sata CommHealth

In The Know

MAY 2026

Your Bi-Monthly Update on Everything SATA CommHealth

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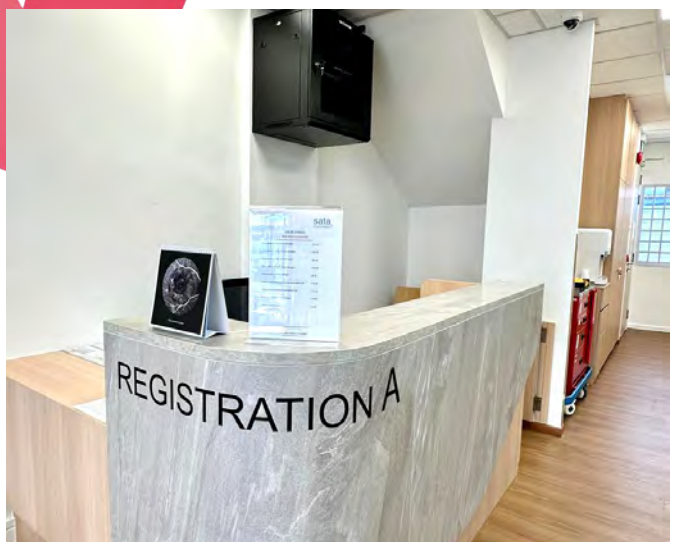


A Look at our new Geylang East Medical Centre

SATA CommHealth is pleased to welcome residents to our new Geylang East Medical Centre, now open at 119 Aljunied Ave 2, #01-42, Singapore 380119. Bringing accessible, quality healthcare closer to the community, the centre offers a convenient option for individuals and families seeking reliable medical care in the neighbourhood.

Located near familiar landmarks such as Geylang Polyclinic and Geylang East Market & Food Centre, the centre is well placed to serve residents living and working in Geylang East.

At the centre, patients can consult our general practitioners for a range of acute and chronic conditions. These include common illnesses such as coughs, colds, fever, bronchitis, allergies, ear infections, urinary tract infections, cuts and minor injuries. Patients managing long-term conditions such as diabetes, hypertension, cardiovascular conditions, asthma, arthritis, chronic pain and mental health concerns can also receive care and support.

Preventive care is another important part of the services available. The centre offers a wide range of vaccinations, including influenza, hepatitis A and B, COVID-19, chickenpox, shingles, HPV, tetanus, pneumococcal and meningococcal vaccines. These help individuals protect themselves and their loved ones, while supporting the overall health of the community.

02

The Geylang East Medical Centre will also be our first medical centre to offer **dedicated mental health consultation services**, supporting more holistic and accessible care for our patients.

In addition, the centre will provide statutory medical check-ups for required screenings and assessments, while Diagnostic Imaging (DI) services, such as X-rays, will continue to be available at our other medical centre locations.

With its accessible location and range of primary care services, the new centre reflects SATA CommHealth's continued commitment to community-based healthcare. Whether for a routine consultation, vaccination or medical check-up, residents can now seek care closer to home.

Getting There

Address:
SATA CommHealth Geylang East Medical Centre
119 Aljunied Ave 2,
#01-42
Singapore 380119

Nearest MRT Stations:
Aljunied (EW9), Paya Lebar (EW8/CC9)

Bus Services:
80, 134, 155
Alight in front of Geylang Polyclinic.

Book Your Appointment

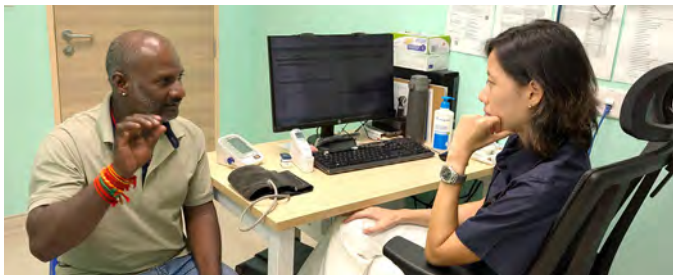
Skip the wait and plan your visit with ease:

Tel:
6244 6688

Web:
https://www.sata.com.sg/book_appointment/

Answering the Call to Serve the Migrant Community

Dr Deanna with her friends, during her sabbatical in Houston



Listening attentively to a patient during daily consultations at the medical centre for migrant workers

In front of her consultation room

With a female patient who coincidentally wore the same shirt!

