



CHEERS TO BETTER HEALTH



SingHealth cares
for all your medical
needs with

**OUR FULL
SPECTRUM OF
HEALTH SERVICES**

- Our hospitals and National Centres provide tertiary-level care across 40 medical specialties
- Over 1,000 internationally qualified specialists are widely recognised for treatment breakthroughs across the region
- Optimised use of advanced medical technology enables holistic, patient-centred care

STRETCHING IMPROVES FLEXIBILITY

It helps warm up muscles and loosen joints.

Get more details at
HealthXchange.sg



SingHealth
singhealth.com.sg


DECEMBER 2017

S	M	T	W	T	F	S
31					1	2
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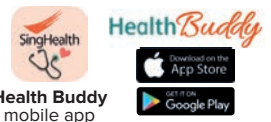
JANUARY 2018

FEBRUARY 2018

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SUN	MON	TUE	WED	THU	FRI	SAT
	1 十五 New Year's Day	2 十六	3 十七	4 十八	5 小寒	6 二十
7 廿一	8 廿二	9 廿三	10 廿四	11 廿五	12 廿六	13 廿七
14 廿八	15 廿九	16 三十	17 腊月	18 初二	19 初三	20 大寒
21 初五	22 初六	23 初七	24 初八	25 初九	26 初十	27 十一
28 十二	29 十三	30 十四	31 十五 Thaipusam		<p>Want more tips on how to prevent knee injuries? Turn the calendar around.</p> 	

SingHealth cares for all your medical needs. Search for our doctors, treatments and services via the Health Buddy mobile app.



HOW TO PREVENT KNEE INJURIES:

- Wear shoes that help maintain proper leg alignment and balance
- Train with weights to strengthen your lower joints
- Avoid overtraining in any activity

LOW-IMPACT EXERCISES

like swimming and walking are gentler on the knees

“Rest and elevate the affected limb if you have an injury. Applying ice and compressing the injured area can also help to minimise any swelling.”

DR FADZIL HAMZAH
RESIDENT PHYSICIAN
CHANGI SPORTS MEDICINE CENTRE

A
STEROID
INJECTION
INTO OR AROUND
THE KNEE
JOINT OFFERS
TEMPORARY
PAIN RELIEF

WEARING SUNGLASSES PROTECTS YOUR EYES

Choose a pair with both UVA and UVB protection to reduce risk of cataracts.

Get more details at HealthXchange.sg



SingHealth
singhealth.com.sg


JANUARY 2018

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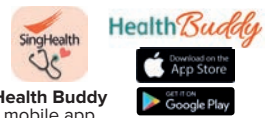
FEBRUARY 2018

MARCH 2018

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SUN	MON	TUE	WED	THU	FRI	SAT
<p>Want to find out more ways to protect your eyesight? Turn the calendar around.</p> 				1 十六	2 十七	3 十八
4 立春	5 二十	6 廿一	7 廿二	8 廿三	9 廿四	10 廿五
11 廿六	12 廿七	13 廿八	14 廿九 Valentine's Day	15 三十	16 春节 Chinese New Year	17 初二 Chinese New Year
18 初三	19 雨水	20 初五	21 初六	22 初七	23 初八	24 初九
25 初十	26 十一	27 十二	28 十三			

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Cataracts can develop due to

**AGEING,
PROLONGED
ULTRAVIOLET
LIGHT
EXPOSURE**
and
**CERTAIN
MEDICATIONS**


“The only way to determine if you have cataracts is through a clinical examination by an eye doctor.”

DR LIVIA TEO
CONSULTANT,
OCULOPLASTIC DEPARTMENT
SINGAPORE NATIONAL
EYE CENTRE



MINIMISE YOUR RISK OF CATARACTS BY:

- Eating plenty of fruits and vegetables
- Managing other conditions such as diabetes
- Having regular eye check-ups

 **PHACOEMULSIFICATION,**
A TECHNIQUE USING
ULTRASOUND ENERGY,
IS COMMONLY USED TO
TREAT CATARACTS



WALKING HELPS STRENGTHEN BONES

Just 20 minutes a day keeps muscle loss away.

