
Quality, Innovation & Improvement
Ng Teng Fong General Hospital
National University Health System, MOH

Dr Diana Tan Yuen Lan

Assistant Chairman
Medical Board (Clinical Quality)
Director
Clinical Services
Changi General Hospital
Singapore Health Services, MOH

Prof Lim Swee Han

Senior Consultant
Medical Clinical
Singapore General Hospital
Singapore Health Services, MOH

Dr Teo Li-Ming

Chief Risk Officer
Quality and Risk Management Office
Director
Clinical Governance
Sengkang General Hospital
Singapore Health Services, MOH

A/Prof Tan Kevin

Education Director
Neurology
National Neuroscience Institute
Singapore Health Services, MOH

A/Prof Bernard Thong Yu Hor

Senior Consultant
Rheumatology, Allergy & Immunology
Tan Tock Seng Hospital
National Healthcare Group, MOH

A/Prof Tan Kok Yang

Senior Consultant
General Surgery
Khoo Teck Puat Hospital
National Healthcare Group, MOH

Adj Asst Prof Kelvin Koh Wee Boon

Medical Director
Senior Consultant
Department of Post-Acute and Continuing Care
Jurong Community Hospital
National University Health System, MOH

Dr Angela Koh Fang Yung

Head
Senior Consultant
General Medicine
Sengkang General Hospital
Singapore Health Services, MOH

A/Prof Bee Yong Mong

Senior Consultant
Medical Clinical
Singapore General Hospital
Singapore Health Services, MOH

Dr Jansen Koh Meng Kwang

Assistant Chairman
Medical Board (Performance Excellence)
Head of Department
Respiratory & Critical Care Medicine
Changi General Hospital
Singapore Health Services, MOH

A/Prof Ewe See Hooi

Deputy Head
Senior Consultant
Cardiology
National Heart Centre Singapore
Singapore Health Services, MOH

Dr Gary Kang Chun-Yun

Director
Regional Clinical Services
North East Clinical Services
SingHealth Polyclinics
Singapore Health Services, MOH

The Public Administration Medal (Bronze) (Military)

COL (NS)(DR) Chong Si Jack

Alternate Chief Naval Medical Officer
Navy Medical Service
Republic of Singapore Navy

The Commendation Medal

Dr Kenneth Ban Hon Kim

Senior Lecturer
Department of Biochemistry
Senior Lecturer
Department of Surgery
Yong Loo Lin School of Medicine
National University of Singapore
Ministry of Education

Dr Tan Hsien Yung David

Director
Clinical Services
Executive Office
National University Polyclinics
National University Health System, MOH

The Commendation Medal (Military)

LTC (NS)(DR) Cheng Shin Chuen

Alternate Deputy Commander
Navy Medical Service
Republic of Singapore Navy

LTC (NS)(DR) Darren Seah Ee-Jin

Commanding Officer
62nd Combat Service Support Battalion
Singapore Army

LTC (NS)(DR) Tan Keng Boon

Head Medical Operations
Headquarters 6th Division Support Command
Singapore Army

The Public Service Medal

Dr Leong Choon Kit

Member
Singapore Medical Council

A/Prof Cuthbert Teo Eng Swee

Honorary Secretary
Singapore Children's Society

The Long Service Medal

Dr Chua Wei Jin

Senior Consultant
Urology
National University Hospital
National University Health System, MOH

Dr Norhisham Bin Main

Head of Division
Senior Consultant
Medical
Ng Teng Fong General Hospital
National University Health System, MOH

A/Prof Loh Kwok Seng Thomas

Group Chairman
Medical Board
Senior Consultant
Department of Otolaryngology
Head & Neck Surgery (ENT)
National University Hospital
National University Health System
Associate Professor
Otolaryngology
National University of Singapore, MOH

Adj A/Prof Mok Yee Ming

Assistant Chairman
Medical Board (Clinical)
CMB Office
Institute of Mental Health
National Healthcare Group, MOH

Dr Ng Ming Yann Karen

Deputy CEO
National Healthcare Group Polyclinics
National Healthcare Group, MOH

Dr Tan Yong Hui Colin

Family Physician
Senior Consultant
Regional Director (Yishun Health & Woodlands Health)
Ang Mo Kio
National Healthcare Group Polyclinics
National Healthcare Group, MOH

