



International
Medical Clinic

International Doctors
Caring for You

HEALTH GUIDE FOR SINGAPORE



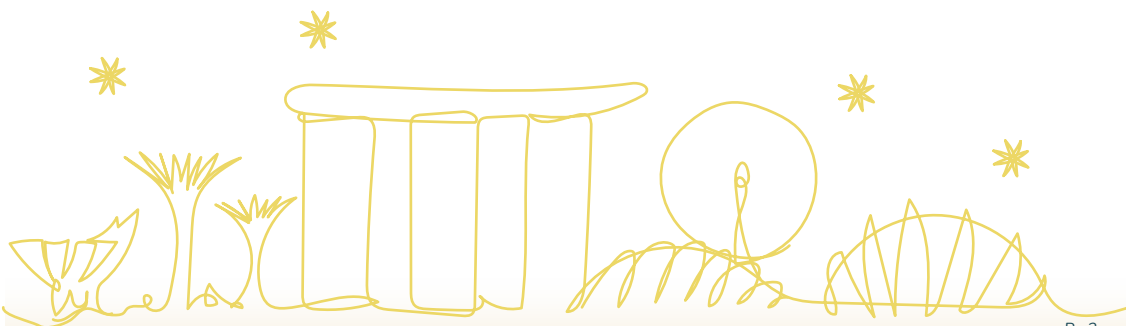
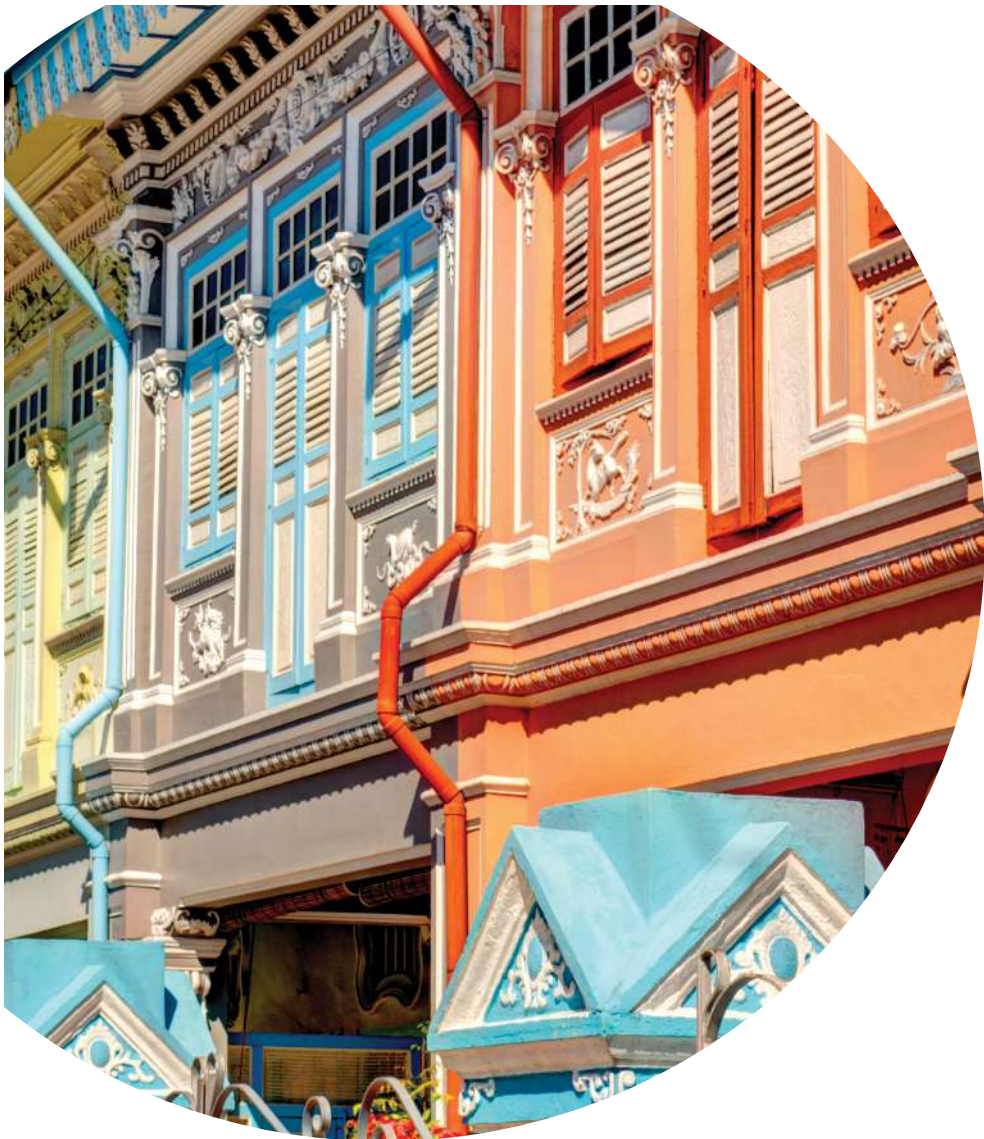
Welcome to *Singapore!*

