

Celebrating Life

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Thomson Medical Centre
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HAPPY
New Year
2011

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Developed and published by Corporate Development,
Thomson Medical Centre.

Message from Executive Chairman

Happy New Year and Gong Xi Fa Cai to all our patients, doctors and partners! Both the English and Chinese New Year festive celebrations come close upon each other this year. It is a joyous period that not only marks new beginnings but signifies new hopes and opportunities as well.

The same can be said for Thomson Medical. This new year marks an exciting new chapter in the TMC Group's distinguished history with corporate transitions in ownership, Board and Senior management members.

Through all these changes, one thing remains constant – our **patients** continue to be our **first** priority.

Our team of dedicated and experienced doctors, nurses, healthcare professionals and administrators are fully committed to delivering the TMC brand promise. That is – providing quality care and service to our patients and their families with the unique Thomson Touch.

I am both impressed and inspired by their passion, dedication and strong teamwork to ensure best patient experience and outcome. It is remarkable how many patients and their families have become part of the extended Thomson Family over the past 31 years!

As an organisation, the Thomson Group has also seen good growth and extension in recent years. Locally, we have added Thomson Women Cancer Centre and Thomson Paediatric Centre to the Group and both have been very well received by patients looking for specialised care.

Our project in Vietnam, the Han Phuc International Women & Children Hospital in Binh Duong province is also up and running and have already celebrated a few births since January this year.

As I mentioned earlier, we are merely embarking on a new chapter so the story continues. Together with the management team, we are exploring further viable opportunities to leverage on the excellent Thomson Medical brand equity and expand our footprint in Singapore and the region.

Just as we continuously develop and enhance our services to meet changing healthcare trends and patients' needs, this issue of Celebrating Life has also evolved to reflect these changes.

As a hospital of choice for women and children, we believe in empowering our patients and the public with helpful, trusted information. This ensures that they can make proactive healthcare decisions for themselves and their families.

I hope you will enjoy reading Celebrating Life as much as we did bringing it to you.

Wishing you good health always.

Chan Lay Hoon

Executive Chairman,
Thomson Medical Centre

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A Sentimental Night of Tears and Laughter

Mr Cheng with the team of dedicated doctors at TMC



It was an emotional roller coaster of a night – all over a man who will be remembered as the one who piloted a unique and quality healthcare service “which made delivery an enjoyable experience for women”.

Dr Cheng Wei Chen, TMC Founder and Executive Chairman, after having steered TMC for more than 30 years passed the baton to the next generation of leaders.

An appreciation party was thrown for him in December 2010, at the Sheraton Towers to mark yet another phase in the life of this man of honour. During the dinner, everyone wanted to have air time to express their appreciation to Dr Cheng. Staff who had worked almost as long as him reminisced about the good times; nurses sang his favourite hokkien song; special gifts were presented from personally written scrapbooks to chinese scrolls and a video tribute.

What would Dr Cheng be doing from hereon? Well, he will continue to be a familiar sight around the hospital and his clinic W C Cheng & Associates. He will also spend more time with his family especially his grandchildren.



Ms Ho Soo Sum, Director of Nursing presenting a gift to Mr Cheng



Mr Cheng together with members of the management committee



Mr Cheng explaining the verse on the scroll presented by Mr Allan Yeo, Group CE of Thomson Medical Centre



Cheers!

Meet the New Board of Directors...

who will continue to build upon Thomson Medical's legacy of celebrating life with our patients and their families in bringing the Group to even greater heights.



We welcome on board our new Board of Directors, **Mr Thoeng Tjhoen Onn, Mr Christopher Lim, Ms Chan Lay Hoon, Dr George Lam and Mr Alvin Yeo. (top row from left)**

Sincere thanks and a fond farewell to our former board members,

Mr Bertie Cheng, Dr Cheng Li Chang, Mr Cheng Wei Chen, Mr Mohinder Singh Kalra and Mr Chin Sek Peng. (bottom row from left)

Our 1st Baby on 1/1/11

Meet TMC's first baby to usher in the new year 2011, **Harris Asyarani**. Born to first time parents, Juhaidi Khairani Bin Jumadi and Elly Khairyani Lubis, Harris, who was originally due on 5 January 2011 decided to peek into 2011 just after the stroke of midnight. For the auspicious occasion, TMC presented the happy family with a BabyBjorn Babysitter Balance, digital photo frame and three months' supply of Huggies Diapers and a gift hamper.



