sata CommHealth

ISSUE 12

In The *Know*

Your Bi-Monthly Update on Everything SATA

Movements for Health

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JUL 2024

Movements for Health

SATA CommHealth had an amazing time participating in the Movements for Health event held at Boon Lay Community Club on 1 June 2024. This event was a significant milestone in our mission to promote public health and wellness, particularly among underserved communities.

In collaboration with MSD Pharma (Singapore) and various grassroots organisations, SATA CommHealth is proud to launch this initiative to administer HPV vaccinations to 1,000 women from lower-income households. This initiative, a crucial preventative measure in the fight against cervical cancer, aims to provide vital protection to those who might not otherwise have access to it, significantly impacting their health and well-being.

The free HPV vaccination programme is part of a broader effort to reach out to women from lower-income families, ensuring they receive the healthcare they need. We believe that every woman deserves the opportunity to protect herself against HPV and cervical cancer, regardless of her financial situation.

We would like to extend our heartfelt thanks to Minister for National Development & Minister-in-charge of Social Services Integration, Mr Desmond Lee, for his support and presence at this meaningful event. Additionally, we express our gratitude to our collaborating partners for their invaluable contribution to the success of this initiative.

Movements for Health exemplifies the power of community collaboration in achieving health equity and fostering a healthier future for all. We look forward to continuing such efforts and making a positive impact on the health and well-being of our community.

SATA CommHealth Community Health Day

Love Your Body Love Your Health

On 22 June 2024, SATA CommHealth hosted a vibrant Community Health Day at Jurong Spring Community Club. The event provided essential on-site fall risk assessment and featured various engaging activities and games, including live performances and a Nintendo game booth, catering to attendees of all ages.

Community Health Day is integral to SATA CommHealth's annual initiatives to make healthcare services easily accessible to the public. This event promotes healthcare awareness and encourages healthy lifestyles within the community. By offering fall risk assessments and educational resources in a fun and interactive environment, we strive to foster a culture of health and wellness.

We were honoured to have Mr Shawn Huang, Adviser to Jurong GRC Grassroots Organisations and Senior Parliamentary Secretary for the Ministry of Education & Ministry of Finance, as the Guest of Honour. Mr Huang's presence and interaction with participants underscored the importance of community engagement in health initiatives.

We extend our sincere gratitude to our partners who contributed to the success of SATA CommHealth Community Health Day:

- Jurong Spring Community Club
- Pfizer (Singapore)
- MSD Pharma (Singapore)

Their support and collaboration were invaluable in making this event a success. SATA CommHealth looks forward to continuing these efforts and enhancing the health and well-being of our community through such meaningful events.

The Wong Brothers (3 Brothers)

In a small two-room HDB rental flat, Mr Wong and his two brothers live together, facing challenges with remarkable courage. All three brothers have intellectual disabilities and mobility issues, making it hard for them to move around, often walking slowly and with a limp. Due to their difficulties, they receive regular assistance from SATA CommHealth Homecare Services, which proved indispensable in their daily lives.

The Wong brothers have limited immediate family support, as their father, mother, and eldest brother have passed away. Their maternal aunt visits occasionally, but it is their neighbour, Mdm L, who provides consistent supervision and guidance to the brothers. A close friend of their late mother, Mdm L, also works as their supervisor at a Food Centre, where the brothers have been dish collectors for over 20 years. Her presence offers them much-needed support and emotional comfort.

In late 2022, the eldest brother underwent cataract surgery to improve his eyesight, and the second brother was scheduled for similar surgery in late 2023, hoping for the same positive outcome. Understanding the brothers' struggles with navigating the medical system, MINDS enlisted SATA CommHealth to assist them. Our Homecare team regularly visits the three brothers to provide their medications, check their vital signs, and monitor for any health issues. This consistent support ensures the brothers remain healthy and receive medical attention when necessary.