What you need to know about healthcare here

When moving to a new country, it is normal to have mixed feelings. You may feel excited at the thought of all the new experiences, but you may also have concerns about some of the practical issues, such as healthcare. This may be a particular concern for those living in Asia for the first time, for people with chronic health problems and families with young children.

The good news is that medical practice in Singapore is of a very high standard. It is generally modelled on the British system, and doctors have standard compulsory university degrees with hospital training. Specialist doctors often have further training in the United Kingdom, North America or Australia.





EMERGENCIES

Accident & Emergency (A&E) Departments at the hospitals are open 24 hours and have access to “on-call” specialists. However, they can be more expensive and very busy and should be used only for emergency care.



Private ambulance | 6272 6018

Non-emergency ambulance | 1777

Singapore Civil Defence
ambulance | 995



Please note that 995, for emergencies, will call the government ambulance that takes you to the nearest government hospital A&E Department. You may then request a transfer to a hospital of your choice.



Police | 999



Fire | 995



To go to a private hospital, phone the A&E department of that hospital, and you can request an ambulance to take you there. Generally, the ambulances drive at the same speed as the traffic, and may not run their sirens. If the person can walk, it may be quicker to go by car or taxi.



We urge you to enter these numbers into your mobile phone now.

CHECK VACCINATIONS

We urge you to check your family's immunization status. These are the diseases that you can be vaccinated against. A consultation with your doctor is always necessary as requirements differ between individuals:



Highly Recommended

- Diphtheria/Tetanus/Pertussis (Whooping cough)
- Polio
- Haemophilus influenza Type B (Hib)
- Hepatitis B
- BCG (Tuberculosis)
- Pneumococcal
- COVID-19



May be Needed in Certain Cases

- Rotavirus
- Seasonal Influenza
- Varicella (chickenpox)
- Human Papilloma Virus (HPV)
- Dengue
- Meningococcal ACWY
- Meningococcal B
- Meningococcal C
- Pneumococcal 23
- Measles, Mumps, Rubella
- Herpes Zoster



Compulsary Vaccines in Singapore

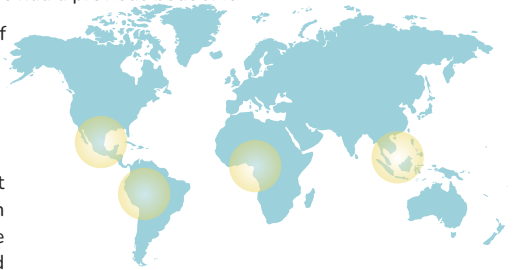
- Diphtheria
- Measles, Mumps, Rubella (MMR)

COMMON VIRUSES FOUND IN SINGAPORE

Dengue Fever

Dengue fever is present in Singapore. It is a viral infection with flu-like symptoms, spread by the Aedes mosquito, and unlike the malaria mosquitos, they can be found in the city area in daylight hours. There is no treatment, and the disease can be severe. A dengue vaccine is now available, but it is mainly for patients who have had a previous bout of it.

Dengue viruses are found in many countries of the Caribbean, Central and South America, Mexico, the Pacific Islands, most tropical countries of Asia and parts of tropical Africa.



Cases of Dengue Fever in most tropical areas have increased in recent years. Major outbreaks have occurred in the Pacific region and North Queensland (Australia)



Dengue Haemorrhagic Fever is a rare but potentially fatal complication of Dengue Fever. This is more common in India and South East Asia, particularly among those who have had dengue fever before.



The symptoms

Fever, severe headache, joint and muscle pain, rash and sore throat - usually appear 5-8 days after being bitten by the offending mosquito. The rash, which develops on the 3rd to 5th day of the illness, spreads from the stomach to the arms, legs and face. A few days after the rash appears, the fever breaks and recovery begins.