Get more details at HealthXchange.sg



SingHealth
singhealth.com.sg

FEBRUARY 2018

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MARCH 2018

APRIL 2018

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29	30					

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Want more tips on how to prevent frailty? Turn the calendar around.</p>				<p>1 十四</p>	<p>2 十五</p>	<p>3 十六</p>
<p>4 十七</p>	<p>5 惊蛰</p>	<p>6 十九</p>	<p>7 二十</p>	<p>8 廿一</p>	<p>9 廿二</p>	<p>10 廿三</p> <p>School holidays</p>
<p>11 廿四</p>	<p>12 廿五</p>	<p>13 廿六</p>	<p>14 廿七</p>	<p>15 廿八</p>	<p>16 廿九</p>	<p>17 二月</p>
<p>18 初二</p>	<p>19 初三</p>	<p>20 初四</p>	<p>21 春分</p>	<p>22 初六</p>	<p>23 初七</p>	<p>24 初八</p>
<p>25 初九</p>	<p>26 初十</p>	<p>27 十一</p>	<p>28 十二</p>	<p>29 十三</p>	<p>30 十四</p> <p>Good Friday</p>	<p>31 十五</p>

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Health Buddy mobile app

“It’s important to identify frailty early as it can lead to serious consequences, such as falls and disability.”

DR MELVIN CHUA
HEAD, DEPARTMENT OF GENERAL MEDICINE
SENGKANG GENERAL HOSPITAL

+ Simple exercises like **walking** help build muscle and strength in the lower limbs

PREVENT FRAILTY WITH THESE HEALTHY HABITS:

- Eat adequate protein from lean meat or plants
- Exercise with light weights to prevent muscle loss
- Maintain an active social life
- Get early treatment for high blood pressure and other health issues

You may be considered frail if you experience weakness,

SLOWNESS IN WALKING

and

unintentional **WEIGHT LOSS**

SCREENING CAN DETECT AND REMOVE POLYPS

Protect against colorectal cancer from age 50 with a colonoscopy to remove benign growths.

Get more details at HealthXchange.sg



SingHealth
singhealth.com.sg

MARCH 2018

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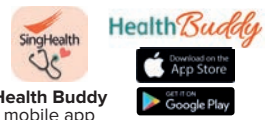
APRIL 2018

MAY 2018

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27	28	29	30	31		

SUN	MON	TUE	WED	THU	FRI	SAT
1 十六 Easter Sunday	2 十七	3 十八	4 十九	5 清明 Qing Ming Festival	6 廿一	7 廿二
8 廿三	9 廿四	10 廿五	11 廿六	12 廿七	13 廿八	14 廿九
15 三十	16 三月	17 初二	18 初三	19 初四	20 谷雨	21 初六
22 初七	23 初八	24 初九	25 初十	26 十一	27 十二	28 十三
29 十四	30 十五				Want more tips on how to lower your cancer risk? Turn the calendar around. 	

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“Get screened at around 40 years old, or earlier if you have a family history of the disease.”

DR DAWN CHONG
CONSULTANT, DIVISION OF MEDICAL ONCOLOGY
NATIONAL CANCER CENTRE SINGAPORE

REDUCE THE RISK OF COLORECTAL CANCER:

- Engage in moderate physical activity
- Maintain a healthy weight
- Eat no more than 500g of red meat per week
- Eat plenty of fibre

✦ **COLORECTAL
CANCER**
*is the most common
cancer among men and
women in Singapore*

SURGERY

is typically
used to remove
the cancer, the
surrounding
fat and lymph
glands



DRINKING WATER DILUTES YOUR URINE

It reduces the concentration of bacteria that could cause an infection.