The support from SATA CommHealth is vital for the Wong brothers, enabling them to manage their health and live as independently as possible. Through the assistance of the Homecare team, the brothers feel less alone and more secure, knowing they have reliable support to depend on.

Our homecare services are essential in continuing to help the vulnerable in our community, providing them with the care and warmth they deserve. Your support can make a difference. Donate today to help keep this vital service alive and spread hope to those in need.

Donate to make a difference!

SATA CommHealth is known for its active programmes and services in reaching out to the community. We want to do more to serve the underprivileged, reach even more people who need our medical services, and continue to build a healthy community.

By donating generously, you can help our new and existing beneficiaries through many of our community programmes and initiatives.

PayNow to donate now to help our beneficiaries or donate via our website https://portal.sata.com.sg/Donation/DonateNow.

We thank you for your kind donation!

Honouring Dr Wee Kim Wee's Legacy with SATA CommHealth

In a touching and heartfelt gesture, **Ms Wee Eng Hwa**, the daughter of the late Dr Wee Kim Wee, recently donated a pewter plate that her father received during the opening of the SATA Woodlands Clinic in 2001 (we were known as "SATA" until our rebranding to "SATA CommHealth" in 2009). This donation is a significant memento, embodying Dr Wee's enduring legacy and dedication to SATA. We are deeply grateful for Ms Wee's generosity and are honoured to display this significant memento of Dr Wee's contributions at our premises.

During our conversation with Ms Wee Eng Hwa, we delved into her father's profound impact on our organisation and the community. Dr Wee's journey with SATA began a decade after its establishment in 1947, at a time when Tuberculosis (TB) was a dire public health crisis in Singapore. The aftermath of World War II saw a surge in TB cases, prompting a group of public-spirited individuals to establish SATA as a charitable organisation dedicated to combating this deadly disease.

From 1957 to 1963, Dr Wee Kim Wee served as an active volunteer with SATA, dedicating four years as a Council Member and three years as Chairperson from 1959 to 1961. His commitment to the cause was deeply personal, spurred by a tragic incident where his wife's brother-in-law succumbed to TB, leaving behind a young family in financial ruin. Witnessing the callousness of the healthcare system and the devastating impact of the disease on a penniless breadwinner, left a permanent mark on Dr Wee. This personal experience fuelled his empathy and support for SATA's mission to provide aid to the underprivileged.

Dr Wee's tenure as SATA's Chairperson was marked by tireless efforts to secure funding and resources. He often worked late into the night, balancing his demanding role as Deputy Editor of The Straits Times, with his responsibilities at SATA. His dedication paid off, as his leadership brought significant financial donations and raised SATA's profile, allowing the organisation to serve those in need better.

1992 - 28 November, Official Opening of the Restored SATA Chest and Heart Clinic at Cantonment Rd by Mr Wee Kim Wee

1992 - 28 November, Plaque Unveiling of the Restored SATA Chest and Heart Clinic at Cantonment Rd by Mr Wee Kim Wee

1992

1995 - 18 March, Stone Laying Ceremony for New SATA Uttamram Clinic

1995

1997 - 14 January, Plaque unveiling ceremony of Kreta Ayer Clinic by Mr Wee Kim Wee

1997

2001 - 23 August, Mr Wee Kim Wee toured X-Ray room at SATA Woodlands Clinic

2001

2001 - 23 August, Official Opening of SATA Woodlands Clinic by Mr Wee Kim Wee

1997 - 14 January, Official Opening of SATA Kreta Ayer Clinic by Mr Wee Kim Wee

Even after assuming the office of President of Singapore in 1985, Dr Wee remained a steadfast patron of SATA. His passion for volunteerism extended beyond his presidential duties, reflecting a lifelong commitment to philanthropy and community service. Dr Wee's work with SATA exemplified his belief in giving back and supporting the less fortunate, a philosophy that deeply influenced Ms Wee Eng Hwa's perspective on charitable giving.