In commemoration of International Women's Day, Dr Deanna Koh Xiuting, Resident Physician at SATA CommHealth, was featured in two radio interviews on CNA938 and MoneyFM 89.3 in March, where she reflected on "Give to Gain" and wellness. Through these conversations, she offered a glimpse into her journey, values and the meaning she finds in serving others.

For Dr Deanna, the desire to serve began early. Raised in a Catholic household, she realised at 14 that she wanted to spend her life caring for the poor and the sick. She once considered becoming a nun, but medicine eventually became the vocation through which she would answer that calling.

Today, she serves at SATA CommHealth's Migrant Worker Medical Centre, where the work is both demanding and deeply human. Her clinic days run from 9am to 8pm, four days a week, with up to 70 patients seen daily. Alongside her clinical work, she is also Clinical Research Lead, overseeing ongoing research initiatives. Over 13 years, her career has spanned hospitals, clinics, academia and policy, including healthcare policy work during the COVID-19 pandemic.

Her path into migrant healthcare was unexpected. After stepping away from policy work, Dr Deanna took a six-month sabbatical in Houston to rest, reflect and consider what came next. Several opportunities followed, including research and private practice roles. Then came a message about serving migrant workers in Singapore.

"I remember speaking to the recruiter at 3am, Houston time," she recalls. **"It was quite surreal."**

The role was not the easiest choice, especially when weighed against a better-paying offer. Yet, looking back, it felt true to the purpose she had carried since her youth.

"This was always what I set out to do, working with the poor and the sick," she reflects.

At the clinic, language differences are part of daily life. Yet for Dr Deanna, care often transcends words. She has found that it does not take extensive verbal communication to understand another person, as our needs and emotions are often fundamentally the same.

"It's quite amazing how human beings can understand each other without actually speaking very much of each other's language," she says. **"You observe, you listen, you pick up gestures."**

"Ultimately, it is love that truly connects people. Love is the most powerful message we can convey."

What stays with her most are the stories behind each patient. She recalls returning from a conference where speakers had shared their achievements. The next day, she asked a patient what he did for work. His answer was simple: **"sewage"**.

In church having Holy Communion

Interacting with patient for a medical research survey

Dr Deanna with the team at SATA CommHealth Migrant Workers Medical Centre (Loyang)

My experiences with migrant workers affirms my understanding that doctors are just human beings serving (and caring for) fellow human beings & (a reminder) that we serve a wider humanity"

– Dr Deanna, reflecting on how frontline work with migrant workers has shaped her understanding of what it means to be a doctor.

The contrast struck her. Here was someone doing difficult, essential work that many depend on, yet rarely notice. It reminded her that dignity is not measured by recognition, but by the quiet contribution each person makes.

Some encounters leave an especially deep impression. Once, a 23-year-old deliveryman came in with a fever. He was stoic and eager to return to work. After treating him, Dr Deanna asked if he missed his family.

"That was when everything changed," she recalls. **"He started to cry. His voice broke, and he said, 'all the time.'"**

He had left home at 19, a day after completing his Chemical Engineering diploma, to support his parents and three sisters. When asked whether the responsibility brought pride or pressure, he answered: **"Both."**

For Dr Deanna, such moments reveal the heart of her work. Beneath differences in nationality, language and circumstance, the hopes are often the same: to care for family, to be understood and to build a better life.

While most of her patients are male migrant workers, she also cares for female workers, including engineers, administrative staff and factory employees. With them, continuity of care helps build trust. Over time, she has also learnt to recognise struggles that are not always spoken aloud.

"One thing I've learnt is that patients rarely tell you upfront that they're struggling mentally," she explains. **"It takes instinct and trust."**

She remembers a patient who kept returning for minor complaints. Eventually, Dr Deanna realised she was deeply lonely and had little support. At the end of one consultation, she asked, **"Would you like a hug?"**

The patient said yes. From then on, their consultations ended with a long, firm hug.