Get more details at
HealthXchange.sg



SingHealth
singhealth.com.sg


APRIL 2018

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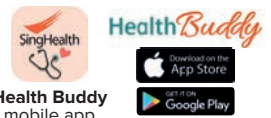
MAY
2018

JUNE 2018

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SUN	MON	TUE	WED	THU	FRI	SAT
<p>Want more tips on how to prevent UTI? Turn the calendar around.</p> 		<p>1 十六</p> <p>Labour Day</p>	<p>2 十七</p>	<p>3 十八</p>	<p>4 十九</p>	<p>5 立夏</p>
<p>6 廿一</p>	<p>7 廿二</p>	<p>8 廿三</p>	<p>9 廿四</p>	<p>10 廿五</p>	<p>11 廿六</p>	<p>12 廿七</p>
<p>13 廿八</p> <p>Mother's Day</p>	<p>14 廿九</p>	<p>15 四月</p>	<p>16 初二</p>	<p>17 初三</p>	<p>18 初四</p>	<p>19 初五</p>
<p>20 初六</p>	<p>21 夏满</p>	<p>22 初八</p>	<p>23 初九</p>	<p>24 初十</p>	<p>25 十一</p>	<p>26 十二</p> <p>School holidays</p>
<p>27 十三</p>	<p>28 十四</p>	<p>29 十五</p> <p>Vesak Day</p>	<p>30 十六</p>	<p>31 十七</p>		

SingHealth cares for all your medical needs. Search for our doctors, treatments and services via the Health Buddy mobile app.



ANTIBIOTICS
are usually
prescribed
to treat UTI

“If untreated, urinary tract infections (UTI) can spread to the kidneys and cause irreversible damage.”

DR TAN SHU QI
ASSOCIATE CONSULTANT, DEPARTMENT
OF UROGYNAECOLOGY, DIVISION OF
OBSTETRICS & GYNAECOLOGY
KK WOMEN'S AND CHILDREN'S HOSPITAL

PREVENT UTI:

- Always wipe from front to back
- Avoid using vaginal deodorants or feminine washes
- Empty your bladder fully and regularly to prevent bacteria from multiplying



KK Women's and
Children's Hospital
SingHealth

KK Women's and Children's Hospital is Singapore's only integrated tertiary hospital that provides specialised clinical care, medical research and education focused on health conditions affecting women, babies and children.
www.kkh.com.sg

Find out more about
urinary tract infections at

HealthXchange.sg
HealthXchange.sg/uti

RINSING WITH SALT WATER SOOTHES GUMS AND SORES

Salt water has natural disinfectant properties.

Get more details at HealthXchange.sg



SingHealth
singhealth.com.sg


MAY 2018

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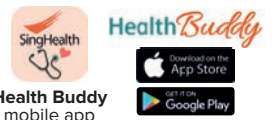
JUNE 2018

JULY 2018

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SUN	MON	TUE	WED	THU	FRI	SAT
<p>Want more tips on how to relieve wisdom tooth pain? Turn the calendar around.</p> 					<p>1 十八</p> <p>School holidays</p>	<p>2 十九</p>
<p>3 二十</p>	<p>4 廿一</p>	<p>5 廿二</p>	<p>6 芒种</p>	<p>7 廿四</p>	<p>8 廿五</p>	<p>9 廿六</p>
<p>10 廿七</p>	<p>11 廿八</p>	<p>12 廿九</p>	<p>13 三十</p>	<p>14 五月</p>	<p>15 初二</p> <p>Hari Raya Puasa</p>	<p>16 初三</p>
<p>17 初四</p> <p>Father's Day</p>	<p>18 初五</p>	<p>19 初六</p>	<p>20 初七</p>	<p>21 夏至</p>	<p>22 初九</p>	<p>23 初十</p>
<p>24 十一</p>	<p>25 十二</p>	<p>26 十三</p>	<p>27 十四</p>	<p>28 十五</p>	<p>29 十六</p>	<p>30 十七</p>

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HOW TO RELIEVE WISDOM TEETH PAIN:

- TAKE OVER-THE-COUNTER PAINKILLERS
- APPLY AN ICE PACK ON THE AFFECTED AREA
- RINSE YOUR MOUTH WITH WARM SALT WATER



REGULAR DENTAL CHECK-UPS

can help address wisdom teeth issues
before infection or decay sets in



“Most adults
will need to
remove their
wisdom teeth to
avoid infection
and pain.”

