

Medical Dinner 2014

Page 2



Yong Loo Lin
School of Medicine

Medicine

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Contents

FEEL THE PULSE

- Medical Dinner 2014

SCIENCE OF LIFE

- The Prevention and Control of Influenza

KOPI-TALK

- International Biomedical Challenge 2014

MY STORY

- Project iBaby

ALUMNI VOICES

- Catching up on Good Times
- 3 Steps to Stay Connected
- The Wine Series
- The Art Series

WHAT'S IN SIGHT

- August - October
- Stay tuned
- Save The Date - Raffles Dialogue 2015
- Cambridge Symposium 2014

IN LIGHTER VEIN

- Coat of the Day
- White Coat Humour
- Picture Quiz

Dean's Message



Dear Friends,

Greetings!

We recently celebrated our School's 109th anniversary on Thursday, 3rd July 2014 at the Fairmont Singapore. A

total of 730 guests from the graduating class of 2014, alumni, healthcare clusters and hospitals gathered at this memorable occasion. We were also glad to have four alumni classes (1984, 1969, 1964, and 1959) celebrating their 30th, 45th, 50th and 55th anniversaries respectively at this event.

Earlier this year, we collaborated with Anglo-Chinese Junior College to host the International Biomedical Challenge 2014. This annual event provided a critical platform for pre-university students to develop their knowledge and skills in the biomedical disciplines. In addition, this event offered them the opportunity to network with like-minded students and members of the medical academia in Singapore.

Our Phase V medical students have done us proud by initiating a community outreach programme called "Project iBaby". This initiative aims to raise awareness of the

prevalence and effect of children using screen devices for an extended period of time, and provide management strategies for reducing usage of screen devices.

This issue's *Science of Life* features Professor Paul A. Tambyah, Research Director of the Division of Infectious Diseases in the Department of Medicine, and his various research approaches in the prevention and control of important influenza strains.

I would like to encourage alumni and friends of the Medical School community to join us in our upcoming Art & Wine Series. The Art & Wine Series features wine and arts appreciation events that provide opportunities for our alumni to get together and catch up with old friends. We welcome all our alumni to re-connect with the School and to take part in teaching the next generation!

Enjoy the read! I hope these updates help to keep you in touch with the latest goings-on at our School!

Yeoh Khay Guan

Dean

Yong Loo Lin School of Medicine

Medical Dinner 2014



Class of 1959 celebrating their 55th anniversary.



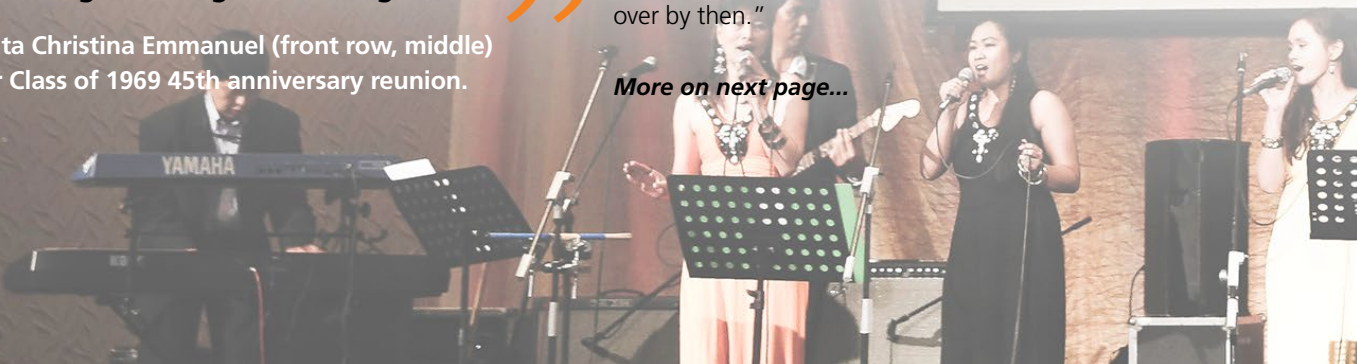
Exactly a decade ago, the very first Medical Dinner was held at Marina Mandarin on 3rd July 2004. The commemorative event serves to remind the day Singapore's first medical school was established as the Straits Settlement and Federated Malay States Government Medical School in 1905. It was also the start of a tradition for graduating classes to get together to celebrate their past five years as students in the Medical School. Professor Lenny Tan (Class of 1966), is the man behind this tradition. He explained how the idea of a Medical Dinner came about.