Mr and Mrs Khairani with their family



Ms Helen Mah, Deputy Director of Nursing presenting the gifts to the happy couple

A Little of TMC in Vietnam



Our friendly Hanh Phuc angel with a patient

A resort style concept of quality healthcare for women and children has found its way to Vietnam! Hanh Phuc International Women & Children Hospital (Hanh Phuc Hospital) aims to be the leading private health care provider for women and children in Vietnam and in the region.

An Open House was held on 23 October 2010, where Thomson Medical Centre (TMC) and Hanh Phuc Hospital ushered in the new concept of healthcare in Vietnam with a big bang. Since January 2011, Hanh Phuc Hospital has delivered 21 babies and treated 900 outpatients.

If the concept of quality services and patient care such as baby send-off, nourishing soups for new mothers; personalised touch in a friendly and resort like ambience sounds familiar, it's because Hanh Phuc Hospital project was developed and managed by TMC from the very beginning.



VIP Suite



Making our patients feel at home

Located at the southern tip of Thuan An District, Binh Duong Province, about 12 kilometres from Ho Chi Minh City, Hanh Phuc Hospital is well positioned to serve local patients in this region, as well as offer corporate health screening packages to foreign companies at the nearby Vietnam Singapore Business Park.

This first Singapore Standard Hospital in Vietnam, is all ready to offer quality healthcare for women and children in this region and beyond. Welcome to the family!



Hanh Phuc International Women & Children Hospital in Vietnam

Hypnobirthing

The new hip trend in labour management?

Hypnobirthing (HB) was started in 1991 by an American Midwife called Marie Mongan. It is her method of hypnobirthing that we teach worldwide today.

As many more mothers are turning to HB as a 'drug free' method of labour and birth, Thomson Medical Centre started Hypnobirthing Classes in 2010.

So what is Hypnobirthing?

Hypnobirthing is a philosophy rather than just a technique of managing labour and childbirth.

Couples spend 5 weeks learning the techniques of deep relaxation, visualisation and breathing that allow them to 'let go' of the idea of pain and replace it with sensations of pressure and tightening that are natural in labour and birth. They are taught how to become deeply relaxed and maintain this deep state throughout labour and birth in the classes and by doing home practice during pregnancy.

Mothers choose hypnobirthing because it empowers them to be in control of their labour and birth and offers them a drug free labour and birth.

Only the couple who have done the course need to be present at the birth, but couples often hire a Doula to help them.

Hypnobirthing can be used in conjunction with Gas and Air, Tens machines, and Epidural if necessary. Each labouring mother is different and has a different level of control and relaxation. However many women happily use hypnobirthing throughout labour and child birth without any drugs.

Advantages of hypnobirthing include eliminating fear which causes tension and pain, greatly reducing and often eliminating the need for chemical painkillers and drugs, shortening the first phase of labour and more.



Patients gave hypnobirthing the thumbs up...

"I was sceptical about HypnoBirthing at first but once labour started my body relaxed and I really managed to do it. I had a fabulous birth."

KB Singapore 2009

"I had a long labour and used HypnoBirthing throughout with good effects. The birth itself was so gentle I had no stitches afterwards."

LB Singapore 2010

Classes are taught by qualified hypnobirthing practitioners.

For more information or registration, please call **Thomson ParentCraft Centre** at (65) 6251 4090 during office hours.

Thomson Medical Centre Shuttle Bus Service

Getting to TMC is now a shuttle bus away. We have launched a complimentary shuttle bus service which brings visitors and patients from the Novena MRT to TMC.



Pick up & Drop off point:

TMC - At the taxi stand

Novena Mrt - At the bus stop outside Velocity@ Novena Square

Operating hours: *

Mondays to Fridays from 9.00am-5.00pm

Saturdays from 9.00am-4.00pm

* Excludes Sundays and Public Holidays



DIY Pap Smear Kit Pilot Trial - First in Asia

Cervical cancer is a highly preventable cancer and, early detection saves lives and saves wombs.