Adj A/Prof Martin Chio Tze-Wei

Senior Consultant
Medical
National Skin Centre
National Healthcare Group, MOH

Dr Yeo Swan Thong Vincent

Senior Consultant
Anaesthesiology, Intensive Care & Pain Medicine
Tan Tock Seng Hospital
National Healthcare Group, MOH

Adj Asst Prof Goh Hern Yee

Senior Consultant
Psychiatry
Tan Tock Seng Hospital
National Healthcare Group, MOH

Dr Tan Bien Peng

Senior Consultant
Diagnostic Radiology (Clinical)
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National Healthcare Group, MOH

Adj A/Prof Lee Keng Thiam

Senior Consultant
Orthopaedic Surgery
Tan Tock Seng Hospital
National Healthcare Group, MOH

Dr Matthias Paul Toh Han Sim

Senior Consultant
National Public Health & Epidemiology Unit
Tan Tock Seng Hospital
National Healthcare Group, MOH

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Senior Consultant
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Changi General Hospital
Singapore Health Services, MOH

A/Prof Tee Kim Huat Augustine

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Medical Board
Medical Disciplines
Changi General Hospital
Singapore Health Services, MOH

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Senior Consultant
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Changi General Hospital
Singapore Health Services, MOH

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Deputy Chairman
Medical Board
Surgical Disciplines
Changi General Hospital
Singapore Health Services, MOH

Dr Wong Fuh Yong

Head
Breast & Gynaecological
Radiation Oncology
Senior Consultant
Division of Radiation Oncology
National Cancer Centre Singapore
Singapore Health Services, MOH

A/Prof Tan Kevin

Education Director
Neurology
National Neuroscience Institute
Singapore Health Services, MOH

Dr Soo Wern Fern

Deputy Director
Consultant
Medical Informatics
SingHealth Polyclinics
Singapore Health Services, MOH

Dr Hwang Siew Wai

Clinic Director
Senior Consultant
Bukit Merah Polyclinic
SingHealth Polyclinics
Singapore Health Services, MOH

Dr Tan Choon Seng Gilbert

Director
Regional Clinical Services (South East)
Senior Consultant
Clinical Services
SingHealth Polyclinics
Singapore Health Services, MOH

A/Prof Wong Sung Lung

Deputy Chief Executive Officer
Senior Consultant
Cardiology
National Heart Centre Singapore
Singapore Health Services, MOH

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Head
Senior Consultant
General Medicine
Sengkang General Hospital
Singapore Health Services, MOH

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Division of Surgery
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Singapore Health Services, MOH

Dr Kumudhini Rajasegaran

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Senior Consultant
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Singapore Health Services, MOH

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Singapore Health Services, MOH

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Singapore General Hospital
Singapore Health Services, MOH

Dr Gregory James Meredith

Senior Consultant
Department of Pain Medicine
Singapore General Hospital
Singapore Health Services, MOH

Dr Tham Cheng Shi

Senior Consultant
Department of Anaesthesiology
Singapore General Hospital
Singapore Health Services, MOH

A/Prof Phua Ghee Chee

Group Director
Staff Wellness
SingHealth Headquarters
Deputy Chief Executive Officer
(Hospital Experience)
Executive Office
Singapore General Hospital
Singapore Health Services, MOH

This list may not be exhaustive. If we have inadvertently omitted the name of any recipient, we sincerely apologise for the oversight. ♦



Dengue's Lingering Impact: Investigating the Chronic Consequences of Dengue Infection

Dr Shirin Kalimuddin

Senior Consultant
Department of Infectious Diseases
Singapore General Hospital



Introduction

Dengue is endemic in the tropical and sub-tropical regions of the world, and afflicts an estimated 100 million people each year. The acute infection typically resolves on its own within 7–10 days. In certain instances, however, the infection may lead to longer-term chronic sequelae, which we term here as “long dengue”.¹ Similar post-infectious syndromes have also been observed following other viral infections, such as COVID-19.² Among patients with long dengue, chronic fatigue, characterised by persistent fatigue and malaise, is often one of the most prominent symptoms, and can persist for weeks or even months after acute infection. Other potential effects may include concentration impairment, and even depression. The incidence and severity of these chronic sequelae vary between individuals.¹

What is “long dengue” and how common is it?

