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A monthly e-newsletter by NUH GP Liaison Centre

Specialist in Focus



Dr Ida Ismail-Pratt

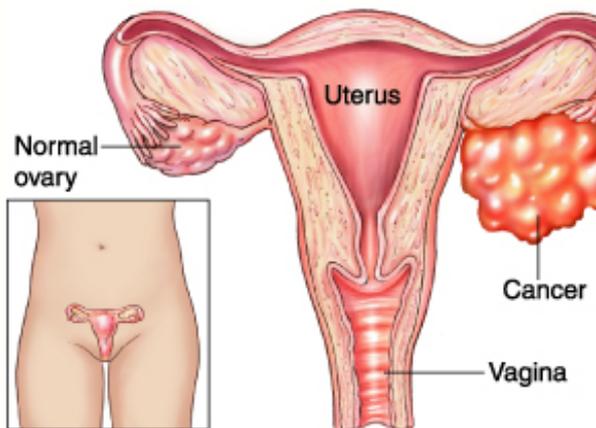
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Dr Ida Ismail-Pratt graduated from Glasgow University in 1997 and obtained her specialist qualifications (MRCOG) in 2010. She has 14 years experience working in Obstetrics & Gynaecology in the United Kingdom and later joined the NUH Gynaecology Oncology Team with special interests in cancer screening and prevention.

Apart from being a specialist in Obstetrics & Gynaecology, she is also a United Kingdom accredited Colposcopist working within the NHS Cervical Screening Programme. Her areas of interest include pre-invasive disease, cancer screening and prevention including multi-disciplinary approach to care of women with pre-invasive disease.

Clinical Updates



Ovarian Cancer

Ovarian cancer is the most common gynaecologic cancer in Singaporean women, and the 5th leading cause of cancer death in Singaporean women. Ovarian cancer is also the deadliest of all the gynaecologic cancers. However, if ovarian cancer is found and treated early, the chance of a complete cure is good, with 90-95% of women living 5 years or more after treatment.

Symptoms of Ovarian Cancer

Although the symptoms associated with ovarian cancer are often vague and can be associated with other benign or non-cancerous conditions, a woman should consult a doctor if they have the following symptoms:

- Pain or pressure in the pelvic area or back
- Indigestion, gas, and bloating that cannot be explained
- Abnormal vaginal bleeding
- Pain or swelling of the abdomen
- Increase in abdominal size
- Increased urges to urinate or changes in bowel habits
- Feeling tired
- Weight loss.

Click [here](#) to find out more about Ovarian Cancer.



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Specialist in Focus



Dr Susan Logan

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*Consultant,
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Division of Reproductive Endocrinology & Infertility*

Dr Logan completed her undergraduate & postgraduate medical training at the University of Aberdeen, UK. She obtained her Membership of the Royal College of Gynaecologists (MRCOG) in 1996. In addition to the completion of specialist training in Obstetrics & Gynaecology, she was awarded the higher academic degree of Doctor of Medicine with commendation in 2003.

She also completed subspecialty training in Sexual & Reproductive Healthcare & special skills training in Menopause Care. She obtained the Membership to the Faculty of Sexual & Reproductive Healthcare in 2007.

Dr Logan took up a position of Consultant in Sexual & Reproductive Healthcare & Honorary Senior Lecturer in Aberdeen in 2007, which she held until moving to Singapore in 2012. As a Consultant, she held a number of lead roles and was awarded the Clinical Excellence awards in 2009, 2010 and 2011. In addition to general gynaecology, her areas of interest include paediatric & adolescent gynaecology, menopause, sexual & reproductive health and sexual problems.

Clinical Updates

Sexual Dysfunction

Sexual dysfunction in men/women refers to disturbance in any component of the physiological sexual response cycle. Changes may be seen in desire, arousal, performance (particularly in men) and/or orgasmic response.

The common problems affecting males include erectile and ejaculating dysfunctions. In women, pain disorders such as vaginismus (involuntary muscle spasm of the vaginal wall preventing intercourse) and dyspareunia (painful intercourse) are significant concerns.

Symptoms of Sexual Dysfunction

Males:

- Loss of libido / interest
- Reduced arousal
- Inability to attain an erection
- Inability to maintain erection sufficient for intercourse
- Delayed or absent ejaculation.