Lisa Guit was not only a survivor of cervical cancer, but also became the first woman to undergo a rarely performed fertility-preserving surgery on 22 April 2010, the first such procedure in Singapore, called Abdominal Trachelectomy, under the able hands of Dr Tay Eng Hseon, Medical Director of Thomson Women Cancer Centre (TWCC).

There's more that can be done to increase public awareness on the importance of cervical cancer prevention and early screening.

The Pilot Trial Launches in Asia

To mark the month of Cervical Cancer Awareness, TWCC conducted a pilot trial in conjunction with Delphi BioScience, a Dutch-based leading life-sciences company that develops innovative health screening solutions for women, which advocates self-sampling to reach out to women who do not go for regular cervical cancer screening. This pilot trial, the first in Asia had Dr Tay as its principal investigator. The objective of the trial was to examine the feasibility of the use of a self-sampling device amongst women who do not attend organised cytological Pap smear screening.

Dr Tay explained, "Our primary objective is to educate the public that screening



Prof Tay Eng Hseon with Lisa Guit



leads to effective treatment that may prevent the development of cervical cancer. Studies in other countries have demonstrated that Pap smear test by self-sampling technique is a very viable alternative to women who for various reasons do not go for Pap smears. The number of such women in a screening population is substantial and is usually the reason why the cervical cancer rate does

not fall to the optimal level. This trial will determine if Asian women, in particular women in Singapore, are receptive to self-sampling. If it is, then doctors will have an additional tool to reach out to the unscreened or poorly screened group of women in the community."

Convenience of the DIY Pap Smear Kit

The self-sampling device permits women to undertake the tests for themselves in the privacy of their own home. This device is also able to obtain adequate cervical samples which are tested for the presence of high-risk human papillomavirus (HPV), which cause cervical cancers. Because of the high sensitivity of the tests, it requires only small amount of cervical specimen to be collected.

The self-sampling programme reached out to 200 Singapore women whom have not been screened or have not participated in a Pap smear screening programme in the last four years. Self-sampling kits were provided to these women in the pilot trial, which began in May 2010, and lasted six months. The trial has since ended, and the results will be released later this year.

“

"We hope that the self-sampling kit will eventually fill the gap in terms of the suboptimal screening rate we are now seeing in many countries worldwide, including Singapore. After the pilot trial, we also hope to bring the kit and the message on the importance of early screening, to other parts of Asia."

”

Dr Tay Eng Hseon,
Medical Director,
Thomson Women
Cancer Centre

For more information,
please call (65) 6591
8218 or visit their
website at www.thomsonwomen.com.sg



Impending motherhood, breastfeeding and childcare concern all mothers-to-be. Our own medical professionals with years of hands-on experience have written books on baby care to equip mums and dads with what they need to ensure a happy and healthy baby. The books are written in local context and presented in a comprehensive, concise and easily understood format. Parents will be able to find useful tips, such as how to handle a crying baby as featured in the extract below.

Crying

Crying has always been worrying for the parents as well as people around the baby. It always attracts attention from people nearby. In fact, that is exactly what the baby is trying to do: signal to you and get your attention. According to the early-day Piaget stages of development, it is an early cue for communication. Crying is normal and the baby is merely trying to tell you something or just wants to communicate his needs to you in a different way.

Reasons for crying

Hunger - Loud, sudden and urgent as he grows older, and builds up to a demanding scream.

Loneliness - Cries, grizzles, then moans. If no attention is given soon, it becomes a frightening scream.

Wind - Short, shrill scream with pauses in between other signs such as bloated stomach.

Soreness or discomfort - Whimpers at the beginning; gradually increasing to a loud cry. High pitch and prolonged; usually comes with signs such as fever.

Exhaustion - Whimpers, whines and gradually builds up to screaming with frustration.

Teething - Grizzles irritably with signs such as chewing fists and dribbling.

Reasons for crying and suggestions to alleviate it

Hunger - Feed your baby on demand; be flexible.

Temperature - Do not overdress your child.

Illness - (Read the rest of this chapter for common ailments.)

Lack of contact - Babies need plenty of physical contact, e.g. holding him.

Undressing - While changing your baby's dirty diapers or clothes, talk and reassure him.

Colic - To relieve discomfort due to swallowing excess air, swaddle or burp or massage your baby's tummy.