The acute symptoms of dengue range from a mild self-limiting febrile illness to more severe and potentially fatal haemorrhage and shock. In most cases, the illness resolves within 7–10 days of onset. However, a proportion of patients continue to experience chronic sequelae, or “long dengue”, for weeks or even months after infection. These patients typically experience symptoms such as fatigue, poor concentration, and impaired memory. They may also experience arthralgia and myalgia, chronic headaches or even depression.^{1,3–5} In a study conducted in Singapore, 18% of adults continued to experience chronic sequelae such as fatigue and impaired concentration, with symptoms translating to actual functional impairment.¹ In a separate study from Sri Lanka, 17.5% of patients experienced clinical depression 6–24 months after dengue infection, compared to only 7% in the control group.⁶ The true prevalence and burden of long dengue likely remains underestimated.

Why does long dengue occur?

The exact mechanism of how acute dengue leads to chronic sequelae is still unclear, as there has been limited research in this area. A single study found that polymorphisms of the gene coding for Fc-gamma receptor IIA (*FcγRIIa*), a cell-surface receptor on immune cells and platelets that binds IgG antibodies, were associated with persistent symptoms after dengue infection. This study also found a similar association between the presence of autoimmune markers and chronic sequelae.⁷ Similar to long

COVID, there appears to be a gender predisposition to long dengue, with more females than males being affected.^{7,8}

At present, there is no evidence to suggest that long dengue is a result of viral persistence. Rather, it is possible that the acute infection may trigger a dysregulated immune system - this then leads to chronic inflammation, tissue damage and immune exhaustion, resulting in the development of chronic sequelae. Such pathophysiological changes have also been associated with chronic fatigue syndrome/myalgic encephalomyelitis and long COVID.^{9,10} Nevertheless, more research is urgently needed to provide more detailed insights into the pathophysiology of long dengue.

What is the usual duration of long dengue?

The duration of long dengue varies between individuals. A Singapore study found that 18% of dengue patients continued to experience symptoms at 3 months post-infection, with a smaller percentage continuing to experience symptoms up to 1 year.¹ Some studies have reported symptoms up to 2 years or even longer.⁷

What is the socioeconomic cost of long dengue?

Locally, the economic burden of dengue has been estimated at US\$1–2.2 billion between 2010–2020.¹¹ This is likely an underestimate as it does not consider the impact of long dengue and its detrimental effects on economic productivity. For comparison, a 2012 study in Mexico places an estimate of US\$22.6 million lost due to post-dengue chronic sequelae.¹² However, taking into account that the average annual income in Singapore is significantly higher than that in Mexico (US\$64,100 compared to US\$9,590), long dengue would likely result in a much greater economic loss in Singapore.^{13,14} Given the high prevalence of dengue worldwide, and that persons affected by dengue are often in an economically active age group, the true societal and economic burden of such chronic sequelae is likely underestimated.

Can long dengue be prevented or avoided?

At present there is no known effective treatment for long dengue. Hence, the best strategy to avoid long dengue would be to prevent acute dengue infection at the outset. Dengue is a vector-borne disease spread by the *Aedes* mosquito. To this end, Singapore has a comprehensive integrated dengue management programme that combines five key components of source reduction and vector control.

These are laboratory surveillance, vector surveillance and control, research, community mobilisation and legislation.¹⁵ Vector control efforts include fogging outdoors, applying insecticides indoors, and oiling stagnant water.^{16,17}

Community-based efforts are also important in battling dengue infection, which necessitates proper communication and education strategies. An example is the annual National Dengue Prevention Campaign, which utilises grassroots advisers and leaders, to encourage community participation in reducing dengue cases. A highlight of this is the **BLOCK** campaign, which encourages the community to remove stagnant water in their surroundings. **BLOCK** stands for **B**reak up hardened soil; **L**ift and empty flowerpot plates; **O**verturn pails and wipe their rims; **C**hange water in vases; and **K**ee roof gutters clear and place *Bacillus thuringiensis israelensis* (BTI) insecticide.¹⁸

Another more recent approach to combating dengue is the *Wolbachia*-*Aedes* suppression strategy. In Singapore, this involves the release of male *Aedes aegypti* mosquitoes which have been intentionally infected with the *Wolbachia* bacterium; when *Wolbachia*-infected male mosquitoes mate with female mosquitoes, the females produce eggs which do not hatch. This decreases the population of *Aedes aegypti* mosquitoes in the community and in turn reduces dengue transmission.¹⁹

What therapeutic options lies in the horizon?