DR LEONARDO SAIGO
ASSOCIATE CONSULTANT,
ORAL & MAXILLOFACIAL SURGERY
NATIONAL DENTAL CENTRE SINGAPORE

**MINOR
SURGERY**
*under local
or general
anaesthesia*
is typically
required to
**REMOVE
IMPACTED
WISDOM
TEETH**



National Dental
Centre Singapore
SingHealth

National Dental Centre Singapore is the nation's leading centre for quality oral healthcare, where patient care is delivered through multidisciplinary teams. The centre manages patients with complex conditions that include oral and craniofacial implants, dentofacial deformity and rehabilitative problems.
www.ndcs.com.sg

Get the important facts about
wisdom teeth at

HealthXchange.sg
HealthXchange.sg/wisdomtooth

TAKING SLOW BREATHS LOWERS STRESS LEVELS

It helps relax your body and lower your resting heart rate.

Get more details at
HealthXchange.sg



SingHealth
singhealth.com.sg


JUNE 2018

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JULY 2018

AUGUST 2018

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SUN	MON	TUE	WED	THU	FRI	SAT
1 十八 Youth Day	2 十九 School holiday	3 二十	4 廿一	5 廿二	6 廿三	7 小暑
8 廿五	9 廿六	10 廿七	11 廿八	12 廿九	13 六月	14 初二
15 初三	16 初四	17 初五	18 初六	19 初七	20 初八	21 初九
22 初十	23 大暑	24 十二	25 十三	26 十四	27 十五	28 十六
29 十七	30 十八	31 十九	 The Great Sale is now on! HealthXchange.sg/promotions			

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Health Buddy
mobile app

“Follow your doctor’s advice and make appropriate lifestyle changes to have a healthy heart.”

JANICE KOH
MEDICAL SOCIAL WORKER,
MEDICAL SOCIAL SERVICES
NATIONAL HEART CENTRE
SINGAPORE

An
**AUTOMATIC
IMPLANTABLE
DEFIBRILLATOR**
} *may be placed
in the chest
of those at
recurring risk
of heart rhythm
problems* }

SYMPTOMS
INCLUDE A
✦ **POUNDING
HEARTBEAT**
AND LIGHT-
HEADEDNESS

HOW TO MANAGE HEART PALPITATIONS:

- Avoid medications that act as stimulants, such as diet pills and decongestants
- Learn relaxation techniques like meditation and deep breathing
- Drink water and avoid getting dehydrated



National Heart
Centre Singapore
SingHealth

National Heart Centre Singapore is a 185-bed national and regional referral centre for cardiovascular disease. A one-stop facility with the largest group of heart specialists in Singapore, the centre treats complex cases and sees the highest volume of heart patients locally.
www.nhcs.com.sg

Discover the causes and symptoms of heart palpitations at

HealthXchange.sg

HealthXchange.sg/heartpalpitations

EATING HIGH FIBRE FOODS HELPS CONTROL BLOOD GLUCOSE LEVELS

Choose wholegrain foods that are high in fibre, such as brown rice and oatmeal.

Get more details at HealthXchange.sg



SingHealth
singhealth.com.sg

JULY 2018

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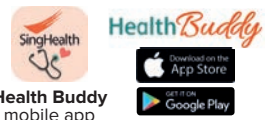
AUGUST 2018

SEPTEMBER 2018

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SUN	MON	TUE	WED	THU	FRI	SAT
<p>Want to find out more ways to prevent diabetes? Turn the calendar around.</p>			<p>1 二十</p>	<p>2 廿一</p>	<p>3 廿二</p>	<p>4 廿三</p>
<p>5 廿四</p>	<p>6 廿五</p>	<p>7 立秋</p>	<p>8 廿七</p>	<p>9 廿八</p> <p>National Day</p>	<p>10 廿九</p> <p>School holiday</p>	<p>11 七月</p>
<p>12 初二</p>	<p>13 初三</p>	<p>14 初四</p>	<p>15 初五</p>	<p>16 初六</p>	<p>17 初七</p>	<p>18 初八</p>
<p>19 初九</p>	<p>20 初十</p>	<p>21 十一</p>	<p>22 十二</p> <p>Hari Raya Haji</p>	<p>23 处暑</p>	<p>24 十四</p>	<p>25 十五</p>
<p>26 十六</p>	<p>27 十七</p>	<p>28 十八</p>	<p>29 十九</p>	<p>30 二十</p>	<p>31 廿一</p> <p>Teachers' Day</p>	