Tiredness - Babies have short attention spans; allow your baby to set his pace of contact time.

Boredom - Play and communicate with your baby; sing or talk to him.

Anxiety and frustration - Allow him a comforter (pacifier); distract him.

Violent or sudden stimulation - Soothing actions

New editions of Guide to Childcare, Guide to Childbirth and Guide to Breastfeeding are out. With a fresh new look and clearer visuals, the new books are much more fun to read! Get yours now at **Thomson ParentCraft Centre** or **Thomson ParentCraft Shop** at \$13 each or \$35 for the whole set of three.



For more information on Childbirth, Breastfeeding and Childcare, look out for the new edition of our Thomson ParentCraft Birthbooks.

On Sale Now

\$13 book or \$35 set

Recipe for Good Health

Azuki-Barley Detox Drink

Traditionally, Chinese New Year celebrations span across 15 days, over which many dishes and goodies will be served to family and friends – all symbolizing good health, wealth and prosperity in one way or another.

But as Singaporeans face the increasing risk of obesity and related health problems, how can we enjoy the good food and still ensure that our health is not in danger?

This month, we have Ms Seah Ai Wei, TCM Physician at Thomson Chinese Medicine, to share a simple recipe to tackle this bane of overeating.

“Many health problems now are as a result of excessive eating and exacerbated by a sedentary lifestyle. People who often experience bloating, indigestion, reflux and irregular bowel movements (including both constipation and loose stools) can benefit from this simple recipe to rid the body of excess toxins and improve the digestive function for natural health and glow.”

This simple concoction can be taken everyday and is safe for young and old. Adults who are overweight can also abstain from dinner and take this drink as a substitute.

Azuki-Barley Detox Drink

Ingredients:

azuki beans 100g, barley 200g, rock sugar (optional)

Preparation:

1. Wash thoroughly the azuki beans and barley and leave to soak for 30 minutes.
2. Place the barley in a pot of water and bring to boil. Continue to simmer for 20 minutes.
3. Add in azuki beans and cook for another 30 minutes or until both are thoroughly cooked.
4. Add in rock sugar (optional).

Did you know..

According to Traditional Chinese Medicine,

- Azuki beans, also known as red beans, are used as a natural diuretic to relieve water retention.
- Green bean are considered as a ‘cooling’ food.
- Black beans are known to nourish the kidney.

Ms Seah Ai Wei runs Thomson Chinese Medicine located at Level 3 of Thomson Medical Centre.

For more information or an appointment, please call (65) 6350 8850 or visit their website at www.thomsonchinese.com

Facing Timelines

Are wrinkles inevitable?

Reversing wrinkles effectively with advanced medical help.

By Dr Loo Han Woen

The quality of our skin deteriorates as we age. The manifestations of skin ageing depend largely on genetically determined factors.

While we are unable to alter our genetic heritage, extrinsic factors such as incessant ultraviolet radiation or smoking will contribute to the rapidity of skin ageing, principally via the damaging effects of free radicals. Abnormal elastic fibers accumulate, collagen fibers degenerate and the blood circulation within the skin is impaired. These result in a rough surface texture with wrinkling, scaling, pigmentation spots, broken vein appearances and skin laxity.

Wrinkles defined

Wrinkles are major clinical signs of skin ageing and have always been the bane of the appearance-conscious since time immemorial. Soured milk, vegetable extracts and mud were some of the applications used by ancient Egyptian Pharaohs. In early medicine days, physicians resorted to the use of strong chemicals like phenol or harsh physical abrasive methods like salt dermabrasion.

Treating wrinkles

Nowadays, physicians apply a variety of impressive treatment methods. Topical application of retinoid and fruit acid on a frequent basis reinvigorates the skin and ensures constant skin renewal. Microdermabrasion exfoliates skin and is able to improve skin texture. Chemical peels incorporating glycolic or lactic acid are able to denature and remove unwanted dead skin.

Lasers are increasingly used for cosmetic indications in skin rejuvenation. There is a plethora of laser technology dedicated for such purposes. These include the CO₂ or Erbium laser resurfacing machines used principally to treat scars as well as wrinkles. There is also the long-pulsed NdYag laser that effects skin rejuvenation on a non-ablative mode, thereby eliminating the "downtime" associated with ablative lasers such as the CO₂ laser. The promising development of lasers based on "Fractional Photothermolysis" represents the next stage of laser skin procedures. It combines the benefits of the aforementioned lasers while at the same time minimising downtime.

