

Singapore has a wealth of healthcare professionals to assist with every aspect of pregnancy, from fertility treatments to caring for you throughout your pregnancy and beyond. From helping you find the right obstetrician for you, to homeopathic remedies for morning sickness and labour pains, here are the experiences of happy mothers and some input from top obstetricians.

# Oh, Baby!



## The OBGYN Centre

290 Orchard Road  
#11-07 The Paragon  
6235 4188 | [www.obgyncentre.com](http://www.obgyncentre.com)

Dr Wong came highly recommended by a friend who is as picky about doctors as I am, so I knew he would be great even before I met him.

I loved how respectful Dr Wong was of our wishes. He gave us his professional opinion but didn't try to talk us out of our preferences regarding the delivery. He also did a great job of managing our expectations and this allowed us to trust him 100 percent. So even though we wanted a natural birth, when Dr Wong decided it was time for a c-section we didn't oppose him. We knew he had done all he could to do it our way and now it was time to do it his way.

We were, and still are, amazed by the high level of service we received at The OBGYN Centre. Not only from Dr Wong, but from his staff as well. The friendly, warm and supportive approach is exactly what every pregnant woman needs. As strange as it sounds, I actually missed going for my appointments after giving birth.

I think it's important to have a birth plan. And then have a plan B for when things don't go according to plan A. We couldn't follow through with any of our plans for the delivery, because life interfered and made it all happen differently. But in the end, it doesn't matter which road you take, as long as you get to your destination. And that is what Dr Wong helped us reach. Thanks to him, both my baby and I are healthy and well, and for that we will always be grateful to him.

*Anita and Sumudu Perera, from the Czech Republic and Sri Lanka, parents of Aiden*

## Balanced Living Asia

779 Bukit Timah Road  
6762 8029 | [www.balancedlivingasia.com](http://www.balancedlivingasia.com)

My husband and I heard about Dana Heather and Balanced Living Asia through friends at the Singapore American School. As we had both been frequently ill and spending time at the doctor, we decided to see Dana. We had amazing results and we have been very healthy since visiting her.

After this initial success I went to visit Dana when I found out that I was pregnant. We wanted our baby to be healthy, and I wanted help to ease my horrible morning sickness!

At about seven months into the pregnancy, we visited Dana again and she provided us with an essential oil kit and a birthing kit. The essential oils are great for use at any time, but they also helped to calm me during contractions, and my husband also benefitted from the peppermint oil, which woke him up! The birthing kit, consisting of homeopathic treatments, helped me through a tough delivery by giving me strength, focus and calm. Our daughter, Lucy, is bright, healthy and happy, and after a difficult labour I have bounced back well. I truly believe that we have Dana and her lotions and potions to thank for that.

She has a fantastic knowledge of nutrition, diet, naturopathy and homeopathy and is very passionate about natural health. The service is always outstanding. We always walk away feeling informed and confident because she explains things so clearly. Slight changes in your lifestyle can make the world of difference and prevent short- and long-term illness. We feel so much better for it!

*Kristin and Josh Symes, from Australia and the US, parents of Lucy*



## GynaeMD Women's & Rejuvenation Clinic

1 Orchard Boulevard  
#04-03A Camden Medical Centre  
6733 8810 | [www.gynaemd.com.sg](http://www.gynaemd.com.sg)

My other five (yes, five!) children were born at home in our bedroom in the Netherlands with help from a midwife, so the whole pregnancy and birth experience in Singapore was new and totally different for me. I found it quite hard to find an obstetrician here as I do not like hospitals and was looking for a homey feeling, so I searched for a long time. I think I found Dr Christopher Ng's practice, Gynae MD, through an ad in *Expat Living*. From the minute I stepped in, at 12 weeks pregnant, it felt much better than the places I had visited before. It had a very nice cosy environment.

One of my blood tests showed that there was a chance our baby might have Down syndrome. It was a challenging time, but with help and very solid information from Dr Chris, and lots of discussions and tears and laughter, we decided just to wait until 20 weeks; at that point, we were very happy to see that Boris was okay. Dr Chris and his staff knew that I wanted to have a home delivery, and as that was not possible, they did give me a "homey-feel" delivery in Gleneagles Hospital. It was a very quick one as I left the house around 5.30am and Boris was born at 7.00am. All went very well with the help of Dr Chris, who arrived in time to assist us and gave us the best news ever – that Boris was a healthy, 4kg baby boy.

My hospital experience was a very good one, which is something I thought I would never say! We were blessed with Dr Chris's knowledge and friendliness.

*Mirjam Venselaar and Ad Boon, from Holland, parents of Sam, Joep, Ties, Mees, Lieve and Boris*



### SBCC Women's Clinic

Block 443 Clementi Avenue 3, #01-53  
6774 1654 | sbccwomensclinic.clementi@sbcc.sg

### Pregnancy Care

So, your pregnancy test is positive – now what? What should you expect during your visits to your obstetrician? Dr Ben Choey, obstetrician and gynaecologist, gives us the lowdown.

#### Your first antenatal visit

This should take place preferably in the first ten to 11 weeks in order to date your pregnancy. Your obstetrician will discuss your past medical history. Routine tests are performed for blood group, Rhesus factor, Thalassemia, anaemia, infection (syphilis, HIV, Hepatitis B, Rubella), and urine analysis. Additional tests such as genetic screens or a glucose tolerance test may be offered.

#### 11 to 13 weeks

The **first trimester screen (FTS)** checks your baby's risk of having Down syndrome, offering a 95-percent detection rate.

#### 15 to 20 weeks

If you missed the FTS window, **maternal serum screening** is an alternative and gives you about 65-percent detection rate for Down syndrome. A **foetal anomaly scan** is essential to screen your baby for major or minor structural defects.

#### 21 to 28 weeks

A **glucose tolerance test** at 28 weeks will exclude gestational diabetes if risk factors were identified during your first antenatal checkup. Foetal **growth assessment** is also carried out at 28 weeks.

#### 29 to 34 weeks

Routine checks.

#### 35 weeks

**Group-B Streptococcus (GBS) screening** is carried out to detect the GBS bacteria that may cause stillbirth and infections in babies when they are passed on during labour.

#### 36 to 40 weeks

Your doctor will check on your **baby's position** by palpating your abdomen. Discuss your **birth plans** and any concerns with your obstetrician. From now, you will see your doctor weekly till your delivery. Consider **induction** of labour if you go past 41 weeks.

### Sincere Medical Specialist Center for Women

8 Sinaran Drive  
#06-19 Novena Specialist Center  
6507 0766 | www.sincerehealthcaregroup.com

On average, women live longer than men. Many factors, including improvements in lifestyle and advances in medical knowledge, have led to more women surviving to old age.

Women's healthcare needs change as they journey through the various stages of life. They not only want professional medical care, the latest treatment methods and high-tech, state-of-the-art medical technologies, but they want caregivers who understand and address their concerns as women.

Sincere Medical Specialist Center for Women adopts a holistic, integrated approach to managing women's health, providing a broad spectrum of medical services for women. These range from general obstetrics, including assisted reproductive techniques, annual health screenings for diseases that affect the reproductive system, gynaecologic services to treat both pre-invasive and cancerous diseases, breast surgery, assistance dealing with annoying menopausal symptoms, plus aesthetics and plastic surgery.

The centre's thoughtful practices are designed with a woman's perspective in mind. Every patient visiting the centre is looked after by a dedicated team of C.A.R.E. Buddies who co-ordinate with the medical team to develop an individualised and comprehensive healthcare programme.

Says Professor Ng Soon-Chye, fertility specialist and Sincere Healthcare Group Medical Director: "We strive to deliver healthcare services above and beyond our patients' expectations."



### Health & Fertility Centre for Women

290 Orchard Road  
#18-06 Paragon Medical Suites  
6235 5066 | www.healthfertility.com.sg



### Fertility Treatment Options

While some women find it easy to get pregnant, for others it can be a long process and sometimes fertility treatment is required. The best fertility treatment option for a couple depends on the cause of their infertility.

Simple treatment procedures include follicle or egg tracking. This involves the use of ultrasound scans to monitor the growth of the egg, and urine tests to detect when ovulation occurs. This can help a couple time their sexual intercourse better. If ovulation is a problem, ovulation induction with the help of fertility drugs or injections is usually very effective. To further increase a couple's chances of conceiving, ovulation induction may be combined with intra-uterine insemination, where sperm is placed directly into the womb with the help of a fine tube called a cannula.

However, for some couples in-vitro-fertilisation (IVF) may be recommended if it is felt that it would give them the best chances of conceiving. Conditions where IVF may be recommended include severe male-factor infertility due to abnormal sperm count or quality, as well as gynaecological conditions such as disease of the fallopian tubes and endometriosis. Endometriosis occurs when tissue similar to the lining of the womb is deposited outside the womb, leading to painful periods and ovarian cysts. If the woman is near the age of 40 years, IVF may also be recommended earlier as pregnancy success rates fall markedly after 40.

In Singapore, IVF can only be carried out on married couples, and the wife must be under 45 years old. 