There is ongoing research focused on developing effective vaccines and therapeutics for dengue.²⁰ A live-attenuated tetravalent dengue vaccine (CYD-TDV) was launched in 2016, but its use is limited to those with previous dengue infection, as the vaccine was found to increase the subsequent risk of severe dengue in dengue-naïve vaccine-recipients.²¹ There are currently several other dengue vaccines in the pipeline, including two which have shown promising results: TAK-003, a live-attenuated tetravalent vaccine based on a dengue virus serotype 2 backbone and has completed phase III trials,^{22,23} and TV003, a live-attenuated recombinant vaccine developed by the US National Institutes of Health (NIH) that is currently undergoing phase III trial which is expected to be completed in November 2024.²⁴

Although no specific dengue therapeutic currently exists, and treatment of dengue is mainly supportive, a number of promising potential therapeutics (including pan-serotype dengue-specific antivirals) are currently undergoing clinical trials.²⁵ These will hopefully yield positive results in the near future, and provide better treatment options for both acute and long dengue.

TAK-003 has not yet been approved for any indication in Singapore, including the indications under investigation in the trials or studies discussed herein and there is no guarantee it will be approved for such use.

KEY MESSAGES

1. Patients who recover from acute dengue may continue to experience chronic symptoms for weeks or months after the initial infection.
2. Such post-dengue chronic sequelae, or “long dengue” includes symptoms such as chronic fatigue, malaise, and even depression, leading to functional impairment in sufferers.
3. The true prevalence and socio-economic burden of long dengue is likely underestimated.
4. The pathophysiological basis of long dengue remains undefined, but may be the result of a dysregulated immune system and chronic inflammation.
5. At present, no specific treatment for both acute or long dengue exists. Hence, dengue prevention remains the best strategy.
6. There is ongoing research to develop better dengue vaccines and therapeutics, with a number of promising candidates in the pipeline.

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VV-MEDMAT-89523 | July 2023 | For Healthcare Professionals Only

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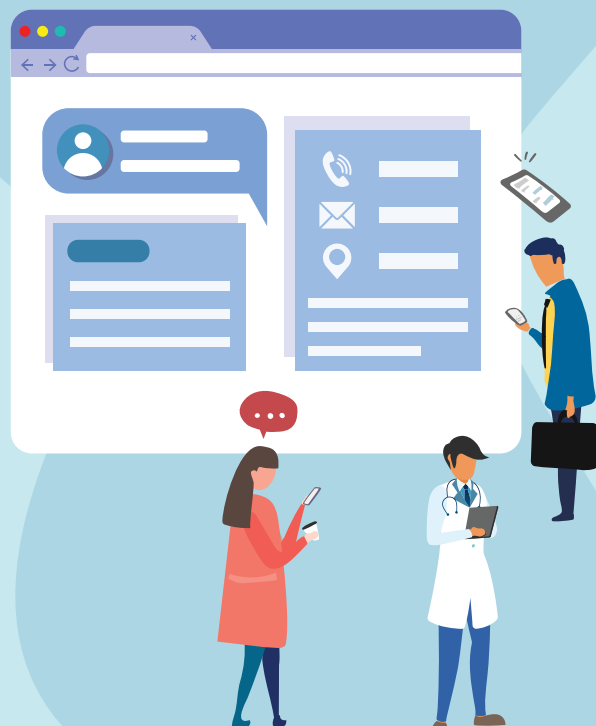


Singapore
Medical
Association

For Doctors, For Patients

Update Your Details and Stay Connected

If you have changed your contact information or have moved, log in to your SMA Membership dashboard and update your contact details to stay connected with SMA. By keeping your information current, you will receive important updates and other useful information from SMA, including giveaways exclusive to Members.



Congratulations!

We are pleased to announce the 80 lucky draw winners who have won \$5 Grab e-vouchers.

Winners will be notified via email

MCR/Matriculation numbers of winners

1. M01140A	17. M07570A	33. M15658B	49. M60948Z	65. M68219E
2. M02641G	18. M07936G	34. M15660D	50. M61025I	66. MP3541J
3. M03232H	19. M07996J	35. M16642A	51. M62052A	67. *****922B
4. M03237I	20. M09102B	36. M16994C	52. M62539F	68. ****680U
5. M03474F	21. M09383A	37. M17402E	53. M63147G	69. *****723E
6. M03641B	22. M10745Z	38. M17707E	54. M63938I	70. *****741U
7. M03660I	23. M11126J	39. M18305I	55. M64115D	71. *****684U
8. M03718D	24. M11233Z	40. M18592B	56. M64205C	72. *****269W
9. M03885G	25. M11750A	41. M19199Z	57. M64437D	73. *****908U
10. M04151C	26. M12506G	42. M19425E	58. M64956B	74. *****605E
11. M05190Z	27. M12691H	43. M19794G	59. M65608I	75. ****6345
12. M05199C	28. M13327B	44. M19883H	60. M65650Z	76. ***4688
13. M06012G	29. M14387A	45. M19886B	61. M65952E	77. *****113J
14. M06250B	30. M14627G	46. M60189F	62. M66798F	78. *****860H
15. M06366E	31. M15450D	47. M60394E	63. M67135E	79. *****580J
16. M07178A	32. M15592F	48. M60938B	64. M67688H	80. *****830K

For further enquiries, please contact membership@sma.org.sg

Back to the Green!



Text by Benjamin Ong, Editorial Executive

In the middle of a rainy week on 24 May 2023, the morning gloom gave way to clear skies, and by 11 am, the sun shone brightly on the green of the Warren Golf and Country Club. Under the fortuitous weather, SMA Members and guests eagerly gathered for the 2023 run of the SMA Annual Golf Tournament, the first since the COVID-19 pandemic began.

After a delectable buffet lunch, the 63 golfers gathered for a group photo before getting into their respective buggies. The golfers headed out to play their best games when the shotgun sounded off at 1.15 pm, vying for the attractive prizes up for grabs.

Towards the evening as the tournament drew to a close, participants freshened up and gathered at the Yan Palace Restaurant for dinner and the prize presentation ceremony. Dr Tay Jam Chin, the convenor of this year's tournament, gave a welcome address thanking the sponsors for their generosity, the participants for their continued support and the SMA Secretariat for their hard work organising the tournament. As the tournament had

not been held for three years, Dr Tay expressed his joy at seeing many old friends and familiar faces. Dr Tay also added that it would be good to see more younger faces at the next tournament, and he wished everyone bon appetit before announcing the start of dinner.

As the golfers dug into the sumptuous eight-course Chinese-style dinner, the restaurant was abuzz with animated conversations as they caught up with one another and chatted about the day's

events. Shortly into the dinner, Mr Chew Shao Liang of Summit Planners Pte Ltd shared about the importance of wealth management and business succession planning. Attendees were encouraged to speak with Mr Chew's colleagues to learn more about how Summit Planners' services could be relevant to their needs.

Soon after, the prize presentation commenced, and the participants awaited the results with bated breath. Emcee Dr Chan Kwai Onn took to the





stage to announce the winners of each category, and cheers and applause erupted from the tables as each name was announced. For the fifth tournament in a row, the GP team received the Best Team award, though competition was fierce, with the Specialist team a mere eight points behind them!

Dr Adrian Tan Yong Kuan, a regular attendee of the SMA Annual Golf Tournament, took home the Best Nett prize with a whopping score of 68. When approached by SMA News, Dr Tan expressed his appreciation for the organising team and the beautiful golf course. He shared that he was glad to see so many old friends again and that this special event was less about the sport

and more about the company. Dr Tan commented that "we don't get many opportunities to meet otherwise. I'm glad that my fellow doctors could take the time off midweek to attend and play."

The trophy for the Best Senior Lady Golfer – the Goh Swee Heng Challenge Trophy – was won by none other than Dr Goh herself! As Dr Goh received the trophy, she shared with the dining hall that she had contributed the trophy in order to encourage more senior women golfers to join the tournament. She emphasised that "we are not just doctors, but golfers as well" and urged participants to bring more lady colleagues, young and old, to next year's tournament.