Any persons suspected of having dengue fever should be observed for signs of bleeding or bruising and seek urgent medical attention if this happens. Diagnosis is by a blood test. It is usual practice to monitor the platelet count until full recovery. This may require repeat blood tests.



Also remove stagnant water around the home (e.g. vases), and note that the risk is higher with a house and garden.



Prevention

Prevention by mosquito avoidance measures is the most effective action, e.g. insect repellent and mosquito nets.



Anti-malarial tablets do not offer any protection against dengue fever, insect avoidance measures offer the best protection against dengue.



Insect Avoidance

Insect bites, apart from being a nuisance, may spread diseases like dengue fever and malaria. Bites may also get infected, requiring treatment with antibiotics.



Residents are advised that they can reduce their risk by remaining in well-screened or air-conditioned areas when possible, wearing clothing that adequately covers the arms and legs, and applying insect repellent to both skin and clothing.

Insect repellents which are available from IMC are:



Contact-II (Permethrin Concentrate)

Contact-II (Permethrin Concentrate) is an odourless insect killer and repellent for soaking uniforms and clothes. It is the first line of defence against biting insects. Upon contact with permethrin-treated clothing or garments, the insect will fall off almost immediately. Unfortunately, most will die from this brief contact.



DEET

DEET-based insect repellents provide exceptional long-lasting protection from biting insects and have been used by hundreds of millions of people worldwide since the 1950's.

Our range of Australian-made DEET repellents are safe to use, feel and smell great on the skin and come in convenient travel-friendly packaging.

With DEET concentrations ranging from 10% - 80%, you'll find the right product for the whole family. Please note that DEET is not recommended for use on infants under two months of age.

Hand Foot & Mouth Disease

A very common infection is seen in young children. Hand, foot and mouth disease (HFMD) is usually a mild illness with resolution seen within a week.



Typically seen are ulcers in the mouth and small blister-like rashes on the palms, soles and bottom.



Feeding can be painful and in the young child careful attention to hydration is needed.

Prevention



Avoiding close contact with other young children and careful hand washing is important to prevent spreading of the disease. Singapore requires avoidance of daycare and public places for 10 days post onset, and advises no swimming for six weeks as the virus can live longer in wet surfaces.

Mycoplasma

A microorganism called *Mycoplasma Pneumoniae* is sometimes responsible for atypical chest infections amongst older children in the community.



It is spread through infected water droplets from coughing and sneezing, and individuals develop symptoms 2-3 weeks after exposure.



Because close contact is needed to spread the organism, it is not unusual to find *Mycoplasma* infections within families, with individuals developing symptoms weeks apart.

The symptoms



Initial symptoms are described as flu-like and include: fever, persistent dry cough, tiredness and general body aches. Whilst infected individuals are usually not severely unwell, these symptoms can persist for weeks or even months.



Most cases are suspected from the clinical history and the diagnosis may be confirmed with a blood test measuring the body's antibody level against *Mycoplasma*. Sometimes a chest x-ray may be needed if significant pneumonia is suspected.



In mild cases of *Mycoplasma*, symptoms are self limiting and resolve spontaneously with time. Treatment is available for persistent infections and involves taking an antibiotic for up to 2 weeks.

Prevention



There is no vaccine to protect against this organism, but preventative measures like shielding the nose and mouth on coughing or sneezing and avoiding close contact in crowded areas when unwell can help reduce spread in the community.

Swimmer's Ear/Tropical Ear

Year-round swimming together with a humid environment can create the ideal conditions for the development of otitis externa, or "swimmer's ear". This is an infection of the ear canal caused by bacteria or fungi and is usually treated with specific ear drops.

Prevention



Preventive measures include using ear plugs.

International Medical Clinic (IMC) specialises in family, children and travel medicine

We have provided medical care in Singapore for over 24 years and are a recognised and trusted medical provider for the international community. With three General Practice Clinics and a dedicated Children's clinic, IMC provides a high standard of healthcare in a caring, friendly and familiar environment.



We are *Professional*

Our people make the difference. From making an appointment to the consultation with the doctor, IMC delivers the highest standard of professionalism throughout our patient's experience.

We are *Caring*

Our patients are not just numbers to us, but actual people that we care for as we would our own family. We strive to provide the best care and consideration for our patients which means going the extra mile.