The use of botulinum toxin such as Botox® and hyaluronic acid gel injections on lines and wrinkles



represent a breakthrough in cosmetic dermatology and eliminated the need for invasive surgeries. With a few miniscule injections of Botox®, you will be able to rid yourself of unsightly crows' feet and frown wrinkles while hyaluronic acid fillers such as the FDA-approved Juvederm® and Restylane are able to improve the appearances of deep sadness lines around the mouth.

These procedures are effective and hardly disrupt the busy executive's work schedule. With the advancement of medical technology and affordability of many procedures, looking good is increasingly becoming a way of life and no longer restricted only to the rich and famous.

Check out our new website at www.thomsonaesthetics.com



Dr Loo Han Woen practices at Thomson Aesthetics Centre located at Novena Medical Centre 10 Sinaran Drive, #10-14/15 Square 2 Singapore 307506.

For appointments, please call (65) 6252 8558 or visit our new website at www.thomsonaesthetics.com

Newly Launched in Aug

Find info on aesthetic treatments/ programs



Ask the Doc

a regular column by our TMC doctors

In this issue we are focusing on Chinese New Year. How to indulge without guilt. **Dr Derek Koh** has the answers.

MY CHILD IS ASTHMATIC. WHAT ARE SOME OF THE COMMON ALLERGY FOODS TO AVOID THIS CHINESE NEW YEAR?

While it is not common for food allergies to trigger asthma, there are a few types of food that tend to trigger allergies including asthma. Chinese new goodies that contain eggs, cow's milk, peanuts, soy, wheat, shrimps and other shellfish should be avoided. That probably covers quite a fair bit of goodies!!!



HOW CAN I DISCOURAGE MY CHILD FROM EATING CANDIES WITHOUT SOUNDING LIKE A KILLJOY?

A possible way is to steer the child towards a healthier choice like a mandarin orange. You could also fill him/her up with a healthy nutritious proper meal before CNY visiting. Lastly, you can creatively encourage play activities among the kids to fully occupy their time.

I SEEM TO PUT ON THE KILOS QUITE EASILY. ARE THERE ANY CHINESE NEW YEAR GOODIES WHICH I CAN STILL INDULGE IN?

Goodies as the term implies are probably delicious food that contains more sugar and oil. Thus they will make one more prone to weight gain if taken excessively. Moderation is the key, bearing in mind the principles mentioned above. Healthier choices will be mandarin oranges and dried fruits. Also don't drink too much soft drinks. Each can will contain 150 calories. Choose water or diet coke.



JUST ASK US!

Send us any health questions you would like our doctors to address. Email to contact@tmc-sin.com.sg

IS IT POSSIBLE TO ENJOY ALL THE FEASTING WHILE STILL MAINTAINING MY WEIGHT?

Weight gain only occurs when you consume more than your metabolic requirement. This would range from 1500 to 1800 calories for most people. Whatever you eat, if you keep it within your daily metabolic requirement, you should not put on weight. Snack and eat sensibly - try not to exceed this 'number'. A useful tip: There is also no need to supplement with a proper breakfast, lunch or dinner especially if you intend to put on those calories through the festive snacking. If you do exceed the caloric intake but would like to maintain your weight during this festive period, then you should exercise to burn off those calories.



Dr Derek Koh is Head of Thomson Lifestyle Centre, located at Novena Medical Centre, 10 Sinaran Drive, #10-14/15 Square 2, Singapore 307506.

For more information on health-related lifestyle services, please call **Thomson Lifestyle Centre** at **(65) 6352 6550/559** during office hours.

JAC Year End Party!

A Princess, a Pirate, Lady Birds, a Superman and Fairies came to celebrate Christmas and New Year with the team from **Thomson Junior Angels Club**. They were treated to hours of fun such as getting up close and personal with Santa, making their own Christmas tree bookmark and singing Christmas songs together with the Carolling team from Thomson Medical Centre. The party ended with our very own Pinata and Christmas Greetings from all of us at **Thomson Junior Angels Club**.



1. Santa has arrived at TMC!
2. Even daddies are having fun too!
3. Our Best Costume winners for 2010.
4. Merry Christmas and Happy New Year!
5. TMC's Angels singing Christmas Carols.

Junior Angels Club

CNY PHOTO CONTEST

We all love Chinese New Year. Lots of red packets, mandarin orange, snacks and special visits from cousins, grandma, grandpa, doting relatives and close friends.

Send us your favourite picture taken during Chinese New Year 2011 and some caption/stories with it by. You may just win some prizes from Thomson Junior Angels Club! Open to all JAC members only.

Please send your photo to:
Thomson Junior Angels Club by
28 February 2011 via:
Post: Thomson Medical Centre/JAC CNY
Photo contest 339 Thomson Road
Singapore 307677 Information
Counter during office hours.
Email: membership@tmc-sin.com.sg

Special prizes will be given out to the three best photos!

Here's wishing all our members and family, a Happy and Prosperous New Year! Gong Xi Fa Cai.

MARCH HOLIDAY ART CAMP

School holidays are coming. What better way to spend it than having fun at the March Holiday Art Camp. For the first time, we would like to invite you to join this specially arranged Art Camp to unleash your creativity with the guidance from the experts.

Don't miss this opportunity to help your child create great memories this holiday here at Thomson Junior Angels Club!

Date: Saturday 12 March 2011
Time: 9.30am - 2.00pm
Venue: Art Zone @ UE Square
Age group: 4 - 8 years old
Cost:

Book now! Places are limited to 30 children only.

To register for any of our activities, please log on to our website at www.thomsonmedical.com/juniorangel.htm. call the **Junior Angels Club Hotline** at **(65) 6358 0055/6350 8876** or sign up at our information counter located at the lobby of Thomson Medical Centre.





Dr ML Yeap with her staff at the clinic

Another doctor who joined us is Dr Yeap Min Li. She started ML Yeap Clinic for Women on 1st May 2010.

Dr Yeap received her postgraduate qualification from the Royal College of Obstetricians and Gynecologists in the United Kingdom in the year 1997 and became a fully qualified Obstetrician and Gynecologist in 2001 after being accredited by the Specialist Accreditation Board of the Ministry of Health, Singapore. She is also a Fellow at the Academy of Medicine, Singapore.

Dr Yeap served at KK Women's and Children's Hospital for 15 years from 1994 to 2010. Her last appointment was Consultant at the Division of Obstetrics and Gynecology. She was a visiting Consultant to Changi General Hospital from the year 2001 to 2002, and a Consultant Colposcopist in the Gynecological Cancer Centre in KK Women's and Children's Hospital from 2003 to 2010, treating patients with Pap smear abnormalities and pre-invasive conditions.

She is a member of the Singapore Medical Association, Obstetrical and Gynecological Society of Singapore and the Society for Colposcopy and Cervical Pathology of Singapore.

Dr Yeap, a mother of three, likes going to the movies and is an avid sportswoman and a regular blood donor.

"Why did I join Thomson Medical Centre (TMC)? I was looking to create a nice cosy environment for my patients, and TMC is a trusted brand name for care of women and children. In fact, most of my close friends are practising here."

ML Yeap Clinic for Women is located at:

339 Thomson Road #05-02B
Thomson Medical Centre Singapore 307677
Tel: (65) 6356 5233 | Fax: (65) 6356 5011
www.mlyeapclinicforwomen.com.sg

Meet Our New Doctors

Dr Benjamin Tham in his cosy office.

Dr Benjamin Tham started his clinic at WC Cheng & Associates in May 2010.

Dr Tham obtained his MBBS from National University of Singapore in 1990. During his 15 years of practice in KK Women's and Children's Hospital, he served as the Head of 24 hrs Women's Clinic, Deputy Head of the General O&G Unit, Consultant in Gynecological Cancer Unit, Consultant Colposcopist for Gynae Cancer Centre, and Visiting Consultant to Changi General Hospital. He was also attached to Medical Research Council (MRC), University of Sheffield Palliative Department and Northern General Hospital Gynecological Cancer Unit during his HMDP in UK.

Dr Tham joined Thomson Medical Centre for better work-life balance. Also, he wanted to focus on patient care instead of administration work, as well as practice flexibility in patient management.