The dinner ended with an exciting lucky draw. 20 prizes were prepared, including various items such as a Taylormade putter, a Honma golf bag and even Mitsubishi table fans, all courtesy of our generous sponsors. There was also an additional special lucky draw prize, a framed-up original Montreux Jazz Festival 1983 poster created by artist Keith Haring, which was won by Dr James Lee Chong Hwa.

Tired but with their hearts warmed and friendships renewed, the golfers bade each other goodbye and took their leave for the night. SMA would like to thank all Members and guests for supporting the event, and we look forward to the next time we meet! ♦

Congratulations to the Winners!

Best Gross: Dr Tay Jam Chin

Best Stableford: Dr Robert Ong

Best Nett: Dr Adrian Tan Yong Kuan

Best Senior Golfer: Dr Sim Kwang Soon

Best Senior Lady Golfer: Dr Goh Swee Heng

Best Lady Golfer: Dr Howe Wen Li

Best Team (GP vs Specialist)

Winner: GPs

Dr Adrian Tan

Dr Robert Ong

Dr David Tay

Dr Sim Kwang Soon

Dr Howe Wen Li

Runner-Up: Specialists

A/Prof Ti Lian Kah

Dr Mohd Mizan Marican

Dr Tay Jam Chin

Dr Andrew Loy

Dr Goh Swee Heng

Friends of SMA

Winner: Mr Eddie Loo

Runner-Up: Mr Michael Ng





Legend

1. A perfect day for golfing
2. A flight of merry doctors ready for dinner
3. A group photo of the golfers, excited and eager to play
4. Golf bag prizes for the winners of each category
5. Convenor Dr Tay Jam Chin presenting Dr Goh Swee Heng with the Best Senior Lady trophy
6. The GP team celebrates their victory as the Best Team

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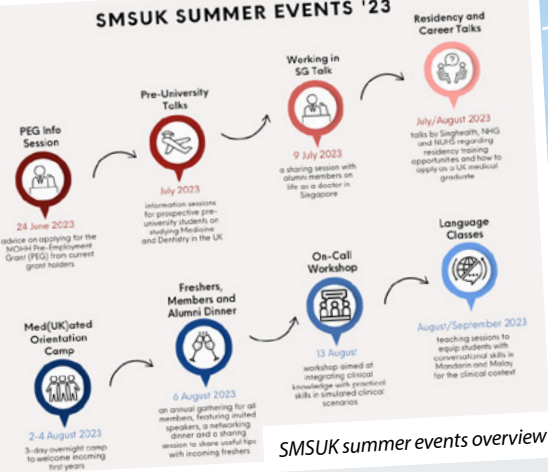


Convenor: Dr Tay Jam Chin

Advisor: Dr Chan Kwai Onn

Bridges: Connecting Us to Home

SMSUK SUMMER EVENTS '23



SMSUK summer events overview

Text and photos by Melanie Chee

It is summer in the UK, and with temperatures forecasted to hit a high of 35°C, it feels reminiscent of Singapore – albeit without the stickiness and bad hair days that come with the humidity of home. By now, most UK-based students have returned home for the holidays. It is a much-needed break after a hectic academic year, and a good chance to rest and recharge before the next one.

For members of the Singapore Medical Society of the United Kingdom

(SMSUK), summer also represents an exciting time with a range of events lined up, including various networking opportunities, educational events and the annual orientation camp to welcome incoming freshers. But SMSUK is more than just a mere event organiser. Since 1994, the society has been integral to keeping students connected to home while they were away at university – a bridge between home and our home away from home, 10,954 km apart.

In this month's letter, Audrey and Alicia share what SMSUK means to them and how the community has rooted them to home, despite the distance.

Melanie is a Year 3 medical student at the University of Leicester and is the 29th Editor of SMSUK.



Text by Audrey Yap

With the turn of the academic year comes society handovers and transitions for their respective executive committee members. Much is the same for SMSUK, a student-led non-profit organisation representing the interests of over 1,000 Singaporean and Singapore-educated medical and dental students in the UK.

