

LiveWell Baby Advisory Board

Obstetrics & Gynaecology

1 • Dr Ann Tan is currently Consultant in Obstetrics & Gynaecology, and Clinical Director at the Women & Fetal Centre. A Public Service Commission Scholar, Dr Tan was formerly the Chief of Fetal Maternal Medicine at the Department of Obstetrics & Gynaecology, Singapore General Hospital (SGH). She is also a devoted mother of three.

2 • Dr Julianah Abu Wong is currently a Visiting Consultant to the Centre of Assisted Reproduction (CARE) and the Male Fertility Clinic at the Singapore General Hospital. Dr Wong has, over the years, researched extensively in the area of sub-fertility management for both the male and female. She is also active in the management of female sexual dysfunction.

3 • Dr Choo Wan Ling is a Consultant Obstetrician and Gynaecologist with the Pacific Specialist Practice. Winner of the IV Asian Obstetrics and Gynaecology Congress Gold Medal (2000), Dr Choo is also a member of the American Academy of Aesthetic Medicine in the US and a member of the Sexology and Andrology Society of Singapore.

Dermatology

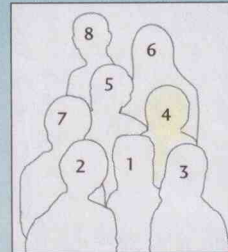
4 • Dr Wong Su-Ni is a Consultant Dermatologist with Pacific Specialist Practice. Her subspecialties include Dermatologic & Laser Surgery and Psoriasis & Phototherapy. Dr Wong is actively involved in teaching, from medical students to medical practitioners, in the Graduate Diploma in Family Practice Dermatology course.

Paediatrics

7 • Dr Irene Chan Lai Yeen, a Consultant Paediatrician with over 20 years of medical experience, is one of the first fully-trained paediatric intensivists in Singapore. Dr Chan is also the recipient of the Healthcare Humanity Award in 2006, in recognition for her work with children.

Child Psychiatry

8 • Dr Ken Ung Eng Khean is currently a Senior Consultant and Child, Adolescent & Adult Psychiatrist & Psychotherapist. He has been practicing psychiatry for 17 years. Dr Ung specialises in Eating Disorders and Obesity; Child & Adolescent Psychiatry; Stress, Anxiety & Depression; Psychotherapy (Cognitive-behaviour therapy).



Dental Care

5 • Dr Chung Kong Mun is currently a visiting consultant at NUH and SAF Medical Corps, and a part-time lecturer at NUS. Dr Chung is also an Internal Examiner for MDS degree in Periodontology, NUS.

6 • Dr Yeo Siang Khin specialise in endodontics, prosthodontics, aesthetic dentistry, restorative dentistry, children's dentistry, periodontics and minor oral surgery.

Many thanks to the following medical professionals who have contributed their expertise, time and effort to make LiveWell Baby Vol 1 a success!

babycare

Common skin problems in babies and children

LiveWell Baby speaks with Dr Wong Su-Ni, Consultant Dermatologist, Pacific Specialist Practice, as she familiarises you with the ABC's of common skin problems in babies as well children.

It's common for babies and children to be smacked by skin problems. Before you press the panic button, here is an almost A-Z guide on common skin problems and what you can do to manage them.

During Infancy...

Acné Acnes are common in infants. This is due to hormones passed from the mother to the baby. It may range from blackheads, whiteheads, to red pimples or pus-filled pimples, and will usually resolve in a few months.

Birthmarks Congenital pigmented nevi (CPN) are dark brown birthmarks noted at birth or in the first few months of life and are usually covered by dense hair. Small CPN are not at greater risk of conversion to skin cancer than normal moles, but giant ones more than 20cm in diameter may progress to melanoma (a skin cancer) in childhood or adolescence. Red birthmarks range from "stork's bites" commonly found on the face and back of neck, which resolve with time, to "port-wine stains", which affect only one side of the face, which gradually increase in intensity and elevation with time, but can be effectively treated with lasers treatment.

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Diaper dermatitis

Rashes in the diaper area are usually due to a combination of factors: irritation by frequent contact with urine and feces, humidity, and occlusion from diapers, and overwashing with strong soap or soap-containing wet wipes. The skin on the convex surface of the buttocks is particularly vulnerable.

Cradle cap

These are greasy skin flakes on the scalp, sometimes 'glued' together by sebum to form a thick yellowish 'cap'. This is very common in infants. Olive or baby oil applied liberally half an hour before bath, helps to soften the scales, making it easier to remove with a rough towel or soft-bristled toothbrush - bit by bit. Gentle rubbing will not hurt the baby's soft spot or brain.



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