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3 WAYS TO MANAGE DIABETES:

- Take your medicine as prescribed
- Watch your diet, especially the amount of carbohydrate intake
- Exercise 3 to 5 times a week

“If you are overweight, your body may become resistant to the action of insulin.”

DR DAPHNE GARDNER
CONSULTANT, DEPARTMENT
OF ENDOCRINOLOGY
SINGAPORE GENERAL HOSPITAL

**ORAL
MEDICATION
and INSULIN
INJECTIONS**
*may be required
if diet and
lifestyle
changes fail
to control
blood sugar*

POSITIVE SELF-TALK REDUCES ANXIETY AND STRESS

It helps build confidence and self-esteem in children.

Get more details at HealthXchange.sg



AUGUST 2018

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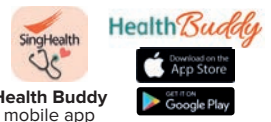
SEPTEMBER 2018

OCTOBER 2018

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28	29	30	31			

SUN	MON	TUE	WED	THU	FRI	SAT
30 廿一			<p>Enjoy great savings on health supplements this month!</p> <p>HealthXchange.sg/promotions</p>			1 廿二 School holidays
2 廿三	3 廿四	4 廿五	5 廿六	6 廿七	7 廿八	8 白露
9 三十	10 八月	11 初二	12 初三	13 初四	14 初五	15 初六
16 初七	17 初八	18 初九	19 初十	20 十一	21 十二	22 十三
23 秋分	24 十五 Mid-Autumn Festival	25 十六	26 十七	27 十八	28 十九	29 二十

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+ **DID YOU KNOW?**
PROLONGED STRESS IN CHILDREN CAN AFFECT THEIR BRAIN DEVELOPMENT AND PHYSICAL GROWTH

“Let your child know he can always turn to you for help in times of stress.”

EVANGELINE NG
SENIOR PSYCHOLOGIST,
REACH EAST TEAM
KK WOMEN'S AND CHILDREN'S HOSPITAL

HELP YOUR CHILD COPE WITH STRESS

- Encourage him to take regular breaks from studying
- Discuss problems and come up with solutions together
- Reassure him that setbacks can be managed
- Make sure he knows you love him unconditionally

A PSYCHOLOGIST

can help deal with the emotional, behavioural and cognitive needs of adolescents and children



KK Women's and Children's Hospital
SingHealth

KK Women's and Children's Hospital is Singapore's only integrated tertiary hospital that provides specialised clinical care, medical research and education focused on health conditions affecting women, babies and children.
www.kkh.com.sg

Get more tips on how to help children cope with stress at

[HealthXchange.sg](https://www.healthxchange.sg)
[HealthXchange.sg/childstress](https://www.healthxchange.sg/childstress)

HAVING ENOUGH SLEEP PREVENTS MIGRAINE

Aim for 7 to 8 hours of uninterrupted sleep each night.

Get more details at
HealthXchange.sg



SEPTEMBER 2018

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OCTOBER 2018

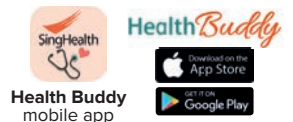
NOVEMBER 2018

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SUN	MON	TUE	WED	THU	FRI	SAT
	1 廿二	2 廿三	3 廿四	4 廿五	5 廿六 Children's Day*	6 廿七
7 廿八	8 寒露	9 九月	10 初二	11 初三	12 初四	13 初五
14 初六	15 初七	16 初八	17 初九	18 初十	19 十一	20 十二
21 十三	22 十四	23 霜降	24 十六	25 十七	26 十八	27 十九
28 二十	29 廿一	30 廿二	31 廿三		<p>Want more ways to manage migraines? Turn the calendar around.</p>	

*Applies only to primary schools and primary divisions in schools with full sessions.