"Back then, the medical students checked on notice boards for their examination results. After which, they headed home to wait for the official results slip. Because we are the first medical school established to train for Malaya and Singapore, many students were from Malaysia, and they simply went back. There was no proper closure that signified the end of student life and this has been bothering me. There was the commencement ceremony that was organised by the University, but that only took place after the students started being housemen in respective hospitals. The sense of belonging to the school was over by then."

“ We had a glorious time! As it had been at least 20 years that we had met as a group, it was so good to rekindle deeply-embedded old friendships and fraternity, and that was so wonderful. That was the main sentiment among us during the evening. ”

Dr Shanta Christina Emmanuel (front row, middle) at her Class of 1969 45th anniversary reunion.

More on next page...



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“We decided to set aside an evening for the School to celebrate for the students and collaborated with the Singapore Medical Alumni Association. We organised the first Medical dinner at Marina Mandarin and opened it to all medical practitioners in Singapore. The intention was for the seniors in the profession to welcome the latest graduates in Medicine, Dentistry and Pharmacy into the fraternity. I hope through the Medical Dinner, the students can continue to bear fond memories of the Medical School. In turn, they may want to contribute back to the school in many ways,

be it by teaching, donations or through events and activities. At the end of the day, it is a well-earned honour for the medical graduates to be affiliated to the top medical school of Asia.”

This year, not only did the Medical Dinner include graduating students, but also four alumni classes who came back to celebrate their milestone years with the School. Medical Classes of 1984, 1969, 1964 and 1959 celebrated their milestone anniversaries of 30, 45, 50 and 55 years respectively, and all alumni had a great time reconnecting with fellow classmates, seniors and juniors.



Class of 1964
50th anniversary reunion

Class of 1984
30th anniversary reunion



The Prevention and Control of Influenza

Influenza virus infection continues to be a critical cause of disease worldwide, partly because of the virus' ability to mutate and produce new strains that evade the immune system on a regular basis. Many new avian influenza strains have emerged in recent years, especially in China. "This could be due to the combination of a significant increase in poultry farming in response to rising prosperity and demand for animal protein, coupled with the fact that regulation has a hard time keeping pace with that rapid growth," explains Professor Paul A. Tambyah, research director of the Division of Infectious Diseases in the Department of Medicine.

One of the most deadly influenza strains to emerge recently is the avian influenza virus H5N1. This virus is usually contracted through contact with infected live poultry. To prevent H5N1 infection, Baxter Pharmaceuticals developed a vaccine using inactivated whole H5N1 virus grown in monkey kidney cells. Prof Tambyah collaborated with Baxter researchers and two other clinical groups (in Vienna and Changi General Hospital) to conduct clinical trials of the vaccine, demonstrating that it produced an effective immune response against several H5N1 strains, without causing major side effects. This work resulted in a publication in the June 2008 issue of the *New England Journal of Medicine*. To help patients who have already contracted or been exposed to H5N1 infection, Prof Tambyah is currently collaborating with Fab'entech to test a novel H5N1 immunotherapy.

In 2009, a new strain of another influenza subtype H1N1 was declared to be responsible for a global pandemic, causing 201,200 respiratory deaths and 83,800 cardiovascular deaths in the first year of the pandemic. In contrast to the seasonal H1N1 infections which tend to affect older individuals, majority of the reported deaths from H1N1 2009 were in people younger than age 65.