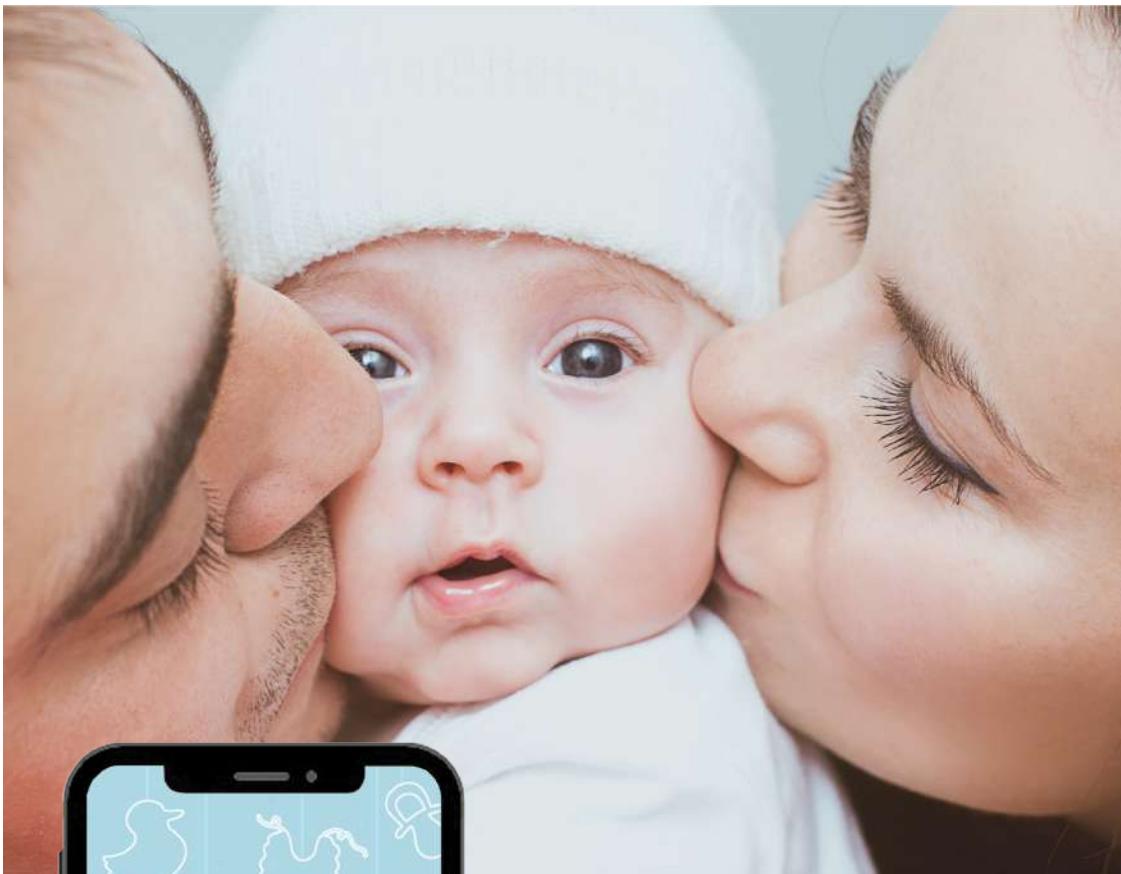
We are *International*

All our medical professionals are carefully selected and have international training and experience to deliver the level of comfort and care patients expect at home or more. Our doctors come from across the world and speak multiple languages.

We can *Direct Bill*

We offer a Direct Billing Service to all our patients. This means we can bill your insurance company directly. So you don't need to.





eBook Download Available

Are you planning to have a baby in Singapore?

We understand the struggles new parents can face being away from family and loved ones.

The lack of support locally can be daunting for first-time parents. We also recognize that there is a lot of information to consider when deciding to start a family in Singapore, therefore we have created a 'Baby Steps' guide that covers everything from preconception to the first year of life. We have collaborated with talented individuals to create this guide for you.

Scan for
your copy





TRAVEL HEALTH

Whilst Singapore itself is relatively free of certain tropical diseases, the surrounding areas (e.g. Malaysia and Indonesia, including Batam and Bintan) are not. Further, postings to Singapore often include extensive travel for both business people and families.

It is therefore important to be aware of health issues related to regional and international travel.



TRAVEL VACCINATIONS

Vaccinations provide protection against diseases you might be exposed to during travel. For many countries no vaccinations are necessary apart from booster doses of those generally given during childhood i.e. polio, tetanus, diphtheria and possibly measles. Hepatitis A & B vaccinations are also advisable.

On the other hand, a number of more exotic vaccines may be recommended for those venturing off the beaten path. Vaccinations are not the only reason to see a doctor before travelling. On average about 30 - 80% of travellers to developing countries will suffer a travel related illness, some with potentially serious consequences.