SingHealth cares for all your medical needs. Search for our doctors, treatments and services via the Health Buddy mobile app.



CAFFEINE
from half a
cup of coffee
or tea is an
effective
remedy for
migraine

+
TREATMENT
USUALLY INVOLVES
MEDICATION
AND **LIFESTYLE**
MODIFICATIONS

“Migraines are
mostly triggered
by stress.”

DR KOH YEOW HOAY
ASSOCIATE CONSULTANT
DEPARTMENT OF NEUROLOGY
NATIONAL NEUROSCIENCE INSTITUTE

WAYS TO **RELIEVE** MIGRAINE PAIN:

- TAKE A HOT SHOWER
- APPLY A WARM COMPRESS TO THE HEAD
- RUB YOUR TEMPLES
- STRETCH OR MASSAGE YOUR NECK



National
Neuroscience Institute
SingHealth

National Neuroscience Institute is the national specialist centre and regional centre for the management and treatment of a broad range of illnesses affecting the brain, spine, nerves and muscles. Covering 20 sub-specialties, it is also a leader in research and education.
www.nni.com.sg

Discover the different types
of headaches at

HealthXchange.sg
HealthXchange.sg/migraine

WASHING HANDS KEEPS THE FLU VIRUS AT BAY

Rub hands and fingers with soap and water for at least 20 seconds.

Get more details at HealthXchange.sg



SingHealth
singhealth.com.sg

OCTOBER 2018

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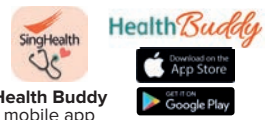
NOVEMBER 2018

DECEMBER 2018

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SUN	MON	TUE	WED	THU	FRI	SAT
<p>Enjoy special promotions on products for sensitive skin! HealthxChange.sg/promotions</p>				1 廿四	2 廿五	3 廿六
4 廿七	5 廿八	6 廿九 Deepavali	7 立冬	8 十月	9 初二	10 初三
11 初四	12 初五	13 初六	14 初七	15 初八	16 初九	17 初十 School holidays
18 十一	19 十二	20 十三	21 十四	22 小雪	23 十六	24 十七
25 十八	26 十九	27 二十	28 廿一	29 廿二	30 廿三	

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LOWER YOUR FLU RISK:

- GET YOUR ANNUAL FLU VACCINATION
- AVOID CLOSE CONTACT WITH PEOPLE WHO HAVE THE FLU
- LIVE A HEALTHY LIFESTYLE
- MANAGE STRESS LEVELS

“If more people are vaccinated against the flu, it becomes harder for a sick person to spread the virus.”

DR NG CHUNG WAI

SENIOR CONSULTANT AND CHAIRPERSON,
INFECTION CONTROL & INFECTIOUS
DISEASE WORKGROUP
SINGHEALTH POLYCLINICS

**FLU
VIRUSES
ARE CONSTANTLY
EVOLVING, SO LAST
YEAR'S VACCINE
MAY NOT PROTECT
YOU FROM THE
VIRUSES THAT
ARE IN THE AIR
THIS YEAR**

**FIGHT
THE FLU**

by taking over-the-counter medication and getting plenty of rest



Polyclinics
SingHealth

SingHealth Polyclinics, a leader in Family Medicine, provides seamless, patient-centred and preventive health care that is affordable and accessible to all via its network of nine polyclinics.
polyclinic.singhealth.com.sg

Learn more about the flu virus and vaccination at

HealthXchange.sg
HealthXchange.sg/flujob

AVOID ALCOHOL BEFORE BEDTIME

It can disrupt your sleep and worsen obstructive sleep apnoea.