As we approach summer, the 28th SMSUK committee has stepped down and handed the reins to the 29th committee; the former passing on their wisdom and earning a well-deserved rest, while the latter is eager for new journeys and challenges ahead. I have had the absolute privilege of serving as treasurer in the 28th committee and

am now holding the role of president in the 29th committee.

Nevertheless, SMSUK has meant a lot more than merely a student society or leadership position to me – it is a large community that I hold dear to my heart and will be etched in my memories of university. For students studying overseas in the UK (inclusive of England, Scotland,



Wales and Northern Ireland), having this home away from home forms a vital part of our university life, no matter how clichéd it sounds. Overseas students will surely resonate with the pangs of being away from home, be it missing family, friends, food, convenience or even the weather.

Another aspect that unites medical and dental overseas students is how we have grown used to questions like “Will you be staying in the UK for training?” and “What makes you want to return to Singapore?” cropping up in casual conversations. These may seem like simple questions, but they comprise deeply rooted themes and concerns that are shared by many overseas students. At the crux of it, we are all in the same boat, and SMSUK is one such community that binds students together through shared joys, worries, surprises and challenges. This unique bond is what has drawn me to this society, and ultimately led to me staying in the committee for two academic cycles.

I would like to think of the journey from my 28th to 29th committee roles as crossing a bridge. The bridge between my previous role as treasurer and current role as president has linked me to a new landmark. Though the role of President may seem daunting at times, I am not alone on this passage. Helming the executive committee together with my two fellow steadfast vice-presidents (Magil and Alicia) is definitely a new challenge, but one that I am embracing as I learn along the way. Joined by the new committee and supported by previous ones, I have been fortunate to have this community share my overseas journey with me, and I hope that everyone is able to find a community that walks with them. I greatly look forward to our year ahead, and I hope that through this “Letters from the UK” column, readers are able to catch a glimpse of our lives as medical students overseas.



SMSUK's booth at the NUHS Residency Open House

Audrey is a Year 3 medical student at King's College London and is the 29th President of SMSUK.



Text by Alicia Tao

“Where is home for you?” was never a question I could answer easily. My answers would fluctuate between my birthplace (Singapore), the city I grew up in (Hong Kong, China), and my parents’ home countries (Malaysia and China). But more often than not, my response would be simplified into being Singaporean or to jokingly flex my Singaporean passport.

Despite that, I have only lived on the island for a total of less than a year. Spending most of my life attending an American international school in a city where neither of my parents were from, it seemed as though my origins were scattered in various places, separated by vast distances and seas. Growing up with the label of a third-culture kid, I never saw myself as fully local no matter which country I was in.

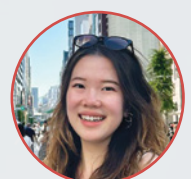
Imposter syndrome admittedly has the better of me at times, leading me to question whether others would accept me as “Singaporean” enough to be a

representative of a Singaporean society. There were aspects of Singaporean culture – subtle jokes and childhood references – that I worried I would not be able to bond over with my peers. Singaporeans are known to have a firm sense of cultural identity and I was not sure if I could relate to that.

Yet in the daunting first few months after moving to London for university, I found solace in being a part of the SMSUK family. During those early days when the sense of homesickness was never-ending, it was comforting to spend time with people who came from similar backgrounds as me. SMSUK trips to Bristol and Bath in the UK, and later Budapest, Hungary, were adventures I never imagined myself having the chance to experience. There was a camaraderie in our shared journey of leaving home to study halfway across the world; I am beyond grateful for the friends who welcomed me as I am and reminded me what it is like to belong.

“What does it mean to be Singaporean?” I expect my answer would differ from many others, but to me, the myriad of responses reflects the beauty of the question. Being a part of SMSUK has given me the opportunity to reconnect with my heritage and the overseas Singaporean community. It is my hope that SMSUK will remain inclusive to the diverse pool of individuals who identify with it, regardless of their upbringing or nationality on paper. Now, whenever I return to Singapore, I feel that my bond with the place has been strengthened by the many familiar faces and fond memories I now associate with it. I know that I will always consider Singapore one of my homes. ♦

Alicia is a Year 1 dental student at King's College London and is the 29th Vice-President for media and communications of SMSUK.