When influenza A H1N1 2009 infection broke out in four Singaporean military facilities in June 2009, Prof Tambyah was part of a team that worked closely with the military to contain the infection. The team decided to use ring prophylaxis, a strategy that involved giving post-exposure chemoprophylactic treatment only to the SAF personnel in contact or likely to be in contact with the H1N1-infected cases rather than the whole camp, and avoiding the use of quarantine. The strategy successfully



Professor Paul A. Tambyah, research director of the Division of Infectious Diseases, Department of Medicine

shortened the outbreak duration in affected facilities by two days, compared with the projected scenario in which quarantine alone was used without chemoprophylaxis. Approximately 8% of the people treated had reported mild side effects such as diarrhea and nausea, presumably less than if everyone had been treated. No one reported serious psychiatric side effects.

With these various approaches, Prof Tambyah is helping to advance the prevention and control of important influenza strains. Besides his influenza work, Prof Tambyah is also collaborating with scientists from the Faculty of Engineering to create catheters that are coated with a substance that prevents bacteria from sticking, in order to reduce catheter-associated urinary tract infections.

Fact box

New Avian Flu Strains Infecting Humans

- Besides H5N1, new strains include H6N1, H7N2, H7N3, H7N9, H9N2, H10N7, and H10N8.
- First infecting waterfowl, the viruses crossed over to humans, either directly through contact with the infected or carrier birds or indirectly through intermediate hosts.
- New strains arise due to mutations or swapping of genes between different viruses infecting the same bird.
- A few strains (H5N1, H7N9) cause more serious illness but fortunately have not become easily transmissible from person to person and thus have not caused pandemics as yet.
- Singapore strictly regulates overseas suppliers of live poultry, all of which are in West Malaysia.

International Biomedical Challenge 2014



The International Biomedical Challenge is an annual event organised by Anglo-Chinese Junior College in collaboration with the NUS Yong Loo Lin School of Medicine. It aims to provide a platform for pre-university students to develop their aptitude and potential in the biomedical disciplines, through critical thinking and problem solving. Participants also get to network with like-minded students and the medical academia in Singapore.

On 2nd June 2014, winners of the International Biomedical Challenge 2014 were brought on a tour of the Centre for Healthcare Simulation (CHS) located at the Centre for Translational Medicine (CeTM).

During the tour, the School showcased the High-Fidelity Simulators which mimics the common situations that can be seen in a hospital. Visiting students were in awe as they witnessed a realistic simulated birth delivery performed by the staff at the CHS. They were also offered the opportunity to have hands-on experience with the simulators.

The tour offered students a glimpse into the life of a medical graduate and the School hopes that it will inspire and encourage the students to work hard towards their goal of pursuing a career in medicine.

The School looks forward to International Biomedical Challenge 2015 and would like to thank everyone who played a part in making this event a success.

Project iBaby

With the rapidly increasing advancement of technology, Generation Y is giving way to Generation Wi-Fi with an increasing number of children growing up around gadgets. Being one of the world's most tech-friendly cities, it is a common sight to see young toddlers in Singapore holding on to screen devices. A recent study by a group of Phase V Medical students showed worrying statistics – three in four children under the age of two get more than an hour of screen time daily.

In view of this, the students came together to initiate a community outreach programme called "Project iBaby". Through this initiative, the team aims to promote awareness on the prevalence of screen usage in children in the local community, educate the public on the recommended guidelines and provide management strategies on reducing screen usage.

The campaign kicked-off with an exhibition held at Kangsar Kerbau Women's and Children's Hospital (KKH) on 6 June 2014. There were educational posters, brochures and goodies. The event attracted many interested and concerned parents, as well as healthcare professionals, who approached the team to have a better understanding on screen media usage.

As for the students, the event was a good opportunity for the team to learn more from parents who shared their personal experiences and concerns, which will help the team further improve their project.

CATCHING UP ON GOOD TIMES

CLASS OF 1994



CLASS OF 1996



3

Calling all alumni!