Get more details at HealthXchange.sg



SingHealth
singhealth.com.sg

NOVEMBER 2018

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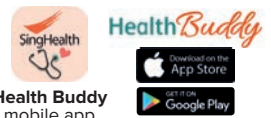
DECEMBER 2018

JANUARY 2019

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SUN	MON	TUE	WED	THU	FRI	SAT
30 廿四	31 廿五			Want more tips on how to manage sleep apnoea? Turn the calendar around. 		1 廿四 School holidays
2 廿五	3 廿六	4 廿七	5 廿八	6 廿九	7 大雪	8 初二
9 初三	10 初四	11 初五	12 初六	13 初七	14 初八	15 初九
16 初十	17 十一	18 十二	19 十三	20 十四	21 十五	22 冬至
23 十七	24 十八	25 十九 Christmas Day	26 二十	27 廿一	28 廿二	29 廿三

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“Obstructive sleep apnoea (OSA) causes the narrowing of the airways, reducing or stopping your breathing for short periods while you sleep.”

DR SHAUN LOH
ASSOCIATE CONSULTANT, SINGHEALTH
DUKE-NUS SLEEP CENTRE
SINGAPORE GENERAL HOSPITAL

**EXCESSIVE
DAYTIME
SLEEPINESS** }
*and morning
headaches
are signs
of OSA* }

TIPS TO MANAGE OSA:

- Lose weight
- Sleep on your side or stomach
- Clear your nose if it's blocked

SPEND A
NIGHT IN A
 SLEEP
LABORATORY
TO DIAGNOSE
THE SEVERITY
OF YOUR SLEEP
APNOEA

ALL YOUR HEALTH QUESTIONS ANSWERED ON

ONLINE PORTAL **HealthXchange.sg** MOBILE APP **HealthBuddy**



2018

JANUARY 2018

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FEBRUARY 2018

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APRIL 2018

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JUNE 2018

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JULY 2018

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SEPTEMBER 2018

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OCTOBER 2018

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NOVEMBER 2018

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DECEMBER 2018

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2019

JANUARY 2019

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FEBRUARY 2019

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MARCH 2019

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APRIL 2019

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JULY 2019

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AUGUST 2019

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SEPTEMBER 2019

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DECEMBER 2019

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All information provided within this publication is intended for general information, and is provided on the understanding that no surgical and medical advice or recommendation is being rendered. Please do not disregard the professional advice of your physician.

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 Special thanks to SingHealth Marketing Communications team: Kathryn Ng, Byron Lim, Fadhlin Jasni and Syuhaidah Binte Fadzil.

JAN On Dr Fadzil Hamzah: Jacket, top and pants, Boss. Shoes, his own. **FEB** On Dr Livia Teo: Dress, Maje, Pumps, her own. **MAR** On Dr Melvin Chua: T-shirt, Zara. Suit, H&M. Shoes, Sandro. **APR** On Dr Dawn Chong: Top with sash, and pants, In Good Company, Pumps, her own. **MAY** On Dr Tan Shu Qi: Top, Sandro. Suit, Maje. Watch, her own. **JUN** On Dr Leonardo Saigo: Ines de la Fressange Collection jacket, pullover and pants, Uniqlo. Shirt, his own. **JUL** On Janice Koh: Dress, Sandro. **AUG** On Dr Daphne Gardner: Sweater, Maje. Skirt, Bimba Y Lola. Pumps, her own. **SEP** On Evangeline Ng: Dress, Maje. Boots, Sandro. **OCT** On Dr Koh Yeow Hoay: Suit, shirt and shoes, Sandro. **NOV** On Dr Ng Chung Wai: Pullover and pants, Sandro. **DEC** On Dr Shaun Loh: Jacket, pullover and pants, Boss. Shoes, Sandro.

Backdrop Admira (Cover, Feb, Apr, Jul & Oct). Formica (Jan, Aug & Dec). TAK (Mar & Jun). **Furniture** Gubi 5 counter stool (cover), Pato counter stool (cover, Jan & Dec), Trinidad chair (May), Danish Design Co. Petra dining armchair (Nov), Grafunkt.