Ms Wee Eng Hwa shared memories of her father's relentless dedication to SATA. In his private memoirs, Dr Wee described his role as Chairperson as "exacting and busy," likening it to a full-time job. He poured every ounce of his energy into his work with SATA, a testament to his belief in the organisation's mission and its potential to affect positive change in society.

Dr Wee Kim Wee's legacy continues to inspire us. His story is a powerful reminder of the impact that one individual's dedication and empathy can have on a community. As we honour his memory, we are reminded of his words: "We come with nothing on our back, and we certainly go with nothing on our back. Therefore, give generously and comfortably within your means."

Dr Wee Kim Wee's life was a testament to the power of compassion, hard work, and dedication to the greater good. As we display the pewter plate, we honour not just a cherished patron but a man whose work has left an unforgettable mark on our community.

Experience Hassle-Free Healthcare

With our new Teleconsultation Feature on the SATA App

SATA CommHealth is thrilled to announce the launch of the SATA App in early June 2024. This app is designed to offer you a more convenient way to access healthcare services. With this launch, we are excited to introduce our new teleconsultation feature.

The SATA App provides the perfect solution if you are feeling unwell and want to avoid clinic queues or need a medication refill. The SATA app now offers round-the-clock (24/7) video teleconsultations with our doctors and nurses—all for a consultation fee of just $12. This feature makes managing your health more accessible than ever, whether dealing with an acute condition or maintaining a stable chronic condition.

Key Features of the SATA App

- **24/7 Consultations:** Access doctors and nurses via video anytime. Through teleconsultation, you can also obtain:
  - Health supplements such as Calcium, Vitamins, and more.
  - Medications to treat Erectile Dysfunction.
  - Antibiotics for Chest Infections, Urinary Tract Infections (including some STDs), etc.
  - Hair loss supplements.
  - Oral contraceptives.
  - Acne treatments and prescription facial products.
  - Oral weight loss medication for Diabetics.
- **Convenient Prescriptions:** Get prescriptions and medications delivered (delivery charge of $12; medication costs extra).
- **Easy Emergency Access:** Quickly reach essential emergency contacts.
- **Personalised Health Profile:** Customise your profile, upload it to clinics, and set medication reminders.

We invite you to download the SATA App from the Apple Store or Google Play Store and take advantage of these convenient healthcare services.

Experience hassle-free healthcare and take control of your health with the SATA App.

Annual Report 2023

The SATA CommHealth Annual Report 2023 is now available. Read more on SATA CommHealth's achievements, and financial performance for 2023 and upcoming future plans.

Access your copy to stay informed and engaged with our mission via the QR Code or our website.

Website URL:
https://www.sata.com.sg/wp-content/uploads/2024/06/SATA-CommHealth-Annual-Report-2023_FINAL.pdf

Continuing Medical Education (CME) Talk

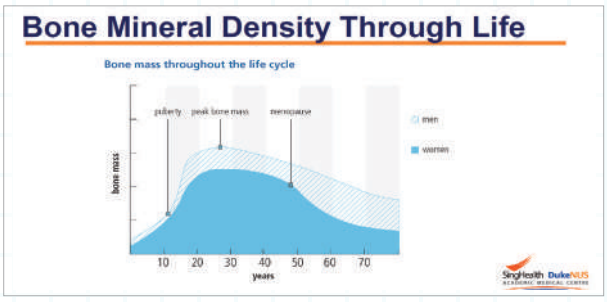
Screening Strategies and Update On The Management of Osteoporosis

SATA CommHealth recently hosted an insightful session on Osteoporosis with Dr Ang Seng Bin on 21 March 2024. The talk focused on the latest screening strategies and updates in the management of this condition. Our clinical staff team engaged enthusiastically during the session and gained valuable knowledge and skills that will enhance their ability to improve patient care.

