

PRESS RELEASE

EMBARGOED until 17 OCTOBER 2015, 10am

NUS Medicine's Public Health Service marks its 10th year with enhanced screening programme

- Nearly 400 participants from last year's PHS were assessed to either have high blood pressure, high blood glucose and high cholesterol and required further medical attention
- New enhanced screening programme to include an oral health check and easy registration for Pap smear and mammogram screenings

Singapore, 17 October 2015— Encouraged by their success in reaching out to residents who needed healthcare assistance, and their positive response to referrals for follow-up treatment, students from the NUS Yong Loo Lin School of Medicine will be marking the 10th anniversary of their Public Health Service by making this year's screening at Clementi a special one.

In addition to the basic health checks for residents, the 2015 edition of PHS will see dental students joining in to provide oral health screening.

The two-day event at Clementi on 17 to 18 October 2015 will also include easy registration for Pap smears and mammogram screenings. The PHS 2015 is once again supported by the National University Health System (NUHS) and Frontier Family Medicine Clinic (Frontier FMC), its primary care partner in NUHS' regional health system.

Dental health screening to complement medical health checks

Unlike previous years, PHS 2015 will feature an oral health screening component, which will see 60 dental students from the Faculty of Dentistry, NUS working to provide dental checks and dental health education to residents who wish to get their teeth and gums checked. Dental surgeons pursuing specialist training with the faculty will also be on site to supervise and offer free consultations.

Highlighting the health benefits of having this new screening component, Associate Professor Grace Ong, Dean, Faculty of Dentistry, NUS said, "Oral health is an important part of one's overall wellbeing. Our body parts are interconnected and it is not unusual that certain chronic diseases can affect the condition of our teeth and gums. Someone who has diabetes may have gum disease too. Giving residents the

option to have their teeth and gums checked together with having their blood tested for chronic conditions offers them convenience of an oral health check which could therefore contribute positively to their overall wellbeing”.

This year’s edition of the PHS will also include convenient, on-site registration for screenings for breast and cervical cancers which are the no 1 cancer killer and the tenth most common cancer respectively among women in Singapore.

One participant who benefitted from the PHS is 52-year-old Mdm Koh Ai Lan. She attended the session last year at Clementi and was found to have borderline high blood pressure. Referred to the NUHS’ primary care partner, Frontier FMC, for further checks, Mdm Koh is now being cared for by her Family Physician at Frontier FMC for high blood pressure and high cholesterol.

She is one of the 26.8% of PHS 2014 health screening participants who were found to either have high blood pressure, high blood glucose or high cholesterol and who required further medical care. All were encouraged to seek medical help from their own doctor. Those without one were given the option of a complimentary review with Frontier FMC. A review 3 months after the event showed that 80.8% of participants who were referred to Frontier FMC visited a doctor.

Said Dr Lim Fong Seng, Clinical Director, Primary Care, NUHS Regional Health System Planning Office, “Going for appropriate and recommended health screening is important for early disease detection, but when abnormalities are picked up, it is prompt follow-up treatment that can help improve health outcomes.” Dr Lim is also the Head of the Division of Family Medicine at the National University Hospital.

New community health study

Organisers of the PHS 2015 event plan to go further. Following PHS 2015, they will conduct a community health study to look at disease prevention efforts in the community. The study will analyse data collected from the screening, the follow-up actions taken for participants with abnormal screening results, and the health literacy levels of participants.

The young as healthcare ambassadors

This year, a group of secondary school students will be invited to join in the effort to promote health awareness. The Young Health Ambassador Programme hopes to inspire youths in Singapore to promote good eating and lifestyle habits to the older folks living in their homes, to their friends and to the elderly they come in contact with in the community.

The programme, which kicked-off on 12 October 2015 at the Anglo-Chinese School (Independent), consists of a 2-hour health talk which touches on some of the more common chronic diseases Singapore’s ageing population faces, such as hypertension, diabetes and gout. Aside from sharing with the secondary students on the signs, symptoms and complications that may arise from these conditions, students will also be told of the proper diet and exercise that can help manage these conditions and for general good health. The secondary students will also be given a pocket-sized card with information from Health Promotion Board’s My Healthy Plate,

a calorie counter, healthy diet and exercise tips to help them explain these matters to their older family members.

Said Mrs Judy Ho, Deputy Principal of Anglo-Chinese School (Independent), "We are pleased to partner NUS Medicine in this new initiative. We hope that our students will bring this knowledge home and encourage their parents and elderly relatives to better manage their health through exercise and diet."