Recommended for travel

Hepatitis A
Typhoid
Influenza
COVID-19



Special Situations

Yellow fever
Meningitis ACWY
Meningitis C
Cholera / Traveller's Diarrhoea
Japanese B Encephalitis
Rabies



PRE-TRAVEL CONSULTATIONS

Pre-travel consultations offer dedicated time to prepare travelers for the health concerns that might arise during their trips.

The objectives of the pre-travel consultation are:



to assess the traveller's trip plans and determine potential health hazards



To empower the traveller to manage his or her health throughout the trip



to provide immunizations for vaccine-preventable diseases and medications for prophylaxis, self-treatment, or both



To educate the traveller regarding the anticipated risks and methods for prevention

Medical advice should be sought at least 4 to 6 weeks before departure but it is never too late to seek advice!



MENTAL HEALTH

Mental health includes the emotional, psychological and social wellbeing of a person. It determines our ability to cope with life's stresses, work productively and relate to others in society. It is not the absence of negative emotions but a positive state of mind which reflects itself in our thinking, feelings and behaviour.

Relocating and moving to countries is an understandably stressful time for all involved. There will likely be some challenges during adjustment and difficulties with settling in. However, it can be difficult for people to know whether what they are experiencing is a normal amount of stress and anxiety or whether there may be something more serious going on that requires them to seek help and treatment.

Please seek support if you are concerned about your mental health or a loved one's. IMC have experienced doctors who can assist and guide patients through recovery. If you are not sure who to make an appointment with, you can call our Receptionists, who will provide confidential advice on which doctor may best suit your needs.

In addition, the following contact in Singapore can also offer advice and support:



SOS (Samaritans of Singapore)
1800 221 4444 (24hr helpline)



Emergency Helpline (IMH)
6389 2222 (24hr helpline)



HEALTH SCREENINGS

Health screenings are recommended to optimize your well-being and future health. At IMC, we offer a variety of health screenings for all your family.

For babies and children

Our baby and child developmental assessments are designed to monitor how your child grows and changes over time. They evaluate whether your child meets the typical milestones with gross and fine motor skills, vision, hearing and social development. In addition, our Paediatric doctors can assess vaccination history and whether any vaccinations are required.

For adolescents

Adolescence is a crucial stage that makes this age group very unique. Therefore, we offer special health checks to help teens and parents navigate this period, and this includes assessments on issues such as nutrition, puberty, education and social life.

For adults

We offer health screenings that are bespoke to your individual circumstances. Considering your gender, age, health and family history, we will provide tests and discussions that are advisable to your needs. This means we do not offer health packages that include unnecessary tests.



Dr Lim Hui Ling
MBBS (Singapore),
M Med (Family Medicine)
MCFP (Family Med
(Singapore)
Languages spoken:
English and Mandarin



Dr Woo Boon Peng
MBBS (Sydney, Australia),
FRACGP (Australia)
Languages spoken:
English and Mandarin



Dr Chris Eldridge
MBBS (London, UK),
MRCGP (UK),
FRACGP (Australia),
DRCOG (UK),
MRCSEd (UK)
Languages spoken:
English and Mandarin



Dr Mélissandre Noël
MD (Montreal, Canada),
CCFP (Canada)
Languages spoken:
English and French



Dr Hina Kadwani
MBBS (London, UK),
MRCP (UK),
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Languages spoken:
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Dr Laura Biffin
MBBS (Sydney, Australia)
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Dr Sundus Morgan
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Languages spoken:
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Dr Catherine Phan
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FRACGP (Australia)
Languages spoken:
English and Vietnamese



Dr Emily Kara
BMBCh (UK),
MRCGP, MRCP,
MA (Oxon)
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English and French



Dr Ho Tzin Yih
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Dip OM (Singapore)
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English



Dr Phua Sin Ru
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GDFPDerm (Singapore),
GDFM (Singapore)
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English and Mandarin



Dr Tan Lih Yi
MB ChB (Belfast, UK),
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MRCGP (UK)
Languages spoken:
English



Dr Heather King
MB ChB (Dundee, UK),
DRCOG (UK),
DCH (UK),
MRCGP (UK)
Languages spoken:
English



Dr Vinu Sahlén
Zweiter Abschnitt Certificate
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MRCS (UK),
GDFM (Singapore)
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Dr Sonali Dassanaik
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English



Dr Jacqueline Dukino
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FRACGP (Australia)
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English