"Sometimes, that's what care looks like," Dr Deanna says.

Despite her experience across clinical work, research, academia and policy, Dr Deanna defines achievement simply: giving her best to every patient, every day. A priest's sermon continues to guide her, reminding her that every person encountered is a gift.

"I remind myself that every patient is a gift from God," she says. **"Because without patients, there would be no doctors."**

Looking back, Dr Deanna sees a clear thread between her childhood calling and her present work. The path may have differed from what she once imagined, but its essence remains unchanged: to serve, to care and to find meaning in the lives of others, one patient at a time.

04

What Health Screening Tests Do You Really Need?

A Guide by Age and Gender

Health screenings are one of the simplest and most effective ways to detect medical conditions early, often before symptoms appear. Yet, with so many tests available, many people are unsure which are truly necessary and when they should start.

This is why understanding the recommended screenings for individuals in Singapore, based on age and gender, is so important. These recommendations serve as a practical guide to help people make informed decisions about their health and take the right steps at the right time.

Take Charge of Your Health

Regular screenings are not just about detecting illness. They are also about gaining peace of mind and staying in control of your health journey. A simple check today could help prevent more serious complications tomorrow.

If you are unsure where to begin, speaking to a healthcare professional can help you identify the screenings that matter most for you. At SATA CommHealth, our range of health screening packages, from Lite to Platinum, is designed to suit different needs and life stages, making it easier for you to take the first step with confidence.

Take charge of your health today. Reach out to SATA CommHealth to find the screening package that is right for you.

Recommended Screening for All Adults

Screening	Test	18-38 Years	40-49 Years	50 Years and Above	Frequency
Diabetes	HbA1c[5] Fasting Blood glucose[5]	✓[1]	✓	✓	Once every three years
Diabetes Risk Assessment	Short questionnaire on www.letsbeatdiabetes.sg/DRA	✓	—	—	Changes to any of the risk factors[2]
Obesity	Body Mass Index (BMI)	✓	✓	✓	Once a year
High Blood Pressure	Blood pressure measurement	✓	✓	✓	Once every two years
High Blood Cholesterol	Lipid Profile[5]	✓[1]	✓	✓	Once every three years
Colorectal Cancer	2-day Faecal Immunochemical test (FIT)	—	—	✓	Once a year

Addtional Screening for Woman

Screening	Test	18-38 Years	40-49 Years	50 Years and Above	Frequency
Breast Cancer	Screening mammogram	—	—	✓	Once every two years
Cervical Cancer[3]	Pap Test (25 to 29 years)[4] or HPV Test (30 years and above)[4]	✓	✓	✓	Pap Test: Once every three years HPV Test: Once every fice years

Table taken from Healthier SG Screening, HealthHub.sg

[1]Only for those found to be 'At Higher Risk' via the Diabetes Risk Assessment.
[2]Continue practising a healthy lifestyle. You are recommended to re-take the DRA every two years, or as often as there are changes in the variables (e.g. age, weight or high blood pressure history)
[3]Women who have had a total hysterectomy need not go for cervical cancer screening. Check with your doctor to find out more.
[4]For females who have ever had any sexual activity.
[5]Check with your doctor to find out more

05

An Evening of Fun, Love & War

On 10 April 2026, SATA CommHealth had the pleasure of hosting nearly 150 seniors and partners for a special evening at the Singapore Chinese Cultural Centre, where they enjoyed the Shanghai Opera performance *Love Amidst the Flames of War* 《烽火姻缘》, organised by Tang Renaissance.

Set against a backdrop of political intrigue and conflict, *Love Amidst the Flames of War* tells a moving historical tale of love, loyalty and resilience. The story follows a couple whose bond is tested by deception and the turmoil of war, as they strive to overcome the odds and find their way back to each other.

We were honoured to have Ms Kuang Bee Keam, Deputy Director of Finance at SATA CommHealth, join us as the Guest of Honour for the evening. Her presence added warmth and significance to the occasion, as seniors and partners gathered not only to enjoy the performance, but also to share in a meaningful cultural experience together.

