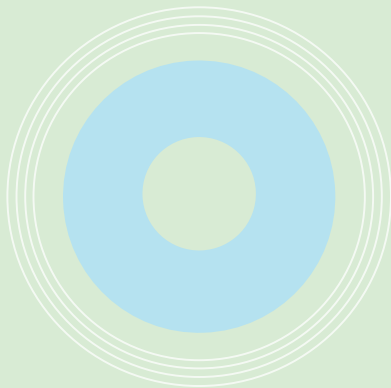


Specialist Clinics & Surgical Services



We Redesign Healthcare With And For Humanity

Alex Purpose Statement

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About Alexandra Hospital

Part of the National University Health System (NUHS) since June 2018, Alexandra Hospital (AH) is Singapore's first integrated general hospital that provides a single continuum of care across different care settings. We aim to provide a holistic care journey for our patients, from diagnosis, treatment, rehabilitation to discharge through our five key clinical programmes.



Be Better

PREVENTIVE CARE

Take the first step towards health empowerment and prevention with our **Well Programme** by being proactive with screening, exercise and treatment.



Age Better

ELDER CARE

Clinic K (Healthy Ageing Clinic)
Our **Healthy Ageing Programme** cares for the elderly's mind, mobility and sensory, orthopaedic and other geriatric and social needs holistically.



Get Better

ACUTE CARE

24-Hour, Walk-in Urgent Care Centre
The **FAST Programme** looks at emergency treatment from acute, sub-acute to rehabilitative care at our integrated wards.



Cope Better

SUPPORTIVE AND PALLIATIVE CARE

Champions for compassionate care and quality of life, at every age and at every stage, our **Supportive and Palliative Care Programme**:

- Enables and empowers everyone to care.
- Encourages caring across boundaries.
- Creates caring systems.
- Helps all to live well before leaving well.



Live Better

CHRONIC CARE

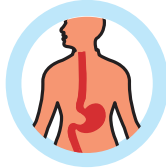
Clinic J (Integrated Care Clinic)
The **Chronic Programme** led by one doctor and one care team consolidates a patient's multiple conditions and treatment plans including medication and rehabilitation regime, into one appointment.

We provide a wide range of outpatient medical care at our various outpatient clinics and a full suite of specialist surgical services which support our five clinical programmes.

Our experienced specialist doctors at our Centres and Clinics are focused on delivering quality care to patients through collaboration and comprehensive evaluation, diagnosis and management of conditions and diseases



Ear, Nose And Throat Centre (ENT Centre)



Endoscopy Centre



Eye Surgery Centre



General Surgery Clinic



Gynaecology Clinic



Hand and Reconstructive Microsurgery Clinic



Neurosurgery Clinic



NUCOHS Dental Clinic @ AH



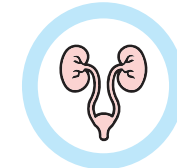
Orthopaedic Centre



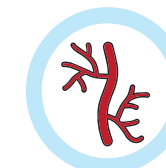
Plastic, Reconstructive & Aesthetic Surgery Clinic



Thoracic Surgery Clinic



Urology Clinic



Vascular Clinic



24-HR Urgent Care Centre

Ear, Nose And Throat Centre (ENT Centre)



The Ear, Nose and Throat Centre (ENT Centre) at Alexandra Hospital is equipped with audiology services such as hearing assessment and hearing aid fittings to diagnose and manage hearing loss conditions.

The Centre can diagnose and provide essential support in the assessment and management of speech and swallowing disorders.

Common Conditions We Treat:

- Allergic Rhinitis
- Sinusitis
- Nasal Polyps
- Epistaxis
- Hearing Loss
- Peripheral Vertigo
- VII Nerve Palsy
- Chronic Suppurative Otitis Media
- Thyroid Masses
- Salivary Gland Neoplasms
- Nasopharyngeal Cancer
- Head and Neck Malignancies
- Voice Hoarseness
- Snoring
- Obstructive Sleep Apnea

Services We Provide:

- Hearing Assessment
- Hearing Aids
- ENT Allergy Testing and Immunotherapy
- Rhinology Service
- Otology Service
- Head and Neck Surgery Service
- Laryngology Service
- Sleep Surgery Service

Contact: +65 6379 3230

Location: Zone C, C01-01, ENT Centre

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_ENT@nuhs.edu.sg



Endoscopy Centre



The Endoscopy Centre at Alexandra Hospital can support high quality diagnostic and therapeutic Endoscopy procedures for patients who require treatment for gastrointestinal, respiratory and urology conditions, either electively or as an emergency.