Dr Karien de Groof
ARTS (Erasmus University,
Netherlands)
Languages spoken:
English, Dutch and French



Dr Kym Chew
MBBS (Hons)
(Melbourne, Australia),
FRACGP (Australia)
Languages spoken:
English



OUR DOCTORS
@ KATONG



Dr Charu Narayanan
MBBS (Jipmer, India),
MRCPCH (Paed) (UK),
MRCGP (UK),
Dip Pract Derm (UK)
Languages spoken:
English, Hindi/Urdu,
Punjabi and Tamil



Dr Maria Tang
MBBS (London, UK),
MRCGP (UK),
DRCOG (UK)
Languages spoken:
English and Cantonese



Dr Dex Khor
MBBS (London),
MRCPCH (UK)
Languages spoken:
English and Mandarin



Dr Vinodhini Elangovan
MB ChB (UK)
Languages spoken:
English and Tamil



OUR DOCTORS
@ CHILDREN'S CLINIC



Dr Gina Dahel
MB ChB (Birmingham, UK),
MRCPCH (UK)
Languages spoken:
English, Hindi and Punjabi



Dr Shivani Paliwal
MBBS (Aligarh, India),
Board Cert (Paed) (US)
Languages spoken:
English, Hindi and Punjabi



Dr Bernadeta Wibisono
MD (Netherlands, Antilles),
Board Cert (Paed) (US)
Languages spoken:
English and Bahasa Indonesia



Dr Megha Jasm
MBBS (India), MRCPCH (UK),
MMed (Paeds) (Singapore)
Languages spoken:
English, Hindi and Punjabi



Family Health

- Acute and chronic primary health care for all ages
- Adult routine vaccinations
- Family planning
- Asthma and allergy assessment
- Telemedicine



Women's Health

- Health and Wellness Screenings
- Contraception
- Antenatal care
- Gynaecology
 - IUD procedures
 - Implanon / Nexplanon
 - PAP smears
 - HPV testing
- Sexual health
- Mental health



Men's Health

- Health and Wellness Screenings
- Prostate checks
- Sexual health
- Mental health



Child and Adolescent Health

- New Born Checks / Bilirubin testing
- Baby developmental checks
- Global vaccination schedules
- Child and adolescent developmental and behavioural assessments
- School medicals



COVID-19 Testing

- PCR (Swab or Saliva methods)
- 15 minute Antigen Rapid Test (ART / LFT / RAT)
- Telemedicine Supervised ART test
- Antibody / Serology (Blood) tests



Minor Clinic Procedures

- Cryotherapy for skin lesions
- Incision and drainage procedures
- Wound care dressing
- Stitches removal
- Skin evaluation and mole removal
- Toe nail excision
- Intravenous infusions
- Ambulatory Care



Travel Medicine

- Pre-Travel consultation and vaccinations
- Tropical medicine consultations (approved Yellow Fever clinic)
- Pre and Post travel health check-ups



In-house Services

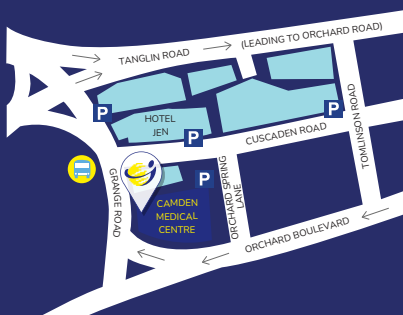
- ECG
- Spirometry
- Phlebotomy
- In-house medication dispensing
- Various in-house testing such as coagulation check, blood sugar monitoring, pregnancy testing and urine analysis, Influenza and Strep A throat
- Iron Infusion
- Nebuliser
- Ear syringing
- Skin Prick Allergy Testing



Health Screenings

- Adult Health and Wellness Screenings
- Adolescent Health Screenings
- Offshore Medicals (UKOOA)
- Foreign Domestic Worker's Health Screenings

OUR LOCATIONS



Camden

1 Orchard Boulevard
#14-05/06/07
Camden Medical Centre
Singapore 248649
T 6733 4440
E camden@imc-healthcare.com



Jelita

293 Holland Road
#02-03/04
Jelita Cold Storage
Singapore 278628
T 6465 4440
E jelita@imc-healthcare.com



Katong

86-88 East Coast Road
#02-07
Katong Square
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T 6342 4440
E katong@imc-healthcare.com



Children's

1 Orchard Boulevard
#14-01/02/03
Camden Medical Centre
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**Make your appointment
online today!**



www.imc-healthcare.com

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