"Life in TMC has been good so far. I have time for breakfast every morning now."



WC Cheng & Associates is located at:

339 Thomson Road #01-01
Thomson Medical Centre Singapore 307677
Tel: (65) 6253 4122 | Fax: (65) 6354 8891
www.drbenjamintham.com

"Birth"day Surprise

21 Years On

"Hi there!
My girlfriend's 21st birthday is on 30th of June, next Wednesday, and she was delivered by Dr Cheng Wei Chen, in 1989 at Thomson Medical Centre. I have some plans for her birthday, one of which is to bring her to take a picture with Dr Cheng. I wonder if that would be possible. I believe that this would be of great meaning and value: meeting the doctor who delivered her. I hope that it would be possible and I would be awaiting your reply via email. Thank you and sorry for any inconvenience caused!"

Scott Leong

On 22 June 2010, we received a request via email to make arrangements for a surprise birthday celebration for a patient's daughter born in TMC 21 years ago.

30 June 2010 - Ms Choy Tze Wei had a surprise 21st birthday celebration with the man who brought her into this world, Dr Cheng Wei Chen.

This celebration is just one of the 21 surprises that Scott had planned for Tze Wei. With eyes covered, Tze Wei was led to Thomson Medical Centre and into WC Cheng & Associates where Dr Cheng runs his clinic.

Mrs Choy, mother of the birthday girl, who was also part of the surprise, came early to meet with Dr Cheng and hid in his office while waiting for Ms Choy and her boyfriend to arrive.

The reunion of Dr Cheng and Tze Wei was a touching one. With tears flowing, she hugged and thanked Dr Cheng, his clinic manager Sister Teo, and almost everyone in the room!

The birthday celebration ended without a hiccup thanks to our patient and helpful colleague Ms Pinkie Goh, from Corporate Development, who assisted Scott in coordinating and preparing this surprise visit.

We hope you had an unforgettable 21st birthday, Tze Wei!

From left:
Mrs Choy,
Tze Wei,
Mr Cheng
and Scott



Eighth Wonder at TMC

Mdm Sharifah Salim with her husband and eight children, all delivered at Thomson Medical Centre, in our VIP suite.

When Mdm Sharifah Salim left Thomson Medical Centre (TMC) in April 2008, after delivering her seventh child Ahmad Sunnar Bin Sadali, she told us that she will be back to deliver her eighth child here.

On 13 April 2010, Mdm Sharifah Salim delivered their eighth child at TMC. TMC celebrated the Salim family's eighth wonder by offering them our finest VIP suite.

"After giving it some thought, I have finally realised what makes TMC so special & outstanding. It is the simple but true fact that TMC doesn't seem anything like a hospital but rather more like a classy hotel. That is what distinguishes it as a world class hospital.

The labour ward denotes memories of comfort for me, making all my deliveries a relaxing one. All these amenities on its own is nothing much if not coupled with the great & warm service provided by all the people there.

Last but not least, my gynaecologist & his team have become almost like family to me & TMC feels just like a second home for me. I have always looked forward to my visits there & that is something that most patients would unlikely say about going to a hospital."



Having a Baby?

Join FBI or SBI - TMC's Maternity Savings Programme.

First Born Incentive (FBI) and Subsequent Born Incentive (SBI), a fully integrated obstetrics programme, offers exciting benefits and privileges such as:

- **Maternity Services**
- **Parentcraft Services**
- **Health Screening Packages**
- **24-hrs Family Clinic**
- **Retail Pharmacy**
- **FBI or SBI Exclusive Gifts**
- **Parenting Events**
- **Access to ThomsonBaby.com – an interactive and personalised website**

Call **6358 0055 / 6350 8876** (during office hours), or email **membership@tmc-sin.com.sg** to find out more.

Smile, we're a class above the rest



We did it! TMC has attained Singapore Service Class (S-Class) status conferred by SPRING Singapore. With this certification, we have placed ourselves among the niche

service standards, bringing you the best service that will more than exceed your expectations.



The new Thomson ParentCraft Centre

Relocation of Thomson ParentCraft Centre

Thomson ParentCraft Centre (PCC) has gone bigger and better. We are pleased to announce that PCC has relocated from **Level 3 to Level 6 (Unit 06-05)**.

