

GP IN-SYNC

A monthly e-newsletter by
NUH GP Liaison Centre



Specialists in Focus

September 2015



Dr Lim Min Yu

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Dr Lim Min Yu graduated in medicine from the University of Glasgow. He remained in West Scotland to complete his specialist O&G training and is an accredited specialist on the UK General Medical Council specialist register. He was admitted to Membership of the Royal College of Obstetricians and Gynaecologists (RCOG) in London in 2005.

Dr Lim advocates woman-centred care, especially when preparing for and during pregnancy. He has special interests in Reproductive Medicine, Minimally Invasive Surgery and Urogynaecology. He is licensed to perform assisted reproductive techniques by the Ministry of Health, Singapore. He was trained at the Assisted Conception Services Unit at Glasgow Royal Infirmary and the Glasgow Centre for Reproductive Medicine, and also worked in the Southern General Hospital in Glasgow - the regional referral centre for Urogynaecology. Dr Lim completed the RCOG Advanced Training Skills Modules in Laparoscopic Surgery and Reproductive Endocrinology and Subfertility during his training in Scotland.

In 2010, he returned to Singapore with his family to join the National University Hospital. He is a member of the Division of Reproductive Endocrinology and Infertility within the Department of Obstetrics and Gynaecology, and also the Associate Programme Director for the NUHS Obstetrics & Gynaecology Residency Programme.



Dr Shakina Rauff

M.B.B.S. (Singapore),
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Dr. Shakina Rauff graduated in medicine from the National University of Singapore. She completed her specialist training in Obstetrics and Gynaecology (O&G) in Singapore and obtained the Membership of the Royal College of Obstetricians and Gynaecologists (MRCOG) in 2011. She is an accredited specialist in Singapore.

Dr. Rauff currently works as an Associate Consultant in the Department of O&G at the National University Hospital and has been with us since 2006.

She provides obstetric care to all pregnant women and gynaecological services for women of all age groups, providing a well-rounded general O&G care. Her special interests include Reproductive Medicine and Infertility and Minimally Access Surgery.

Clinical Updates

In-Vitro Fertilisation (IVF)

One in six couples experience some level of difficulties in achieving pregnancy. Infertility is defined as not being able to get pregnant despite having frequent, unprotected sex for at least a year.

IVF is recommended for couples who have tried other methods of fertility treatment without success, or for those who are not suitable for other methods.

IVF involves retrieving good quality eggs from the woman for insemination with her husband's sperm in the laboratory. The resulting embryos are then transferred back into the womb for implantation.

The Assisted Reproductive Technology (ART) programme at NUH's The Clinic for Human Reproduction (CHR) is one of the leading programmes of its type with many breakthroughs in the field of assisted reproduction. We are committed to help couples overcome infertility.

Since the inception of CHR, it has served many local and international patients, and performs about 600 fresh IVF cycles per year.

Doctors, embryologists, medical technologists, nurses, psychologists and other allied health professionals work together as a team to provide our couples with the necessary support and assistance in a friendly and personalised manner.

IVF is an elective therapy for couples who have been otherwise unable to conceive naturally.

Indications for enrolment into an IVF programme may include, but are not limited to the following:

- Absent or blocked fallopian tubes
- Severe pelvic disease (severe pelvic endometriosis, postoperative pelvic scarring)
- Ovulation dysfunction (after failure with less invasive therapies)
- Severe male factor infertility
- Unexplained infertility
- Failed attempts at Intra-Uterine Insemination
- Couple is at risk of transmitting a genetic disease, and wish for Preimplantation Genetic Diagnosis (PGD)



GP Liaison Centre (GPLC)

GP Appointment Hotline: +65 6772 2000

Visit us at http://www.nuh.com.sg/nuh_gplc/

News Highlights

National University Hospital Sports Centre



The NUH new **Sports Centre** is now operational. It is located at level 1 of the NUH Main Building, next to Clinic B.