And while the PHS continues to serve the community, it is also an important learning exercise for NUS medical students, said the Dean of the School, Associate Professor Yeoh Khay Guan. "Working with a multicultural population that will consist of a large number of aged people means NUS Medicine graduates must possess more than clinical knowledge. Strong people skills are essential to communicate sensitively and effectively with their patients. Empathy has to be a key trait of a doctor's demeanour. We want our students to be doctors who understand what a privilege it is to serve, and whose care for their patients is motivated by compassion and respect."

Dr Amy Khor, Senior Minister of State, Ministry of Health, will grace the event as its Guest-of-Honour, on 17 October 2015 at 10am. The event is free and open to public from 17 to 18 October 2015 from 8am to 5pm at Clementi Avenue 3, beside block 449.

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About National University of Singapore (NUS)

A leading global university centred in Asia, the National University of Singapore (NUS) is Singapore's flagship university, which offers a global approach to education and research, with a focus on Asian perspectives and expertise.

NUS has 16 faculties and schools across three campuses. Its transformative education includes a broad-based curriculum underscored by multi-disciplinary courses and cross-faculty enrichment. Over 38,000 students from 100 countries enrich the community with their diverse social and cultural perspectives.

NUS has three Research Centres of Excellence (RCE) and 26 university level research institutes and centres. It is also a partner in Singapore's fifth RCE. NUS shares a close affiliation with 16 national-level research institutes and centres. Research activities are strategic and robust, and NUS is well-known for its research

strengths in engineering, life sciences and biomedicine, social sciences and natural sciences. It also strives to create a supportive and innovative environment to promote creative enterprise within its community.

This year, NUS celebrates its 110th year of founding together with Singapore's 50th year of independence. As the island's first higher education institution established by the local community, NUS prides itself in nurturing generations of leaders and luminaries in Singapore and Asia.

For more information on NUS, please visit www.nus.edu.sg. Details on NUS' 110th Anniversary celebrations are available at nus110.sg.

About the NUS Yong Loo Lin School of Medicine

Established in 1905, the NUS Yong Loo Lin School of Medicine is the first institution of higher learning in Singapore and the genesis of the National University of Singapore. The School offers one of the finest undergraduate medical programmes in the Asia Pacific region, led and taught by internationally respected faculty. The latest university rankings from Quacquarelli Symonds (QS) rate NUS Medicine as one of Asia's best. Globally, it is now ranked 21.

The School admits 300 students to its medical undergraduate degree programme annually while 100 students are enrolled in the nursing undergraduate degree programme. Research programmes at the School seek to provide meaningful solutions to Singapore's healthcare needs. The 18 NUS Medicine departments in the basic sciences and clinical specialties work closely with the Centre for Biomedical Ethics to ensure that teaching and research are aligned and relevant to Singapore's healthcare needs.

The School is part of the National University Health System.

For more information about the Yong Loo Lin School of Medicine, please visit <http://medicine.nus.edu.sg/corporate/>

About the NUS Faculty of Dentistry

The NUS Faculty of Dentistry began as a Department of Dentistry within the King Edward VII College of Medicine in 1929. It was the first dental school to be established in a British colony in the East. The Faculty of Dentistry comprises 5 Disciplines – Discipline of Prosthodontics, Operative Dentistry and Endodontics; Discipline of Periodontics; Discipline of Orthodontics and Paediatric Dentistry; Discipline of Oral and Maxillofacial Surgery and Discipline of Oral Sciences – and the Division of Graduate Dental Studies. Together, they strive to fulfill the Faculty's mission of excelling in clinical care, research and education. Currently, the Faculty has an intake of 54 undergraduates annually.

The Faculty is also part of the National University Health System and works closely with departments in the NUS Yong Loo Lin School of Medicine and other teaching

hospitals and institutions across Singapore in healthcare delivery and education. It also partners departments in other faculties of the University, public institutions and private enterprises in multi-disciplinary research activities.

For more information, please visit www.dentistry.nus.edu.sg

About the National University Health System (NUHS)

The National University Health System (NUHS) is an integrated academic health system that delivers value-driven, innovative and sustainable healthcare.

Grouping the National University Hospital (NUH), the National University Cancer Institute, Singapore (NCIS), the National University Heart Centre, Singapore (NUHCS), the NUS Yong Loo Lin School of Medicine, the NUS Faculty of Dentistry and the NUS Saw Swee Hock School of Public Health under a common governance structure, NUHS creates synergies for the advancement of health by integrating patient care, health science education and biomedical research.

NUHS also works closely with health and social care partners in the public, private and people sectors to develop and implement programmes that contribute to a healthy and engaged population in its Regional Health System.

For more information on the NUHS, visit www.nuhs.edu.sg