Understanding Osteoporosis

Osteoporosis affects both men and women, though it is more commonly seen in women due to ageing and hormonal changes, such as decreasing estrogen levels during menopause, which directly impact bone density. This chronic, non-communicable disease has a significant impact on individuals and the healthcare system.

Research indicates that the Disability-Adjusted Life Years (DALYs) for osteoporotic fractures surpass those of asthma, hypertension, and rheumatoid arthritis.



The Importance of Early Detection and Management

Osteoporosis is defined by the World Health Organisation (WHO) as a progressive systemic skeletal disease characterised by low bone mass and microarchitectural deterioration of bone tissue, leading to increased bone fragility and susceptibility to fractures. The best method for detecting Osteoporosis is the **Bone Mineral Density (BMD) Test**, an X-ray procedure that measures bone density at different parts of the body, such as the hip and spine. Early detection and appropriate individualised treatment are crucial for improving the quality of life for seniors.

Optimising Bone Health

To prevent Osteoporosis, it is essential to optimise bone health from the womb through young adulthood. This includes:

Calcium-rich Foods and Protein Consumption
A healthy diet that includes fresh fruits, vegetables, and whole grains improves bone health.

Prevention of Vitamin D Deficiency
While some foods provide Vitamin D, the best source is sunlight. A 15 to 20-minute walk outdoors in the morning or late afternoon helps maintain adequate Vitamin D levels.

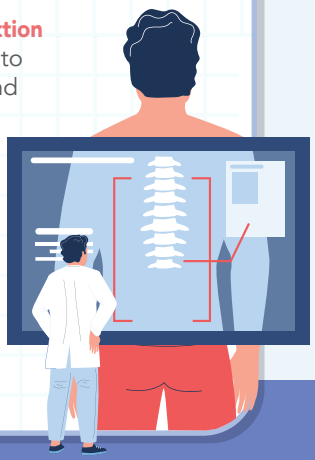
Cessation of Smoking
Smoking cessation is vital for bone health.

Moderation of Alcohol Intake
Excessive alcohol consumption can damage bones, decrease bone formation, and impair calcium absorption.

Maintaining a Healthy Body Mass Index (BMI) and Preventing Sarcopenia
Regular weight-bearing and strength training exercises, combined with adequate nutrition, are essential for bone health.

Fall Prevention and Risk Reduction
Staying active and exercising to improve strength, balance, and flexibility helps prevent falls and reduce fracture risk.

By focusing on early detection, optimal bone health practices, and individualised treatment plans, we can significantly improve the quality of life for those affected by this condition.



Social Media Highlights

SATA CommHealth

At SATA CommHealth, compassion and community drive us. Meet Mr Vincent, a resilient 90-year-old facing health challenges, including three toe amputations. With our Homecare Services, he remains hopeful and support by our regular nurse visits helps bring comfort to his wife. Your donations has enable us extend this essential care. Learn more and donate to SATA CommHealth, to support our Homecare Services.

SATA CommHealth

This Labour Day, SATA CommHealth received 41 new bicycles for migrant workers from PwC Singapore. We partnered with Mr Steven Lim of the Safe Cycling Task Force Singapore for safety workshops at our Onsite Medical Centres. Thanks to PwC Singapore and Mr Lim for their support and for making a difference for migrant workers.

SATA CommHealth

This Alzheimer's and Brain Awareness Month, take charge of your future with SATA CommHealth. Complete your Advance Care Planning (ACP) and Lasting Power of Attorney (LPA) to ensure your wishes are honoured. Empower yourself and your loved ones to make informed decisions. Call 6244 6688 to enquire or make an appointment today!

SATA CommHealth

This Mother's Day, give Mom the gift of health! Prioritise her well-being with our specialised female health screening packages at SATA CommHealth. Show your love by helping her stay on top of her health. Visit our website or call 6224 6688 to learn more and book an appointment today!

Want to get updates lighting fast?

Like us on Facebook and Instagram to follow our activities for the community!