Females:

- Loss of libido / interest
- Reduced arousal
- Inadequate vaginal lubrication and dryness
- Painful intercourse
- Delayed or absent orgasm.

In both:

- Non-consummation; fertility concerns; marital disharmony; relationship issues.

What causes Sexual Dysfunction?

Psychological

- Anxiety, stress, interpersonal problems, fears, depression, early history of sexual abuse.

Physical/organic

- Vascular/neurological/metabolic problems - high blood pressure, high cholesterol, diabetes, atherosclerosis, obesity, aging-related changes
- Hormonal disturbances: Menopause, Andropause
- Penile injuries, deformities (such as Peyronie's)
- Prostatic, lower urinary tract problems
- Prescription drugs, alcohol, smoking, substance abuse
- Allergic reaction to soaps, creams, douches (in women).

Click [here](#) to read more about Sexual Dysfunction.



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Happenings @ NUH

New Hernia Clinic at University Surgical Centre, NUH

From 11 August 2014, the current University Surgical Centre at Level 5 Kent Ridge Wing, NUH provides a new one-stop service – the Hernia Clinic on Monday afternoons.

This will be an addition to the existing services that include Thyroid & Endocrine Surgery, Minimally Invasive Surgery, Upper Gastrointestinal Surgery, Centre for Obesity Management & Surgery, and Hepatobiliary & Pancreatic Surgery.

This new hernia service provides a more holistic approach to the common disease from the simple to complex hernia conditions such as Inguinal Hernia, Umbilical Hernia, Sports Hernia, Ventral and Incisional Hernia, Complex Ventral Hernia, Abdominal Wall Reconstruction, Large Paraesophageal and Hiatal Hernia.

A team of experts from General Endo-Laparoscopic Surgeons, Plastic and Reconstructive experts, as well as dedicated nurses and coordinators offer the best approach to manage the treatment.

The hernia clinic offers a wide range of surgical treatment options ranging from Open- to Endo-Laparoscopic Surgical Repairs, using either simple suturing or synthetic/biological prosthesis that are available to enhance the quality of care and provide better outcomes for patients. For uncomplicated cases, the procedure is usually performed as a day surgery and patients can be discharged within 23 hours.

Upcoming GP CME Events

Date	Topic
20 Sep	Living and Managing Heart Disease: Adult congenital and structural heart disease

**NUHS Tower Block, Level 1
1E Kent Ridge Road,
Singapore 119228.**

Please CALL us @ **6772 5695 / 5079** for registration & enquiries

New Integrated, Multi-Disciplinary Sports Centre to open in NUH

Sport is an important pillar of Singapore's social integrity and economic strength. It is seen as a means to overcome the challenges being presented by an ageing population, rising regional and international economic competition, and the increased diversity within our multicultural, multiracial society.

To help promote and maintain sporting activities in Singapore, NUH is setting up a brand-new, integrated multi-disciplinary Sports Centre that will focus on the management of all manner of sports-related medical conditions. Anyone with sports- or exercise-related complaints will benefit from a wide range of services offered in this Centre – young and old, elite athletes and weekend warriors.

Backed by a dedicated, skilled and experienced multidisciplinary team, the NUH Sports Centre will offer the entire spectrum of sports-related clinical services. These include:

- Orthopaedic Sports Surgery Clinics
- Children's Sports Clinics
- Sports Cardiology Service
- Sports Imaging Services (full suite comprising X-ray, ultrasound and MRI)
- Sports Physiotherapy and Exercise Clinics
- Sports Podiatry Clinics
- Fully Equipped Sports Gym
- Sports Dietetics Service
- Sports Acupuncture Service
- ESWT (Extra-corporeal Shock Wave Therapy) Service
- In-Clinic Pharmacy
- Retail shop for braces & appliances.

The Centre is part of an ambitious plan to transform NUH into a clinical, training and research centre of excellence for sports medicine & surgery.

As part of the NUHS Academic Health System, particularly in the areas of patient co-management and continuing medical education, we will be happy to work with our GP partners to help and serve our patients better.

We will also organize educational sessions on sports injury management as well as training sessions on therapeutic techniques such as Extracorporeal Shock Wave Therapy (ESWT).

The Centre will open on **17 October 2014**, and the booking of appointments at the Centre will open on the same day.