NSC Staff Get COVID-19 Vaccination

Following a Townhall to address concerns regarding the COVID-19 vaccination, staff at NSC started receiving the first dose of the COVID-19 vaccine on 1 January 2021. Leading by example was Prof Tan Suet Hoon, Director NSC, who was the first to be inoculated. A total of 271 staff and onsite outsourced workers had received the first dose. For staff, this translates to >75% take up rate. We will complete the vaccination exercise by end February 2021.

Staff Appointment

Dr Ang Sue-May
Consultant
As at 1 December 2020

NSC Rolls Out Digital Medical Certificates

NSC now issues digital Medical Certificates to patients. When issued with one, an NSC patient will receive a link to view his/her digital MC at mc.gov.sg.

Dr Ang Sue-May, Consultant and Chairperson, Infection Control Committee

NSC's Derma Digest is going digital to conserve the environment! We will still be providing dermatology news but we will no longer print any more printed copies. If you are a subscriber, we will still email you any news. For any questions, please email us at pr@nsc.com.sg to be added to our mailing list.

NSC's Derma Digest Goes Green

Prof Tan Suet Hoon, Director NSC
A/Prof Chua Sze Hon, Deputy Director NSC
Ms Low Swee Cheng, General Manager NSC

Prof Tan Suet Hoon, Head of Nursing

Dr Benson Yeo, Consultant and Chairperson, Infection Control Committee

Ms Amelia Utama, Pharmacy Technician

Ms Loo Swee Cheng, General Manager NSC

Ms Agnes Zhang, Staff Nurse

Ms Annie Yeong, Patient Service Associate

Dr Ang Sue-May, Consultant

Mr Cephas Low

Adj A/Prof Tey Hong Liang

NRIA 2020 Innovator of the Year Award Goes to Adj A/Prof Tey Hong Liang

Our heartiest congratulations to Adj A/Prof Tey Hong Liang on winning the NRIA Innovator of the Year Award!

The NRES Research & Innovation Awards 2020 aim to recognize individuals and teams who have made outstanding contributions to improving health outcomes or delivery, as well as to promote the spirit for continuous research and innovation in NSC.

Our heartiest congratulations to Adj A/Prof Tey Hong Liang on winning the NRIA Innovator of the Year Award!

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The COVID-19 pandemic has greatly accelerated National Skin Centre’s adoption of telemedicine in its centres, for non-face-to-face patient consultations. Instead of making a trip to National Skin Centre (NSC) for a medical consultation with our dermatologists physically, patients are now able to have consultations with their attending doctor via our Teleconsultation service. This will be particularly useful for vulnerable patients such as the elderly and those with busy work schedules. Patients can conveniently visit our centre or remain at home due to conflict with their working schedules.

At NSC, teleconsultation involves the use of video or phone communication supplemented by evaluation of clinical photographs, where applicable. Typically, face-to-face consultations are conducted in person or by video consultation (VCS). However, with the incorporation of telehealth technology to dermatology consultations, this will allow our doctors to make visual diagnoses using video or photographs of patients’ skin conditions, propose appropriate management plans for the concerned area of skin wellbeing, as well as communicate with patients whose conditions are visible without the need for physical visit to NSC.

To request for a teleconsultation session with NSC, please call us at 6350 6666 or scan the QR code on the right.

If you request for a teleconsultation session with NSC, we will call you back to confirm your appointment details, and will already communicate with your attending doctor to arrange your appointment.

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What to Expect from a Teleconsultation Session

• To maintain patients’ privacy, NSC teleconsultation services will only be conducted between the patient and his or her attending doctor.

• A NSC clinic care coordinator will schedule and facilitate the session, and assist the attending doctor with any technical issues that may arise during the teleconsultation session.

• Patients may be requested to send in recent clinical photographs of their condition at the confirmed NSC email address prior to the teleconsultation session.

• After the teleconsultation session, patients will be able to access their prescribed medications delivered to their home within 5 working days.

Convenience for Our Patients

Teleconsultation –

Convenience for Our Patients

Our nurse clinician will assess your suitability for teleconsultation and follow-up. To request for a teleconsultation session, please call us at 6350 6666 or scan the QR code on the right.

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What is Blue Light and What are its Effects on the Skin?

Blue light has two main effects on the skin – ageing and pigmentation. Blue light induces the formation of reactive oxygen species (ROS). These are free radicals that cause oxidative DNA damage of the epithelial cells, and degradation of dermal collagen and elastin. Over time, this leads to wrinkles and loss of skin elasticity. Both ultraviolet light (UV) A and blue light induce ROS generation. Blue light-induced pigmentation, however, is darker and longer lasting than UV-induced pigmentation.

For the majority of people who spend a lot of time indoors, we are mainly exposed to low-intensity blue light from screens of electronic devices and indoor lighting. It has been shown that blue light from electronic devices placed at 20 cm away from the doh has up to 1000 times lower intensity than blue light that exists outdoors.

A recent study published in the Journal of the American Academy of Dermatology (December 2017) evaluated 12 patients with melasma. On one side of the face, they were exposed to 20 minutes of high intensity-blue light (equivalent to 4 hours daily of blue light from electronic devices at 20 cm distance) for five days. The other side of the face was covered. After five days, there was no difference in the degree of pigmentation on the covered side and the blue light-exposed side. Though reassuring, this study only demonstrates the short-term safety of low intensity blue light exposure. It remains to be determined if there are any adverse effects from long-term continuous exposure to low-intensity blue light.

Here are some active steps that we can take to reduce blue light exposure:

1. Sun protection when you are outdoors

   · Avoid staying physically close to bright indoor lightings for prolonged periods of time and try blue-light filters. Blue-light filters are available as screen protectors, or as a separate blue-light filter that can be used on electronic devices like tablets and smartphones. These physically reflect or scatter UV rays and visible light.

2. Reduce exposure to bright light when you are indoors

   · Avoid staying physically close to bright indoor lightings for prolonged periods of time and try blue-light filters. Blue-light filters are available as screen protectors, or as a separate blue-light filter that can be used on electronic devices like tablets and smartphones. These physically reflect or scatter UV rays and visible light.

3. Have a healthy diet

   · Include foods that include fruits, vegetables rich in antioxidants such as lieten and asparagus. These foods include carrots, tomatoes, corn, pumpkin, dark green leafy vegetables and broccoli.

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