Steps to Stay Connected



1

Update your particulars



with us via email (alumni.med@nus.edu.sg) and receive the latest news and events around school

2

Contact Us



to plan your next class gathering!

3

Choose your part/role



in shaping the next generation of doctors.

- Admission selection committees
- Career guidance to students
- House mentor
- Mentor for student initiatives

Wine Series



Say Cheese

19 July 2014, Saturday 6.00pm

Address: Wine Connection Cheese Bar @ Robertson Walk
11 Unity Street, Singapore 237995

Details: Come unwind after work and join us for a casual wine-and-cheese appreciation at Wine Connection Cheese Bar.

Registration at 6.00pm, wine tasting starts promptly at 6.30pm.

Know Your Wines, Change Your Life!

16 August 2014, Saturday 3.30pm

Address: Praelum Wine Bistro
4 Duxton Hill, Singapore 089590

Details: Why do people drink wine? Can you tell the difference between a Chardonnay and a Sauvignon Blanc? To get more out of your wines and embark on a life changing and life long journey of wines, join Mr Boon Heng, Director of Wein & Vin, as he shares some useful knowledge and tips on wines.

Registration at 3.30pm, wine tasting starts promptly at 4.00pm.

Wines are proudly sponsored by Wein & Vin.

Vive La France

13 September 2014, Saturday 5.00pm

Address: Caveau Wines Retail Store
Level 2 Unit 17/18, Shaw Centre, 1 Scotts Road, Singapore 228208

Details: Discover the distinctive styles of various wine regions in France! Join Mr Timothy Goh, Director of Sales, Caveau Wines, and Director of Wines, Les Amis, as he introduces some of the great value French wines.

Registration at 5.00pm, wine tasting starts promptly at 5.30pm.

RSVP is compulsory for all events, due to limited capacity.
To RSVP, email alumni.med@nus.edu.sg or call 6772 3804.

Art Series

with Sou Ping, Gallery Manager and
In-House Artist of artcommune

Art Collecting for Newbies

2 August 2014, Saturday 6.30pm

Address: artcommune
Level 2, Unit 43, Bras Basah Complex, Block 231 Bain Street, Singapore 180231

Details: What is the value of art? This talk aims to help new collectors gain overview of what collecting art is all about, and introduce some do's and don'ts in the course of collecting.

Registration at 6.30pm, talk starts promptly at 7.00pm.

General Introduction to Art Appreciation

30 August 2014, Saturday 4.30pm

Address: artcommune
Level 2, Unit 43, Bras Basah Complex, Block 231 Bain Street, Singapore 180231

Details: How do we differentiate between good and bad art? What are the differences between traditional and contemporary aesthetic art? Join Sou Ping as he shares a brief overview on art appreciation and some strategic ways to appraise art pieces, their aesthetic value and significance.

Registration at 4.30pm, talk starts promptly at 5.00pm.

Introduction to 2nd Generation Singaporean Artists

27 September 2014, Saturday 6.00pm

Address: artcommune
Level 2, Unit 43, Bras Basah Complex, Block 231 Bain Street, Singapore 180231

Details: Learn more about art, the course of our national art history, and the 2nd generation artists who have made invaluable contributions to our local art scene! Sou Ping will be sharing an insightful overview of our Singapore art scene, with a particular focus on the 2nd generation artists, their artworks and contributions.

Registration at 6.00pm, talk starts promptly at 6.30pm.

To learn more about local artist Ho Sou Ping and the story of artcommune, go to www.artcommune.com.sg
RSVP is compulsory for all events, due to limited capacity. To RSVP, email alumni.med@nus.edu.sg or call 6772 3804.