The Sports Centre is an integrated multi-disciplinary Centre that specialises in the **treatment of injuries and complaints related to sports, exercise and physical activity.**

Backed by a dedicated, skilled and experienced team, the NUH Sports Centre provides a **comprehensive range of clinical services.** These include:

- Sports and Exercise Medicine
- Orthopaedic Sports Surgery
- Paediatric Sports Surgery
- Sports Cardiology
- Sports Imaging
- Sports Physiotherapy
- Sports Podiatry
- Sports Dietetics
- Sports Acupuncture
- Shock Wave Therapy

To find out more about the Centre visit our website at www.nuh.com.sg/uohc





Shaping Medicine for the Future

CME Registration: <https://nuhcme.com.sg/>

News Updates

Relief for couple as liver-cancer stricken husband gets suitable donor after waiting for years

“It was an emotional roller coaster”



Through Thick & Thin: Mr Jason Mah and his wife, Ms Serene Koh.

For more than three years, he led a life of pain while hoping that a suitable liver donor could be found. Mr Jason Mah, 35, had cirrhosis (scarring of the liver) and liver cancer. This left him jaundiced and with a stomach bloated with fluids which kept him in constant agony.

The former bartender and his wife, Ms Serene Koh, were given the devastating diagnosis in December 2011. They had only been married in January that year. Ms Koh, 28, told The New Paper: “My mind just went blank.” Doctors at the National University Hospital (NUH) told Ms Koh to prepare for the worst if a suitable donor could not be found within five years. Last year, Ms Koh, a human resource assistant, was so desperate that she turned to the media and online sources for help.

Fortunately, there was some glimmer of hope. After TNP featured their predicament last November, over 40 people came forward as potential donors.

But finding a suitable donor is not simple. This is because donors have to meet many criteria, and none of those who offered to help were suitable for Mr Mah. Then in January this year, it seemed that their prayers had been answered — a potential donor was found.

To make matters worse, as a side effect of his illness, Mr Mah often suffered from severe personality changes. Sometimes, he seemed to be another person altogether and would even become uncontrollable. “Sometimes I would have to hold him down even if the nurses wanted to do minor procedures like taking his blood pressure,” Ms Koh said. She also said that at times, all she could do to help manage her husband’s pain was to stay by his bed and hold his hand.

Match

On May 1, their prayers were finally answered. Ms Koh recounted: “The doctors told us on Labour Day that a match (had been) found. Things moved very fast. (The doctors) informed us at about 8pm and he was in the operating theatre at 9pm. “About 5am the next day, the doctors came out to tell us that the operation was successful.” Unfortunately, the couple’s problems were not over yet. The day after the surgery, Mr Mah started bleeding internally and had to go under the knife again. The day after that, he was in the operating theatre again for internal bleeding.

“It was an emotional roller coaster,” said Ms Koh. “Even after the transplant procedure was over, I could not fully accept that he had finally received a successful liver transplant. “Not even the doctor’s okay was enough. I was not assured at that point that he would turn out fine.”

Thankfully, Mr Mah’s condition improved and he was discharged from NUH on June 5. Although he still requires some help to walk, the man, who at one point struggled to finish his sentences, was smiling and able to crack jokes. That said, life will never be back to what it was as Mr Mah will be always have to be on medication. The pills — while allowing his body to accept the new liver — leave his immune system open to attack. He is also advised to stay away from crowds as there is a high risk of catching an infectious disease.

Nevertheless, the couple are thankful that the dark days are over, and they are thankful to those that came forward as potential donors and of course, to the eventual donor. When asked if she was prepared for her husband to not make it, Ms Koh took a while before answering: “A part of me was prepared for that. I was aware of all the possibilities. “But I just could not accept it.” For Mr Mah, being able to spend time with his wife outside of the hospital is good enough for him. He said: “I’m not asking for the ‘good life’, I just want a normal life.”

Source: *The Straits Times* (Published on 23 July 2015)

Upcoming CME Events

Date	Topic
19 Sep	Primary Care Management of Endocrine Disease Management
17 Oct *	Advances in Urology – An Update for General Practitioners

* Event Venue: Orchard Ballroom 2, Orchard Hotel

Registration & Lunch will start at 1.00 pm

Event Venue:
NUHS Tower Block, Auditorium, Level 1
1E Kent Ridge Road, Singapore 119228

Please CALL us @ 6772 5695 / 5079 for registration & enquiries or visit our CME Portal @ <https://nuhcme.com.sg/>.