sata CommHealth

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In The *Know*

Your Bi-Monthly Update on Everything SATA

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Meet the Man of the Moment: Dr Khang on the Frontlines of Migrant Workers Healthcare Singapore's populations

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NOV 2024

SATA COMMHEALTH **GENERAL NEWSLETTER**

Keeping Abreast with Breast Cancer Awareness

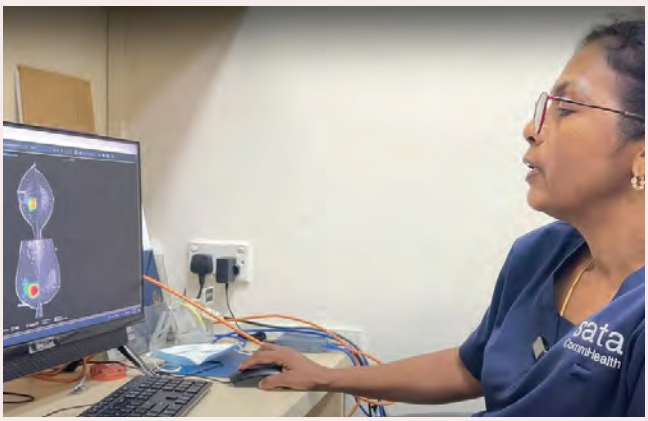
In observance of Breast Cancer Awareness Month (BCAM), SATA CommHealth has expanded efforts to champion breast cancer awareness, promote early detection, and prioritise the well-being of women in our community. This year's initiatives began with a display at the IHH Singapore Sea Regatta 2024 Dragonboat race in September. The event, which focuses on breast cancer awareness and fostering active ageing, marked a memorable first for many of our dedicated staff, who devoted countless hours to training for the race. Their enthusiasm and unity on the water underscored the strength of teamwork and SATA CommHealth's deep commitment to the cause of breast cancer awareness and women's health.

The event also served as a platform for direct action, with SATA CommHealth's mobile mammogram bus on-site to offer breast cancer screenings to participants and spectators alike. This initiative highlighted the importance of early detection and brought screenings directly to the community, reinforcing our commitment to removing barriers to healthcare access.

In October, SATA CommHealth offered a special promotional package for mammogram and breast ultrasound screenings in support of BCAM. This initiative aimed to encourage more women to prioritise regular

screenings by highlighting the importance of early detection for effective treatment and long-term health. By providing accessible screenings, we reinforced our commitment to preventive healthcare, helping detect cancer in its most treatable stages.

Taking our dedication to breast cancer detection further, SATA CommHealth has also integrated advanced technology into the screening procedures, incorporating 'Lunit,' an AI-driven innovation that significantly improves accuracy and efficiency. Introduced earlier this year, Lunit's capabilities have transformed the screening experience, with results now available within an hour, reducing patient stress and wait times. The technology's ability to detect microcalcifications, a potential early sign of breast cancer, with a remarkable 96% accuracy rate enhances early detection capabilities, leading to better outcomes and improved patient care. By reducing the time required for examinations and decreasing the reliance on radiologist reviews, Lunit optimises resources and enables SATA CommHealth to serve more women with timely, precise screenings.



Regular screenings are the best way to detect breast cancer early – ensuring the best quality of life for you and your loved ones.

Protect your health, detect it early with SATA CommHealth.
Call 6244 6688 for more information or to book an appointment.

Meet the Man of the Moment: Dr Khang on the Frontlines of Migrant Workers Healthcare

Have you ever wondered what it feels like to stand on the front lines of healthcare for one of Singapore's most vulnerable populations? For Dr Khang Hock Siang, Deputy Lead for the Migrant Workers Project and a dedicated physician at SATA CommHealth's Medical Centre for Migrant Workers (MCMW), this question is a daily reality. As part of a dedicated medical team, Dr Khang provides essential healthcare services to migrant workers—a group often facing considerable health risks due to the demanding nature of their jobs and challenging living conditions.

Since April 2022, SATA CommHealth has played a pivotal role in providing pandemic-ready healthcare services to migrant workers, operating three medical centres and two dormitory clinics across Singapore. As one of four anchor operators managing six zones, we provide the Primary Care Plan (PCP) to workers in Zones B, C, and D. This programme offers a broad range of healthcare services tailored to the specific needs of migrant workers, including proactive measures to prevent outbreaks and swift responses to health crises.

While many Singaporeans enjoy a safe and comfortable lifestyle, migrant workers face unique health issues that

are sometimes overlooked by the broader community. This gap is precisely where SATA CommHealth steps in, with Dr Khang and his colleagues at MCMW leading the charge. Their work involves addressing a range of medical needs, from treating occupational injuries to managing mental health concerns. The team's commitment goes beyond clinical care, aiming to offer holistic support for the well-being of these workers, who form an integral part of Singapore's workforce yet often remain underserved.

In a recent interview on CNA News, Dr Khang brought attention to the specific health challenges migrant workers face and outlined SATA CommHealth's innovative solutions to address these issues. One notable advancement is the expanded use of telemedicine, a service that has seen rising demand within the migrant worker community. With telemedicine, healthcare professionals can consult with workers remotely, providing timely medical support without the need for workers to leave their residences or work sites. This is especially beneficial for occupational injuries and mental health support, where workers can receive guidance and medical advice at their convenience.

To gain deeper insights into Dr Khang's experiences and the challenges he faces, we sat down with him for a short Q&A session.

Having a Word with Dr Khang

Q You were recently on live television – what was running through your mind just before going on air? Were there any unexpected moments during the interview that made the experience stand out for you?

Just before going on air, I was focused on communicating clearly and making sure I highlighted the work we've done and the challenges we face. I felt a bit of the usual nerves, but also a sense of responsibility, knowing that I was representing both my colleagues and the patients we care for. I felt that the whole session went well, and I was glad to have had the chance to address some medical concerns we face in the migrant worker clinics.

Q Working at the Medical Centre for Migrant Workers (MCMW) must have brought its own unique challenges and rewards. What originally made you decide to join this line of work, and how meaningful has it been for you personally?

I was drawn to this line of work because I saw a significant gap in healthcare for an often-overlooked community. Joining MCMW allowed me to use my skills where they were truly needed, and I could see firsthand the immediate impact of providing accessible healthcare to migrant workers. Personally, this work has been incredibly meaningful, offering insights into resilience and community. Watching patients' health improve and knowing that we're helping them continue their work safely has been deeply rewarding.

Q What are the common health issues that migrant workers commonly face due to their jobs and living conditions? How do these challenges differ from those faced by the general population in Singapore?

Migrant workers often face musculoskeletal issues due to repetitive physical labor, and skin infections from harsh working conditions. They're also at a higher risk of infectious diseases because of close living quarters. These challenges differ from those faced by the general population in Singapore, who often deal more with chronic conditions associated with a sedentary lifestyle. Unlike locals, migrant workers have less access to healthcare resources and are often reluctant to seek care, which can lead to complications from untreated conditions.

Q What are some of the challenges you've encountered while providing healthcare to migrant workers? How have you and your team managed to overcome these obstacles?

One of the major challenges is overcoming language and cultural barriers, as these can create misunderstandings and mistrust. Additionally, many migrant workers hesitate to seek care due to fear of losing wages or their jobs. To address these issues, our team has focused on building trust through culturally sensitive care and has collaborated with translators who understand the patients' backgrounds. We've also worked to provide education on the importance of preventive care.

Mr Eddie Tan's 70th Birthday Walk: Raising $70,000 for 7 Beneficiaries

In a heartwarming display of generosity and determination, Mr Tan Cheok Hwee, Eddie, is celebrating his 70th birthday in a way that gives back to the community he cares about deeply. His goal? To walk 70km over seven days, covering 10km daily, aiming to raise $70,000 to support seven beneficiaries, including SATA CommHealth. Mr Eddie's campaign is a testament to his enduring commitment to making a difference, especially at this milestone.

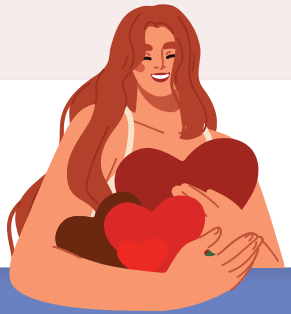
Mr Eddie's inspiration for this campaign stems from an experience in 2023. As a trustee of a 63 year old Singaporean lady who had dedicated over 25 years to humanitarian service in Uganda, Mr Eddie had the privilege of distributing $500,000 from her estate to various charities in her memory, and witnessing the gratitude and joy of those beneficiaries left a lasting impact on Mr Eddie. The experience motivated him to undertake a meaningful challenge for his 70th birthday, channelling his energy and resources toward causes that support the well-being of others.

To honour Mr Eddie's inspiring journey, SATA CommHealth had the privilege of joining him for one of his 10km walks at East Coast Park. This shared walk symbolised our appreciation for Mr Eddie's efforts and our support for his noble mission. His dedication reminds us of the power of individual action and how one person's commitment can ripple outward to impact many lives.

We thank Mr Eddie for his time, dedication, and generosity. His inspiring campaign highlights the importance of compassion, community, and the pursuit of a meaningful legacy.

Donate to make a difference!

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



Shingles: All you need to know

Shingles, medically known as herpes zoster and locally as 'snake disease' (生蛇) or *kayak ular*, is a viral infection caused by the varicella-zoster virus - the same virus responsible for chickenpox. For those who have had chickenpox, this virus remains dormant in the nerve cells and can reactivate later in life as shingles, leading to a painful, blistering rash that appears in a localised band on one side of the body.

Shingles predominantly affects individuals over 50, with studies showing that more than 90% of Singaporeans in this age group have been exposed to the chickenpox virus. This translates into a significant risk: about one in three adults may experience shingles in their lifetime.[2] The increased susceptibility in older adults is linked to a natural decline in immunity, which allows the virus to reactivate. Other at-risk groups include people with weakened immune systems, those undergoing immune-suppressing treatments like chemotherapy or high-dose steroids, and individuals with chronic conditions such as asthma, diabetes, or chronic obstructive pulmonary disorder (COPD). Physical or psychological stress can also increase the risk of developing shingles.

The symptoms of shingles often begin subtly, with pain, itching, tingling, or a burning sensation on one side of the body, one to five days before the appearance of a red rash. Painful, fluid-filled blisters develop over seven to ten days, typically appearing as a band on one side of the torso, although shingles can also affect the face, neck, and eyes. Additional symptoms may include fever, headaches, sensitivity to light, and an upset stomach.

While shingles often resolve on their own[3], complications can arise. A common complication is postherpetic neuralgia (PHN), a persistent and sometimes chronic nerve pain that lingers in the area where the shingles rash appeared, significantly impacting quality of life.[4] When shingles appear on the face or near the eyes, it can lead to herpes zoster ophthalmicus (HZO), which can cause eye inflammation and, in rare cases, vision loss.

Early treatment is crucial for those diagnosed with shingles. Antiviral medications administered within 72 hours of rash onset can help reduce the severity and duration of the infection. Yet, as with many health conditions, prevention is preferable to treatment. Vaccination is a highly effective measure to prevent shingles, substantially reducing the risk of developing the condition and minimising the severity and potential complications if it does occur.

1 Fatha, N., Ang, L. W., & Goh, K. T. (2014). Changing seroprevalence of varicella zoster virus infection in a Tropical City State, Singapore. International Journal of Infectious Diseases, 22, 73–77. https://doi.org/10.1016/j.ijid.2013.10.003
2 Harpaz R, et al. MMWR Recomm Rep. 2008 June;57(RR-5):1-30.
3 Centers for Disease Control and Prevention. MMWR. 2008 May;57(RR-5):1-30.
4 Kawai K, et al. BMJ Open. 2014 Jun;4(6):e004833

Don't let shingles catch you off guard. Protect yourself with the Shingles vaccine.

SATA CommHealth offers Shingles vaccination services. Our healthcare team is always ready to provide guidance. To learn more, or to book your appointment, you may contact our hotline at 6244 6688.

Continuing Medical Education Talk – Importance of HPV vaccine

On 28 August 2024, Associate Professor Derrick Aw from Sengkang General Hospital delivered an insightful lunchtime talk, shedding light on the crucial role of HPV vaccines in preventing severe health risks. Human Papillomavirus (HPV) is a common virus that can affect various body parts in both males and females. Although most HPV infections are clear on their own, certain strains can lead to genital warts and, if persistent, increase the risk of several cancers.

HPV is most commonly linked to cervical cancer, but it is also associated with anal, vulvar, vaginal, penile, oropharyngeal, oral cavity, and laryngeal cancers. The HPV vaccine stands as a robust preventive measure, especially when administered before any exposure to the virus through sexual activity. In Singapore, the HPV vaccination is recommended for individuals between the ages of nine and 26. However, those outside this range may still benefit from the vaccine if they have not been exposed to specific HPV strains.

A key focus of Associate Professor Aw's talk was dispelling common myths surrounding the HPV vaccine to help parents make informed decisions for their children:

MYTH	FACT
HPV vaccine is only for girls.	The vaccine is recommended for both boys and girls since HPV can cause cancer in both genders. Studies show no link between the HPV vaccine and increased sexual activity.
You only need the vaccine if you are sexually active.	The vaccine is most effective when administered before HPV exposure, which is why it is recommended at a young age.
It is unnecessary if you're in a long-term relationship.	HPV can be contracted with even one or a few sexual partners, and the virus can remain dormant for many years.

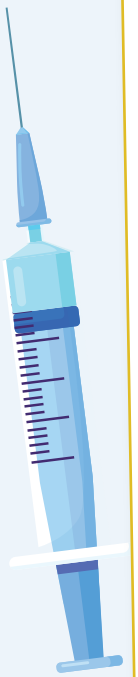
Social Media Highlights

SATA CommHealth

This Christmas, prioritise health with SATA CommHealth's screening packages, starting at $340. Detect potential issues early and celebrate the season with peace of mind. For details or to book, call 6244 6688 or WhatsApp 9624 7353.

SATA CommHealth

Our Ang Mo Kio Medical Centre will be temporarily closed for renovations from 28 October 2024 to 9 February 2025. Please visit our other Medical Centres for your healthcare needs during this period. We apologise for any inconvenience and appreciate your understanding. Our Ang Mo Kio team looks forward to welcoming you back soon!



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The flu vaccine provides yearly protection against influenza and is best taken before peak seasons. The pneumococcal vaccine guards against severe infections like pneumonia and is recommended twice a lifetime for adults 65 and above, young children, and at-risk individuals. Learn more or schedule at SATA CommHealth.

SATA CommHealth

SATA CommHealth celebrated 77 years with a "Gratitude"-themed dinner honouring our dedicated staff. We presented 77 limited-edition "Cup of Gratitude" gifts, hand-painted by Me Too! Club (MINDS) members and volunteers, to our VIPs as symbols of compassion and community spirit. Thank you to everyone who has supported us through the years - here's to many more!

Want to get updates lighting fast?

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