

Injecting New Blood into *SMA News*

By Dr Tan Yia Swam, Editor

AS PROMISED at the beginning of my term, I've invited some new members to the Editorial Board: Choon Kit, Jonathan and Tina, and will let them introduce themselves in the following pages.

It has been an eventful July and August worldwide: the sad news of the recent plane crashes, the Middle East conflicts, and the Ebola outbreak. In this issue, I'd like to bring some local updates and some good news. Firstly, I want to commend the Ministry of Health for their prompt response in issuing advisories on handling potential Ebola cases. We also celebrate our nation's 49th birthday this month with a homely and apt pictorial tribute by Dr Tan Teck Siang, winner of the Life in Pixels photo competition (June theme: "Singapore").

Next, as various hospitals prepare for Joint Commission International accreditation (or have just passed it), let's hear from Dr Wong Sin Yew and Dr Lam Mun San about their accreditation journey, albeit on a smaller scale, in their own clinic! Meanwhile, Dr Wong Chiang Yin brings his years of experience to analyse and simplify MediShield Life for us. (If still cannot understand, we'll feature a Dummies' Guide soon!)

Lastly, as marathon season approaches, Dr Clive Tan and Dr Mok Ying Ren provide insights on safety and preparation respectively. Another sportsman, Dr Benjamin Soh, shares his love of weightlifting. More exciting articles await within. *Enjoy!*



Dr Leong Choon Kit

Professionally, I am a GP who has a keen interest and training in Public Health. But I am known to be a busybody, dabbling in diverse arenas and poking my nose into many areas. I usually bring forth my views to my friends in private as well as to the public via different media platforms.

Outside Medicine, I enjoy the time spent overseas working among the poor and needy, bringing joy and hope to everyone. These trips are refreshing as they remind me of my humanity and the brevity of my own life. They strengthen my spiritual convictions and resolve to make a change and leave a legacy.

I love talking to people and making new pals. Thus it is hard not to be my friend. I have benefited so much from the students I have taught, the patients I have ministered to, the organisations I volunteered at, and the silent majority I stood for. Ironically, just like the saying, "it is more blessed to give than to receive", I have received much more than I have given.

Like all regular guys, I am fascinated by gadgets, electronics, cars, computer games, photography, songs, music, movies, dreaming, reading and writing. My old ambitions include becoming a writer, songwriter, Chinese teacher and writing a column one day. Reality struck and being a doctor takes up more time than I expected. So, these days, I have to make sure I earn enough to feed my family of four fast-growing kids.

Joining the *SMA News* Editorial Board has provided me with an avenue to satisfy some of my childhood dreams. Maybe one day, I might be given a regular column to write? *Please...?*

Dr Jonathan Tan

Jonathan is currently an orthopaedic resident at National University Hospital, where he is learning the art of making the crooked straight and the non-ambulant ambulant. He spends most of his working hours learning from his mentors, and dreams of the day when he will not only be an admirer, but a producer of beautiful X-rays. He dedicates his remaining time in hospital to transforming his seniors' achievements into journal articles, with limited success.

Outside of work, Jonathan has an unhealthy obsession with all things Tolkien and World War 2 history, and occasionally produces long rambling posts on these topics. His ability to remember obscure poems from the *Lord of the Rings* while not being able to make head or tail of the stress strain curve or the anatomy of the brachial plexus, is a source of much frustration and angst. His free time is devoted to family, friends and loved ones, either at home relaxing, at church recharging, or at the dining table refuelling.



Dr Tina Tan

I was about to have lunch when my phone rang. No, I wasn't on call. No, it wasn't a senior from my department. When my caller ID showed who it was, I picked up the phone with wary curiosity.

"Do you subscribe to SMA News?" the publication's Editor asked. I knew her well enough from my houseman days that I could almost hear her smiling.

And that's pretty much how I ended up joining the SMA News Editorial Board.

I'm one of those folks who took the "longer route" to obtain my medical degree. I belong to the (in)famous pioneer batch of Duke-NUS Graduate Medical School students who first stumbled our way through the corridors of Singapore General Hospital in 2008, and graduated with much fanfare in 2011. I hope to give a voice to the alumni and students with unique and diverse experiences from "the other medical school" (Lee Kong Chian School of Medicine notwithstanding).

While studying for exams, running clinics and seeing blue letters, I've somehow found the time to reflect on mental health issues. Given that I'm a Psychiatry resident, it will be no surprise that some of my future contributions will slant towards mental health, especially among doctors.

I'm hoping to be done with my training in a few (short) years. It really depends on the Chief Examiner. Maybe the SMA News Editor can talk to him and work out a deal.

So here's saying thanks in advance for your support. And yes, I do subscribe to SMA News. ■