

# SMA

NEWS



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BRINGING JOY  
**THROUGH  
HEALING**

# RETURNING TO OUR ROOTS



What an eventful month! August to September had a string of major international and loco-regional events; to the extent that it was quite hard for the *SMA News* team to decide what exactly to focus on. At the time of writing this, I was still in shock over the Bangkok bombings (and giving thanks for my parents and colleagues who returned safely from their respective trips). I was also concerned for my friends and family in Malaysia over the Bersih 4 rally. And right here at home, the surging interest in the General Elections. It's yet another sign of becoming older, when I actually know some of the candidates personally!

But I'm just a simple surgeon. When in doubt, always review and recap – *SMA* should be for doctors, for patients. We return to our roots and collate articles relevant for doctors: pertaining to developing clinical and administrative skills, improving empathy and patient care and developing leadership in international forums.

Dr Wong Tien Hua starts off this issue by sharing his tips on forming good habits, which will sustain us in our busy clinical practice. The *SMA* National Medical Convention in July was a resounding success, and this month's feature article summarises its key topics and discussions. Dr Desmond Wai also shares his input on the benefits of having a good clinical management system.

We carry reports on the *SMA* Annual Golf Tournament, with a special mention of a new Oon Chiew Seng Challenge trophy for Best Lady Golfer, and the annual YG Tan Challenge Cup soccer tournament. Dr Leong Choon Kit continues the GP Matters column with some introspection on the rewards and challenges in GP practice. Dr Tan Su-Ming recounts a poignant moment in her practice and Dr Keith Goh tells us about the Make-a-Wish Foundation, a simple but powerful way to bring happiness and joy to children with life-threatening illnesses.

The next instalment of A/Prof Cuthbert Teo's writings on the history of medicine in Singapore covers the founding of the medical school, while Dr Peter Loke gives us the basics on law, regulations and guidelines in the first part of his two-part article.

We are honoured to have an interview with Dr Jarnil Singh, conducted by Dr Gan Wee Hoe. Dr Singh has just been appointed as president of the International Academy of Aviation and Space Medicine. In preparation for the upcoming *SMA* Lecture in November, we include an interview with Prof Tommy Koh. We hope to hear more from him during the lecture and discussion session.

As usual, enjoy the issue and we look forward to your continued feedback on what you would like to read about. We welcome contributions on any aspect of healthcare (and leisure!) that you want to share. ♦



Dr Tan Yia Swam is an associate consultant at the Breast Department of KK Women's and Children's Hospital. She continues to juggle the commitments of being a doctor, a mother, a wife and the increased duties of *SMA News* Editor. She also tries to keep time aside for herself and friends, both old and new.

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