August to October

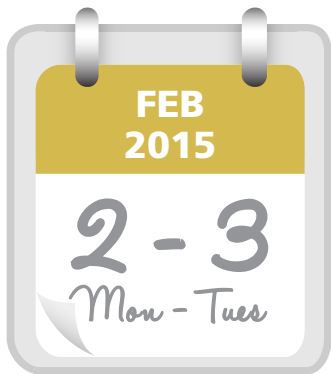
Date	Event & Venue
August 8	NUS Flag & Rag Day University Town, NUS
August 11	White Coat Ceremony University Cultural Centre, NUS
August 16	10th Student Medical-Nursing Education Conference Lim Seng Tjoe Lecture Theatre (LT 27), NUS
August 23	ActivAID Centre for Translational Medicine (CeTM), NUS
September 5	Keynote Address Centre for Translational Medicine (CeTM), Peter & Mary Fu Lecture Theatre (LT 35), NUS
September 6, 7	Neighbourhood Health Service Marine Terrace, Block 15 & 16
September 20, 21	Neighbourhood Health Service Eunos Crescent Block 1, 2, 12 & 13
October 10	Awards and Appreciation Nite University Cultural Centre, NUS
October 11, 12	Public Health Screening Clementi Central

Details may be subject to change at the discretion of the respective departments without prior notice.

Stay tuned to our
new epub version.



save the



Raffles | Human Well-being & Security (HWS) Dialogue 2015

RAFFLES DIALOGUE ON THE FUTURE OF HUMAN WELL-BEING AND SECURITY
RAFFLES HOTEL, SINGAPORE

NUS • Cambridge Joint Symposium 2014

Infection and Immunity

Speakers:

University of Cambridge:

Professor Yorgo **Modis**
Professor Sharon **Peacock**
Professor Lalita **Ramakrishnan**
Professor Kenneth **Smith**

NUS:

Associate Professor Thomas **Dick**
Professor **Fu** Xin-Yuan
Professor Nicholas **Gascoigne**
Associate Professor Paul **MacAry**
Professor Paul **Tambyah**

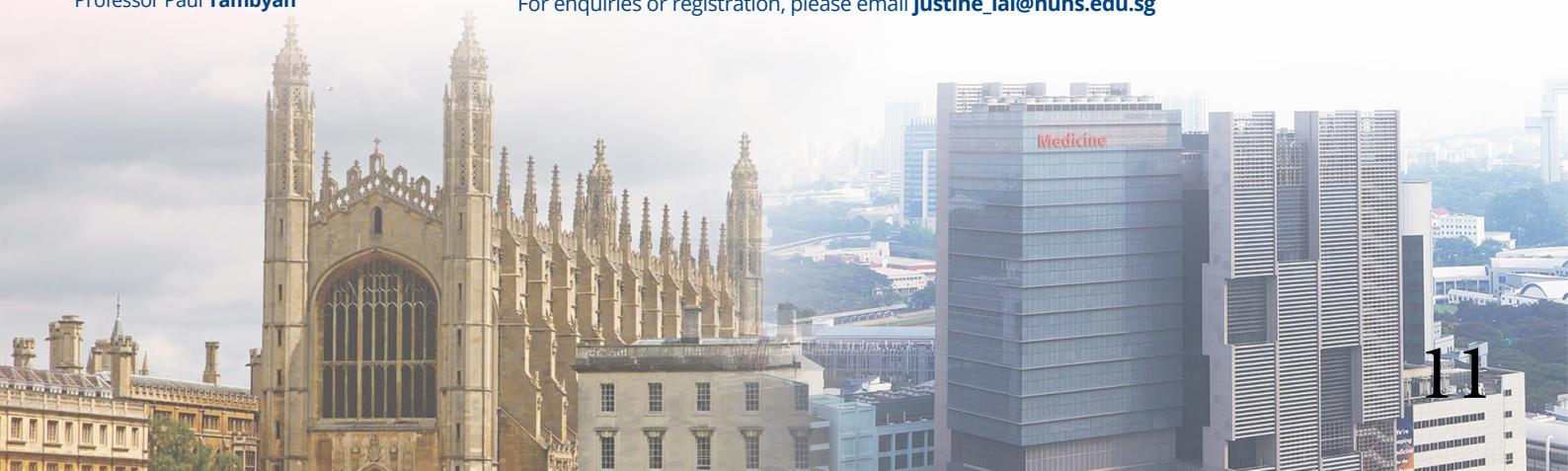
The Infection and Immunity Symposium will gather the thought leaders from the Yong Loo Lin School of Medicine, National University of Singapore and the School of Clinical Medicine, University of Cambridge. This is our third annual joint research meeting.