This move allows us to further enhance the ambience of PCC with the introduction of comfortable and private breastfeeding rooms as well as a more spacious waiting area to accommodate the needs of our patients.

ParentCraft Services :

- Outpatient Consultation • Inpatient Breastfeeding Advice • Childbirth Education Course • Homecare Service • Confinement Nanny Service • Baby Massage • Weaning to Solids at 6 months old • Parent and Baby Fitness • Infant Care Training Programme • First Aid Training Programme • Hypnobirthing • Music Therapy • Thomson Baby Planner • Thomson Postnatal Support Group • 24-hour hotline for breastfeeding advice

Thomson ParentCraft Centre Video Celebrating Life

Your guide to baby care in the first months



Thomson Medical Centre *Celebrating Life with you.*

Thomson Medical Centre has produced a video which aims to help parents get through the crucial first months of a baby's arrival. This informative and easy to follow video covers a spectrum of topics, with step-by-step demonstrations accompanied by narration and important practical tips on the necessary know-how and skills. With this, parents will be better prepared to meet the demands of caring for a newborn and experience the joys of parenthood with greater confidence and ease.

DVDs will be on sale soon.

What Our Patients Say

"All nurses are prompt and helpful. As my son did not like to take his medication, the nurses patiently coaxed him into taking it. The service level at TMC level 5 is definitely world class standard. Thanks again to the nurses who have attended to my son Dominion Tan. Lastly, the cleaners always put on a smiling face and it is a pleasure seeing all the staff happily working."

Parents of DOMINION TAN YONG YI June 2010

"For a first time mother, my stay at TMC was a holistic experience with a lot of positive emotional support. Special thanks to the nurses at Ward 6. All were caring, straight from their hearts - Shi Jing especially who gave me emotional support before my operation, Rozi who helped me massage when I had engorgement at night, all the nurses and the nurse manager who often came by to assist me and check on my well being. I am very grateful for all the help rendered. There has never been more bliss for me & my family! Thank you very much!"

DAISY BOON July 2010

"We are very grateful to the nurses at the Premier Ward on level 6 as they have shown a lot of care and concern during our stay. In particular I would like to thank Grace Tan for going the extra mile to help me. She knew I was very stressed about breastfeeding so she stayed late after her shift ended to help me with it. She also called twice after my discharge to ask if I was alright. I am extremely touched and will definitely recommend TMC to all my friends after my very good experience here."

SOH EE HWEE July 2010

"The nurses from the nursery have been extremely helpful and attentive to our babies' needs. I'm sure their continuous and loving care contributed to the early discharge of our premature twins. Thank you loads!!"

PRISCILLA FONG August 2010

"I would like to commend one of your catering staff Jeannie Tan for the care she had shown me. During my stay at TMC she visited me personally to discuss my dietary requirements as I have gluten intolerance. She was always so helpful and willing to cook for my needs. I would like to pass on my official thanks and highlight her excellent service."

VICTORIA RUTTER August 2010

We had a high level of expectations about TMC and the nursing staff exceeded these expectations in terms of level of professionalism, knowledge and friendliness. We leave TMC feeling extremely well cared for and confident in feeding and caring for our daughter. Thank you very much!

TANYA ZUGAJEV November 2010

Thank you TMC for all the care and attention during my long labour, everyone was very kind, calm and assuring. I could have had such an overwhelming experience but really the staff have made it even more special. Thank you for helping us bring our little girl into the world.

BRIDGIT O'DONOVAN November 2010

My husband and I had a fantastic stay! Everyone was incredibly accomodating & anticipated our needs. Keep up the outstanding service. Much appreciated!

JANEFER YAMAT November 2010

Our experience of TMC has been top class. The service culture and the quality of the facilities have made TMC a home away from home for the past few days. The nurses are extremely attentive to my wife's condition and fully support our decision to embark on total breastfeeding. We've learnt so much from our stay here and feel confident to look after baby on our own when we leave.

SUN ZIMING November 2010

Keep up the good work. Our relatives were very impressed with the room when they came to visit. My wife and I chose TMC because of the good service we experienced at the lobby of the hospital. During our stay the nurses & staff make our stay here very enjoyable. Thank you for all the good service.

**HE JIN/NEO AIK SENG (HUSBAND)
September 2010**

Thank You