The Centre provides services for patients referred from a Specialist Outpatient Clinic, wards in Alexandra Hospital as well as direct access from a polyclinic/GP on a planned and unplanned basis.

Common Conditions We Treat:

- Gastroesophageal Reflux Disease
- Dysphagia
- Dyspepsia
- Gastritis
- Constipation
- Modification of Bowel Habits
- Loss of Weight and Loss of Appetite

Services We Provide:

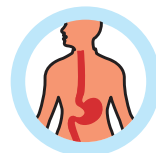
- Oesophago-Gastro-Duodenoscopy (OGD)
- Colonoscopy
- Rubber Band Ligation of Piles
- Sigmoidoscopy

Contact: +65 6379 4240 / 4241 /4242

Location: Zone D, D01-05, Endoscopy Centre

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_Endoscopy@nuhs.edu.sg



Eye Surgery Centre



Alexandra Hospital Eye Surgery Centre uses modern techniques and instruments to achieve eye wellness and to manage eye diseases. We provide one-stop seamless experience for patients undergoing cataract surgery.

Common Conditions We Treat:

- Age-related Macular Degeneration Conditions
- Cataract
- Diabetic Retinopathy
- Glaucoma
- Other Non-Emergency Eye Diseases and Vision Disorders

Services We Provide:

- Investigations, Treatment and Management of Eye Conditions

Contact: +65 6379 3315

Location: Zone C, C02-01, Eye Surgery Centre

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_Eye@nuhs.edu.sg



General Surgery Clinic



The General Surgery Clinic at Alexandra Hospital operates on a newly designed concept of integrated care clinics that ensures shorter waiting times for surgical conditions.

Common Conditions We Treat:

- Breast Diseases
- Colorectal Diseases including Malignancies
- Hepato-Pancreato-Biliary Diseases
- All Abdominal Wall Hernia
- Thyroid and Endocrine Diseases
- Upper Gastro-Intestinal Diseases including Malignancies
- Lumps and Bumps
- Hemorrhoids and Perianal Conditions
- Morbid Obesity and Related Metabolic Conditions

Services We Provide:

- Minimally-Invasive Surgery for Abdominal Wall Hernia
- Laparoscopic Cholecystectomy
- Breast Surgery
- Thyroidectomy Surgery
- Excision Biopsy for Lumps
- Drainage of Abscess
- Thoracic Sympathectomy
- U/S-Guided Fine Needle Aspiration
- Surgery for Gastro-Esophageal Reflux Disease
- Assessment and Investigation Tumours
- Weight Management and Surgery

Contact: +65 6908 2222

Location: Zone B, B02-01, Clinic K, Healthy Ageing Clinic

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_GS_clinic@nuhs.edu.sg



Gynaecology Clinic



The Gynaecology Clinic at Alexandra Hospital provides early and comprehensive evaluation, diagnosis and management of common gynaecological conditions. Health promotion and disease prevention strategies are embedded in care and involve a multidisciplinary approach.

Common Conditions We Treat:

- Genital tract infections & pelvic pain
- Endometriosis / adenomyosis
- Abnormal uterine bleeding
- Polycystic ovary syndrome
- Endometrial hyperplasia
- Fibroids
- Genital tract polyps
- Benign ovarian cysts
- Pre pregnancy & fertility concerns
- Emergency contraception
- Non-Emergency contraception
- Menopause and premature menopause
- Genital prolapse
- Incontinence
- Sexual problems

Prevention Services:

- Well woman screening
- Cervical screening
- HPV vaccination

Contact: +65 6908 2222

Location: Zone B, B02-02, Clinic J, Healthy Ageing Clinic

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_ICareClinic@nuhs.edu.sg



Hand and Reconstructive Microsurgery Clinic



The Hand and Reconstructive Microsurgery (HRM) Clinic at Alexandra Hospital provides comprehensive management of all trauma and diseases involving the hand, wrist and upper limb.

Common Conditions We Treat:

- Carpal Tunnel Syndrome
- DeQuervain's Tenosynovitis
- Finger, Hand and Wrist Injuries
- Hand Infections
- Hand and Wrist Pain
- Hand and Wrist Fractures
- Hand and Wrist Arthritis
- Upper and Lower Limb Traumas
- Masses and Suspected Benign Neoplasms

Services We Provide:

- Hand Therapy Services
- General Hand Surgery
- Amputation

Contact: +65 6379 4020

Location: Zone D, D01-02, Orthopaedic Centre

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_Ortho@nuhs.edu.sg



Neurosurgery Clinic



The Neurosurgery Clinic at Alexandra Hospital provides expertise covering a comprehensive range of open and minimally invasive neurosurgical brain, spine and peripheral nerve procedures.

Common Conditions We Treat:

- Scalp Lumps and Bumps
- Head/ Spine Injury
- Benign and Malignant Brain Tumors
- Brain Metastases
- Haemorrhagic Stroke
- Brain and Spinal Arteriovenous Malformation
- Aneurysms Hydrocephalus
- Trigeminal Neuralgia
- Hermitic Facial Spasm
- Spasticity
- Neck Pain
- Back Pain
- Benign and Malignant Spinal Tumors
- Cervical and Lumbar Spondylosis
- Prolapsed Intervertebral Disc
- Carpal Tunnel Syndrome
- Ulnar Nerve Syndrome

Services We Provide:

- Spine Surgery
- Peripheral Nerve Surgery
- Gamma knife Radiosurgery
- Motion Preserving Minimally Invasive Spine Unit (MMSU)

Contact: +65 6379 4020

Location: Zone D, D01-02, Orthopaedic Centre

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_Ortho@nuhs.edu.sg



NUCOHS Dental Clinic @ AH



Our Dental Clinic specialises in the management of the oral health of geriatric patients with complex medical conditions, including physical disabilities and neurocognitive conditions. The range of dental services provided by our diverse team of dental professionals aims to improve the oral health-related quality of life of our elderly patients. All patients will receive individualised care with special focus on their medical complexities, along with cognitive and functional abilities, to deliver an oral care plan that matters most to them.

Common Conditions We Treat:

- Toothache
- Tooth Cavities (Dental Caries)
- Gum Diseases and Loose Teeth (Periodontal Disease)
- Missing Teeth
- Chewing Difficulties

Services We Provide:

- Preventive Dentistry
- Restorative Dentistry
- Extractions
- Crowns and Bridges (Fixed Prosthodontics)
- Dentures (Removable Prosthodontics)
- Root Canal Treatment (Endodontic Treatment)

Contact: +65 6379 3700

Location: Zone D, D01-01, NUCOHS Dental Clinic @ AH

Operating Hours:

8.00am to 5.30pm (Mondays to Thursdays)

8.00am to 5.00pm (Fridays)

Closed on weekends and PH

Email: AH_Dental@nuhs.edu.sg



Orthopaedic Centre



The Orthopaedic Centre at Alexandra Hospital provides diagnosis, treatment and rehabilitation for individuals with degenerative joint injuries, as well as sports related injuries and problems.

Common Conditions We Treat:

- Ankle Arthritis
- Ankle Instability
- Degenerative Spine Disease
- Hallux Valgus
- Hip Arthritis
- Knee Arthritis
- Minor Fractures
- Rotator Cuff Tears
- Shoulder Instability

Services We Provide:

- Adult Reconstruction Surgery
- Sports Surgery
- Spine Surgery
- Foot and Ankle Surgery
- Hand and Wrist Surgery

Contact: +65 6379 4020

Location: Zone D, D01-02, Orthopaedic Centre

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_Ortho@nuhs.edu.sg



Plastic, Reconstructive & Aesthetic Surgery Clinic



The Plastic Surgery Clinic at Alexandra Hospital provides a diverse spectrum of medical treatment ranging from burns, complex and chronic wounds and reconstruction affecting the face and body. This includes the management of emergency, post-trauma and other chronic complications to help patients repair, reconstruct and replace any physical defects of both form and function.

We also manage conditions related to congenital and medical disorders such as cancer, infection, lymphedema, cranio-maxillofacial structures, musculoskeletal system, breasts, trunk and extremities.

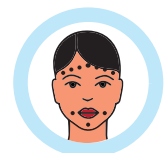
Common Conditions We Treat:

Breasts

- Post-Cancer Reconstruction
- Nipple Reconstruction
- Gynecomastia
- Breast Reduction / Mastopexy
- Breast Augmentation (e.g. Poland's Syndrome)

Cranio-Maxillofacial

- Facial Fractures (includes Frontal Sinus, Zygomaticomaxillary, Orbital, Nasal and Mandibular Fractures)
- Orthognathic Surgery
- Ptosis Correction
- Corrective Rhinoplasty
- Facial Reanimation



Plastic, Reconstructive & Aesthetic Surgery Clinic



Extremities

- Trauma
- Post-Cancer Reconstruction
- Post-Infection Reconstruction
- Lymphedema

Head & Neck

- Post-Cancer Reconstruction
- Post-Infection Reconstruction
- Trauma
- Parotid Surgery

Skin

- Burns
- Skin Cancer
- Lump & Bumps
- Scar management
- Hemangiomas & