sata CommHealth

ISSUE 18

In The *Know*

Your Bi-Monthly Update on Everything SATA

“SATA CommHealth’s CME Talk highlighted infection prevention and Dr Lai Hwee Yee’s emphasis on proper hand hygiene practices.

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“SATA CommHealth marked its first Tree Planting Day on 5 June 2025, uniting staff, leaders, and the community to promote sustainability, environmental care, and collective responsibility.

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JUL 2025

SATA COMMHEALTH GENERAL NEWSLETTER

Continuing Medical Education (CME) Talk

All about Infection Control

On 23 May 2025, SATA CommHealth hosted an impactful Continuing Medical Education (CME) Talk at our Bedok Medical Centre, reaffirming our commitment to patient safety and clinical excellence. The session, led by Dr Lai Hwee Yee, explored the critical topic of Infection Prevention and Control (IPC), with an enlightening focus on the vital role of hand hygiene.

Dr Lai's presentation stood out for its clarity and relevance, using real-world examples to demonstrate how proper handwashing remains one of the most effective tools in preventing the spread of infections. Her message resonated not only with clinical staff but with all attendees, reminding us that IPC begins with the smallest, most consistent actions—whether in hospitals or our everyday routines.

The event also marked a significant milestone, with our Medical Director, Dr Cheryl Glenn, formally presenting appointment letters to our newly nominated IPC Committee representatives. These dedicated individuals will lead efforts to uphold infection control standards and promote safe practices across all our Medical Centres.

Opening the session, Ms Felicia, our newly appointed Lead of the Medical Services Team, offered a warm and inspiring welcome that set the tone for a day of active learning and meaningful exchange.

At SATA CommHealth, CME Talks like these are more than just educational—they are instrumental in cultivating a culture of shared responsibility, collaboration, and continuous improvement. Through such initiatives, we strengthen clinical governance and reinforce our ongoing mission to deliver safe, high-quality care to every patient, every day.

SATA CommHealth Annual General Meeting 2025

We are pleased to announce that the SATA CommHealth Annual Report 2024 is now available for viewing.

This year's report highlights our continued efforts to serve the community through accessible healthcare, our key achievements throughout 2024, and our financial performance that reflects a steady and sustainable approach. It also outlines our plans for the year ahead as we strive to deepen our impact and extend our reach across Singapore.

Scan the QR Code provided or *visit our website* to read our Annual Report 2024

Let's continue building a healthier community, together.

ECG – Visit by Ahmad Ibrahim Secondary School

On 26 June 2025, SATA CommHealth had the pleasure of welcoming a group of teachers from Ahmad Ibrahim Secondary School as part of our ongoing Educational & Career Guidance (ECG) Programme. This meaningful half-day visit was designed to offer valuable insights into the evolving healthcare landscape and to inspire educators to share these opportunities with the next generation.

The programme began with an introduction to SATA CommHealth's community-focused work, followed by a guided tour of our medical centre. A key highlight was the demonstration of smart home technology that supports elderly care, showcasing how innovation and compassion intersect in today's healthcare.

Participants also had a first-hand experience of our Mobile Medical Services (MMS), including Singapore's first fully electric healthcare bus, an exciting step forward in sustainable healthcare delivery.

The day concluded with a rejuvenating Laughter Yoga and Ikigai workshop, led by our dedicated volunteer corporate trainer, encouraging self-reflection and wellness. Participants were also introduced to volunteering opportunities within SATA CommHealth, reinforcing the message that everyone can play a role in community care.

Through this exchange, we not only deepened awareness of community healthcare but also opened doors to potential collaborations, nurturing a shared mission to inspire and shape future healthcare professionals.

Get Involved!

Join our ECG Programme or *volunteer* with us to make a difference in the community.

Tree Planting for a Greener Tomorrow

SATA CommHealth took a proud and purposeful step forward in environmental stewardship by hosting our very first Tree Planting Day on 5 June 2025. The event, held at Sin Ming Road/Jalan Todak, was a vibrant celebration of unity, sustainability, and shared responsibility, bringing together leaders, staff, and community members for a greener cause.

We were honoured by the presence of Ms Gan Siow Huang, Minister of State for the Ministry of Foreign Affairs and the Ministry of Trade and Industry, and Adviser to Marymount Grassroots Organisations. Her attendance, along with representatives from the National Parks Board, underscored the strong support and shared vision across public and private sectors for advancing sustainability goals.

Joining her were SATA CommHealth's Board Directors, Ms Charlotte Hsu and Ms Karen Wee, our senior management team, grassroots leaders from Marymount SMC, and our dedicated staff, each contributing not just their time and effort, but also their commitment to building a better, greener Singapore.

A Living Symbol of Our ESG Commitment

This inaugural Tree Planting Day marked more than just a ceremonial milestone; it was a tangible demonstration of SATA CommHealth's commitment to Environmental, Social, and Governance (ESG) values. By taking part in the OneMillionTrees movement, a nationwide initiative launched in April 2020 to plant one million trees across Singapore by 2030, we have joined a collective journey to restore nature, enhance biodiversity, and combat climate change.

As each tree took root in the soil, it stood as a living symbol of our pledge to sustainability, community well-being, and long-term impact. It also reminded us that meaningful change begins with small actions, and that the benefits of these actions can be enjoyed for generations to come.

Growing Together: A Community Effort

The significance of the event extended beyond environmental impact. It was also a celebration of community collaboration and shared values. Staff and volunteers worked hand in hand with grassroots leaders and public officials, demonstrating that positive change is most effective when driven by collective effort.

A Greener Future Starts Now

At SATA CommHealth, we believe that health is not only a matter of physical or mental well-being, but also deeply connected to the health of our planet. Our inaugural Tree Planting Day is just one of many initiatives that reflect our commitment to a future where environmental responsibility, social care, and good governance are interwoven into the very fabric of healthcare.

We thank all who participated in making this event a success. Together, let us continue to plant the seeds of change, for a healthier community and a more sustainable Singapore.

We Want To Hear From You!

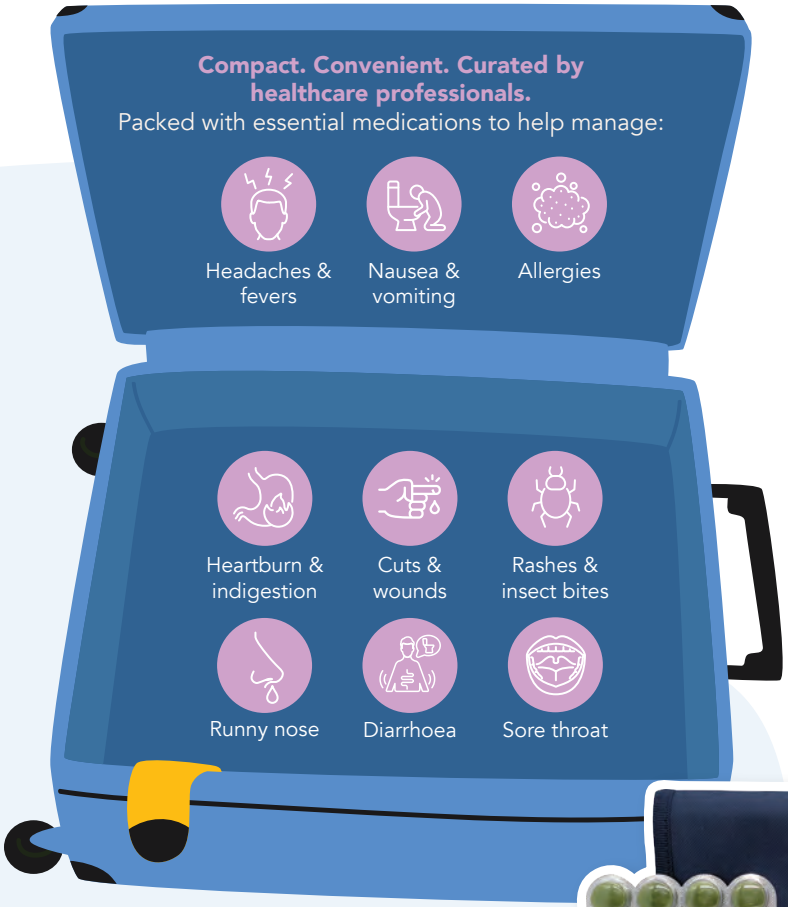
Customer Communication Survey

At SATA CommHealth, we are committed to delivering the best possible care, every step of the way. To help us continue improving your experience, we would love to hear from you.

We are conducting a short survey to better understand how you discovered our clinics and what motivated your visit. Your insights are invaluable in helping us enhance our services, refine our outreach, and ensure more people can access the care they deserve.

The survey takes just a minute to complete, but your response will have a lasting impact.

Thank you for being part of our journey. Your voice truly matters.



All Prepared for You

Nett price: $45.00

The SATA CommHealth Medication Travel Kit

Ready to travel? Don't forget your medication travel kit!
Whether it is for work, leisure, or adventure, make sure your journey is smooth and stress-free with the Medication Travel Kit from SATA CommHealth.

Stay safe. Stay healthy. Travel with confidence.
Visit your nearest SATA CommHealth Medical Centre to get yours today!

Available at:

- Ang Mo Kio Medical Centre
- Bedok Medical Centre
- Jurong Medical Centre
- Woodlands Medical Centre
- Potong Pasir Medical Centre
- Tampines Medical Centre

Reversing Vitamin D Deficiency: Simple Steps to Better Health

Despite Singapore's year-round sunshine, vitamin D deficiency remains a widespread and often overlooked public health issue. According to the National Health Survey (2010), 40% of Singaporeans were found to be vitamin D deficient, with 8% classified as severely deficient. More alarmingly, a recent DUKE-NUS study revealed that nearly 75% of Singaporean adults may be affected today.

Who's at risk?

Vitamin D deficiency does not affect everyone equally. The following factors are commonly associated with low vitamin D levels:

- Female gender
- Higher body mass index (BMI)
- Malay and Indian ethnicities
- Higher education levels
- Limited sun exposure (due to indoor lifestyles or sunscreen use)
- Darker skin pigmentation
- Ageing
- Elevated HbA1c levels

Why it matters

Low vitamin D levels are far from harmless. They have been linked to:

- Increased risk of cardiovascular disease, high blood pressure, and type 2 diabetes
- Obesity and metabolic issues
- Depression and cognitive decline
- Poor calcium absorption, leading to osteoporosis and fractures
- Weakened muscles and a higher risk of falls
- Reduced immunity, increasing vulnerability to infections like colds and flu

The benefits of vitamin D therapy

Replenishing vitamin D has been shown to:

- Strengthen muscles and reduce fall risk
- Support bone density and prevent fractures
- Enhance immune system function

How can i get enough vitamin D?

- Sensible sun exposure is the most natural and effective source.
- Supplements are a safe and reliable way to meet your daily requirements, especially for those with limited sun exposure.

Recommended Daily Intake

- Children: 400–1000 IU/day
- Adults: 1000–2000 IU/day
- Dosages should be tailored to individual needs—consult your healthcare provider to determine what is right for you.

Can I Overdose on Vitamin D?

Vitamin D toxicity is extremely rare and usually occurs only with very high supplement intake over prolonged periods. Treatment should always be guided by blood test results and professional supervision.

References

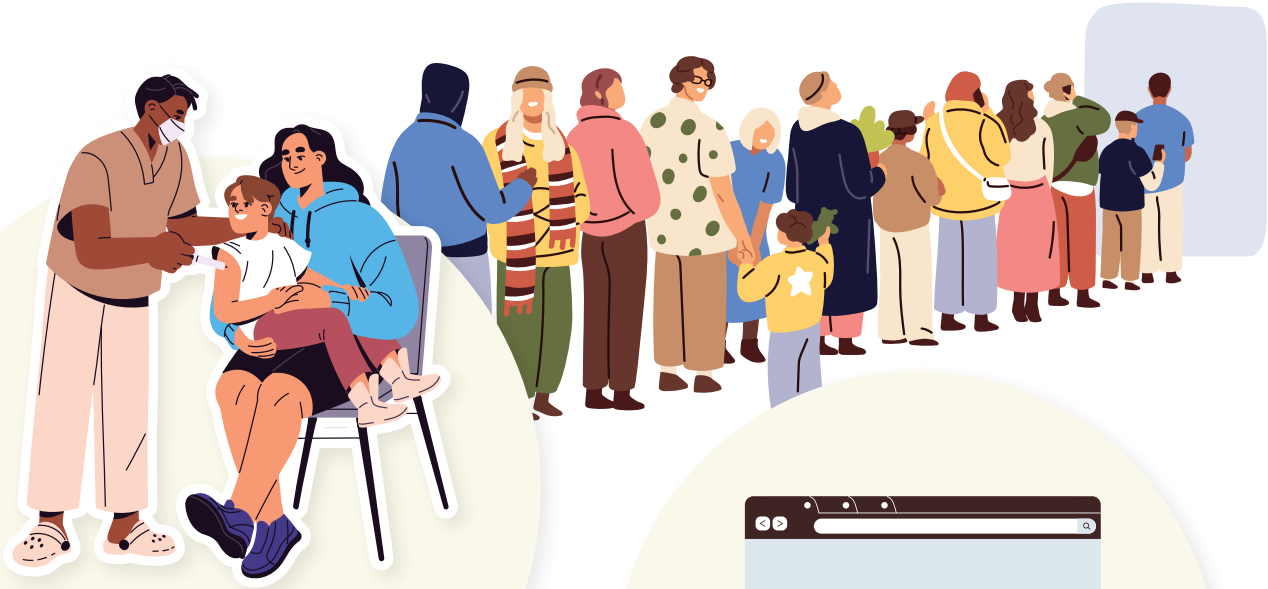
https://www.moh.gov.sg/newsroom/prevalence-and-awareness-of-vitamin-d-deficiency

American Family Physician - https://www.aafp.org/pubs/afp/issues/2009/1015/p841.html

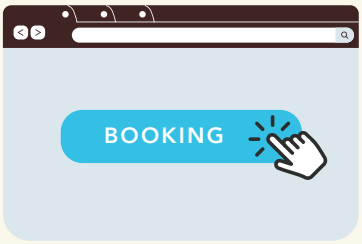
Medscape: Vitamin D Overview - https://emedicine.medscape.com/article/128762-overview

Singapore Medical Journal: Vitamin D Deficiency - http://www.smj.org.sg/article/vitamin-d-deficiency#ref8

Online Booking of Appointments is now available!



Book your appointment in advance and get priority to enjoy shorter waiting times at our Medical Centres!



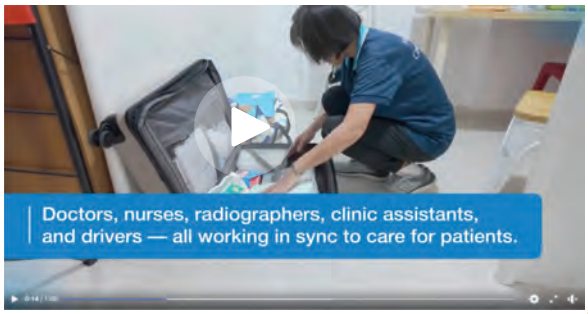
Online Booking of appointments is now available via our e-portal booking portal!

Book your appointment today by downloading our SATA Public App via the QR Code or via our e-portal!

Social Media Highlights

SATA CommHealth

SATA CommHealth brings affordable, quality healthcare directly to your workplace through our Mobile Medical Services. With a dedicated team and specialised vehicles, such as our X-ray and Mammo-On-Wheels buses, we offer customised health screenings, vaccinations, diagnostic services, health talks, health coaching, and chronic disease management, all at your doorstep. Watch our video to see how we are making healthcare more accessible for everyone.



SATA CommHealth

Could diabetes be silently harming your eyesight? Diabetic retinopathy can develop without symptoms and may lead to blindness if left untreated. Risk factors include poor blood sugar control, smoking, high cholesterol, and high blood pressure. Early signs may include blurred vision, floaters, and difficulty seeing at night. SATA CommHealth offers Digital Retinal Photography (DRP) screening to detect issues early and help protect your vision. For subsidised screenings and personalised long-term care, sign up for Healthier SG with SATA CommHealth.

SATA CommHealth

Is pain holding you back from the activities you love? Whether it is back, neck, shoulder, or knee pain—or recovery from a stroke or injury—SATA CommHealth offers personalised therapy plans to help manage and relieve discomfort. Our experienced therapists are here to support your recovery and help you get moving again. Therapy services are available at our Bedok and Woodlands centres, with rates ranging from $10 to $134. Walk in or call 6244 6688 to find the right treatment for you.

SATA CommHealth

Dr Deanna Koh, Resident Physician and Clinical Research Lead at SATA CommHealth, made a strong impact at the WONCA World Conference 2025. She co-led a workshop on Diabetes Mellitus remission, advocating for personalised, lifestyle-driven care, and shared inspiring success stories from migrant patients. Dr Koh also presented research on lifestyle changes among migrant workers, demonstrating how chronic conditions can be managed with minimal medication. Her work highlights the power of patient-driven care and reflects SATA CommHealth's commitment to compassionate, individualised healthcare.

Want to get updates lightning fast?

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