Beyond entertainment, the event reflects SATA CommHealth's ongoing commitment to preventive healthcare advocacy. Healthy ageing is not only about physical well-being; it also involves staying socially connected, mentally engaged and emotionally fulfilled. Cultural activities such as this provide seniors with opportunities to remain active, build connections and enjoy enriching experiences beyond their daily routines.

Shield Our Seniors

As we grow older, our bodies naturally become more vulnerable to illness. For many seniors, especially those living in nursing homes or managing chronic conditions, even common respiratory infections can lead to serious complications.

Respiratory infections remain as one of the most serious but under-recognised risks for the seniors in our community.

Illnesses such as influenza, pneumococcal disease and Respiratory Syncytial Virus can result in hospitalisation, prolonged recovery, loss of independence and, in severe cases, death. Yet these risks are often under-recognised, even though they can be reduced through timely vaccination.

That is why SATA CommHealth has launched **Shield Our Seniors**, a fundraising initiative to provide essential vaccinations to vulnerable seniors who need them most, both in nursing homes and the wider community.

Why This Matters

Vaccination is one of the simplest and most effective ways to protect seniors from preventable illnesses. A single vaccine can::

- Reduce the risk of severe infection
- Prevent unnecessary hospital visits
- Support seniors in maintaining their independence and quality of life

However, not every senior has access to these vaccinations. For some, cost remains a barrier, with vaccinations costing up to $500 per senior. With your support, we can bring life-saving protection to seniors who need it most.

YOUR contribution makes a difference:

Our seniors have spent their lives building the society we enjoy today. Many now face health risks that can be prevented with timely care.

Let's come together to shield our seniors, one vaccination at a time.

Ways to donate

1) PayNow

UEN: 194700119G002
Please indicate your **Full NRIC/FIN/UEN** and name in the reference field for tax deduction purposes.

2) SATA Portal (Debit/Credit Card)

To donate via debit or credit card, please scan the QR code below and visit our website.

3) Cheque

Kindly issue a crossed cheque payable to **"SATA CommHealth"**
Mail your cheque to:

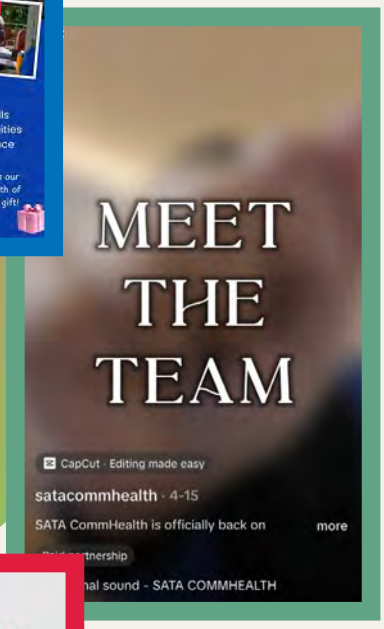
SATA CommHealth
351 Chai Chee Street
SATA CommHealth Building
Singapore 468982

For tax deduction purposes:

- **Personal donations:** Please provide your name, NRIC, contact number and residential address.
- **Company donations:** Please provide your company's name, UEN number, contact number and company address.

07 SATA Social Buzz

Join us in serving the community and making a difference. Volunteer with SATA CommHealth today and help bring care, connection and support to those who need it.



SATA CommHealth is back on TikTok (@satacommhealth) with a fresh new chapter.

Follow us for practical health tips, real stories and behind-the-scenes moments that show the heart of our team and the care behind every interaction.

Join our growing community on TikTok and stay connected with SATA CommHealth.

Plan ahead with confidence. Advance Care Planning helps document your healthcare wishes, while a Lasting Power of Attorney allows you to appoint someone you trust to make decisions on your behalf if you lose mental capacity.

A cough can linger for weeks after a cold or flu, even when you feel better. It is often part of recovery, but symptoms such as breathlessness, chest pain, coughing up blood, weight loss or a cough lasting more than eight weeks should be checked.

Stay connected with SATA CommHealth

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