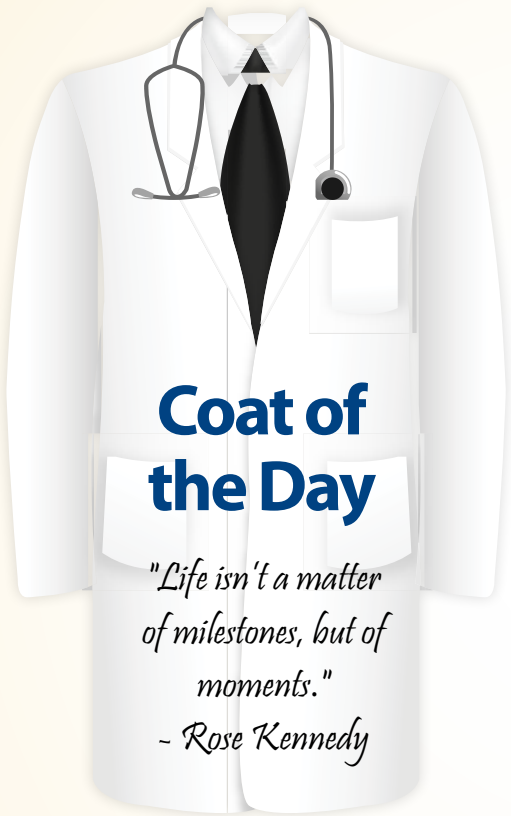
The topics this year include the control of signal pathways in immunity, the use of Zebrafish as predictive models for human development and disease, insights into Mycobacterium tuberculosis, current microbial genomics and clinical diagnostics. We will have updates on developments in the drug engineering of drugs to combat infections.

More important, this symposium is a platform to cultivate cooperation between the researchers and students of our two schools.

Date, Time: 31st October 2014, 8.30am – 5.30pm
Venue: CeLS Auditorium,
Level 1, Centre for Life Sciences, 28 Medical Drive, Singapore 117456

For enquiries or registration, please email justine_lai@nuhs.edu.sg





Coat of the Day

*"Life isn't a matter of milestones, but of moments."
- Rose Kennedy*



Yong Loo Lin
School of Medicine

The Yong Loo Lin School of Medicine is the first academic body in Singapore's history dedicated to tertiary education. Established in 1905, it has the honour of being the foundation of what has now evolved into the National University of Singapore. The School is a strong component in the University's Mission to advance knowledge and foster innovation, educate students and nurture talent in service of Singapore and society.

White Coat Humour

Q: Should I have a baby after 35?

A: No, 35 children is enough.

Q: What is the most common pregnancy craving?

A: For men to be the ones who get pregnant.

Q: What is the most reliable method to determine a baby's sex?

A: Childbirth.

Q: My childbirth instructor says it's not pain I'll feel during labour, but pressure. Is she right?

A: Yes, in the same way that a tornado might be called an air current.

Picture Quiz

The Results are out!

The correct answer for the last issue's Picture Quiz is:



The Frontier (Science Canteen)

Congratulations to our three winners!

- Angela Ang (Management Asst Officer, Department of Microbiology)
- Lee Chi Wai (Asst Professor, Department of Physiology)
- Ng Hui Ping Daphne (PhD student, Department of Microbiology)

Winners will be notified by email on prize collection.



What is the name of the building in the picture on the left?

Submit your name, phase/course (for students) and answer to: alumni.med@nus.edu.sg

Contest ends on: 1st September 2014

First 3 correct answers will win a **\$10 Starbucks Card** each!

MediCine

is brought to you by the
Yong Loo Lin School of
Medicine, Dean's Office.

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