



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 a mixture of feelings. You may feel excited at the thought of all the new experiences you will have, but you may also have concerns about some of the practical issues such as healthcare. This may be a particular concern for those who are living in Asia for the first time, for people who have chronic health problems and for 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 their 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. 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**



**Police: 999**



**Fire: 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 transfer to a hospital of your choice.



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



### Compulsory Vaccines In Singapore

Diphtheria  
Measles, Mumps, Rubella (MMR)



### 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

## 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, unlike malaria mosquitoes they can be found in the city area in daylight hours. There is no treatment and the disease can be serious. 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 in North Queensland (Australia).



Dengue Haemorrhagic Fever is a rare but potentially fatal complication of Dengue Fever. This is more common in India and Southeast Asia, particularly amongst 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 3<sup>rd</sup> to 5<sup>th</sup> 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 blood test. It is usual practice to monitor the platelet count until full recovery. This may require repeat blood tests.

### Prevention



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



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



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:

#### 1 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. Most will die from this brief contact.

#### 2 DEET

Deet based insect repellents provide exceptional long-lasting protection from biting insects and have been used by hundreds of millions of people around the world 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 DEET is not recommended for use on infants under 2 months of age.

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## Hand Foot & Mouth Disease

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

### The symptoms



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 the disease. Singapore requires avoidance of daycare and public places for 10 days post onset, and advises no swimming for 6 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 be persistent 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.

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## 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



Preventative measures include using ear plugs.



## 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 mere absence of negative emotions but a positive state of mind which reflects itself in our thinking, emotions and behaviour.

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

If you are concerned about your mental health, or a loved one, please seek support. IMC have experienced doctors who can assist and guide patients through the process of recovery. If you are not sure who to make an appointment with you can call our Receptionists who will provide confidential advice as to which doctor may be best suited to your needs.

The following contacts in Singapore can also offer advice and support:



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



Emergency Helpline (IMH)  
63892222 – (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. Our Paediatric doctors can assess vaccination history and whether any vaccinations are required.

### For adolescents

Adolescence is a crucial stage which makes this age group very unique. We offer special health checks to help teens and parents navigate this period, 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. Taking into account 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 which include unnecessary tests.





## 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 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 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 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.



## OUR DOCTORS

### Jelita



**Dr Lim Hui Ling**  
MBBS (Singapore),  
M Med (Family Medicine)  
(Singapore),  
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 French



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



**Dr Hina Kadwani**  
MBBS (London, UK),  
MRCP (UK),  
MRCGP (UK)  
**Languages spoken:**  
English



**Dr Laura Biffin**  
MBBS (Sydney, Australia)  
**Languages spoken:**  
English



**Dr Sundus Morgan**  
MBBS (London, UK),  
MRCP (UK),  
MRCGP (UK)  
**Languages spoken:**  
English, German and Arabic



**Dr Catherine Phan**  
MBBS (Sydney, Australia),  
FRACGP (Australia)  
**Languages spoken:**  
English and Vietnamese

### Camden



**Dr Ho Tzin Yih**  
MB BCh (Dublin, Ireland),  
Dip OM (Singapore)  
**Languages spoken:**  
English



**Dr Phua Sin Ru**  
MBBS (Brisbane, Australia),  
GDFPDerm (Singapore),  
GDFM (Singapore)  
**Languages spoken:**  
English and Mandarin



**Dr Tan Lih Yi**  
MB ChB (Belfast, UK),  
DRCOG (UK),  
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  
(Aachen, Germany),  
MRCS (UK),  
GDFM (Singapore)  
**Languages spoken:** Swedish,  
German



**Dr Sonali Dassanaik**  
MB ChB (Sheffield, UK),  
MRCGP (UK)  
**Languages spoken:**  
English



**Dr Sue Smith**  
BM (Southampton, UK),  
MRCGP (UK)  
**Languages spoken:**  
English



**Dr Lim Chun Siong**  
MBBS (Adelaide, Australia)  
**Languages spoken:**  
English, Japanese and  
Mandarin



**Dr Jacqueline Dukino**  
MBBS (Sydney, Australia),  
FRACGP (Australia)  
**Languages spoken:**  
English



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



## 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 Rebecca Daly**  
MBCHB (Liverpool, UK),  
MRCGP (UK),  
DRCOG (UK)

**Languages spoken:**  
English



**Dr Dex Khor**  
MBBS (London),  
MRCPCH (UK)

**Languages spoken:**  
English and Mandarin

## Children's



**Dr Gina Dahel**  
MB ChB (Birmingham, UK),  
MRCPCH (UK)

**Languages spoken:**  
English, Hindi and Punjabi



**Dr Arti Jaiswal**  
MD (New York, US),  
Board Cert (Paed) (US)

**Languages spoken:**  
English, Hindi and Spanish



**Dr Bernadeta Wibisono**  
MD (Netherlands, Antililles),  
Board Cert (Paed) (US)

**Languages spoken:**  
English and Bahasa



**Dr Shivani Paliwal**  
MBBS (Aligarh, India),  
Board Cert (Paed) (US)

**Languages spoken:**  
English, Hindi and Punjabi

## OUR SERVICES



### 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



### 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](mailto:camden@imc-healthcare.com)



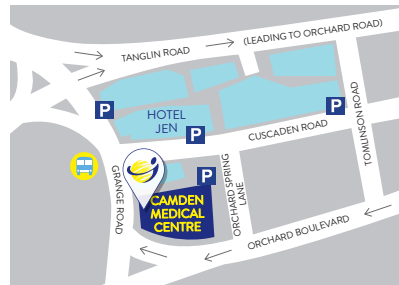
### Jelita

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



### Katong

86-88 East Coast Road  
#02-07  
Katong Square  
Singapore 423371  
T 6342 4440  
E [katong@imc-healthcare.com](mailto:katong@imc-healthcare.com)



### Children's

1 Orchard Boulevard  
#14-01/02/03  
Camden Medical Centre  
Singapore 248649  
T 6887 4440  
E [paediatric@imc-healthcare.com](mailto:paediatric@imc-healthcare.com)

**Make your appointment today!**

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