REFLECTING ON THE MENTAL CAPACITY ACT

after 15 years



DAY 1 PROGRAMME AND SPEAKER INFORMATION

<u>Time</u>	<u>Programme</u>	<u>Speaker(s)</u>
9 am	Opening Address	A/Prof Lai Siang Hui
9.10 am	Keynote 1: Emerging Issues in Mental Capacity in Singapore and Abroad	District Judge Dr Colin Tan
9.50 am	Overview of Mental Capacity Act and Singapore Case Law in Relation to Mental Capacity	Mr Chong Yue- En
10.30 am	Questions and Answers	Moderator: Mr Edmund Kronenburg
10.45 am	Tea Break	
11.15 am	Understanding the Five Principles of the Mental Capacity Act and the Application in Clinical Practice	Dr Giles Tan
11.45 am	Panel Discussion	Moderators: Dr Chen Shi Ling and Mr Suang Wijaya
12.30 pm	Lunch	
1.20 pm	Risk Management in Mental Capacity Assessment: The Professional Indemnity Perspective	Dr James Foster
1.40 pm	Keynote 2: Role of the Public Guardian in the Mental Capacity Ecosystem	Public Guardian Ms Regina Chang
2.20 pm	Multidisciplinary Team Case Discussion: Dementia and Delirium	Facilitators: Dr Balasundaram Bharathi and Dr Peter Chow
3.05 pm	Tea Break	
3.35 pm	Multidisciplinary Team Case Discussion: Persons with Intellectual Disabilities (PWIDs)	Facilitator: Dr Bhavani Sriram and Dr Giles Tan
4.20 pm	Panel Discussion	Moderators: Dr Giles Tan and Dr Charmaine Heah
4.40 pm	Closing	A/Prof Devanand Anantham

MEDICO-LEGAL INVESTIGATION OF SEXUAL ASSAULT

DAY 2 PROGRAMME AND SPEAKER INFORMATION

<u>Time</u>	<u>Programme</u>	<u>Speaker(s)</u>
9 am	Welcome Address	Dr Ng Chee Kwan
9.10 am	The Clinician's Approach to the Sexual Assault Victim	Dr Serena Koh
9.40 am	Application of Forensic Biology in Sexual Assault Investigations	Mr Ryan Ping
10.10 am	The Role of the Toxicology Lab in Sexual Assault Investigations	Dr Yao Ji Yu
10.40 am	Tea Break	
11 am	The Legal Defence in Sexual Assault Cases	Mr Ramesh Tiwary
11.30 am	Panel Discussion	Moderator: Mr Malcolm Tan
12 pm	Closing	A/Prof Devanand Anantham

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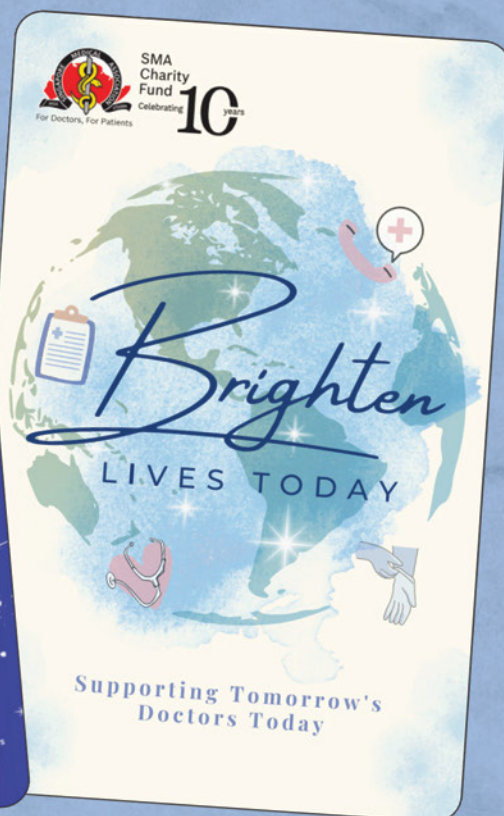
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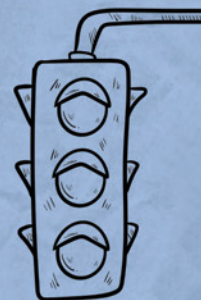
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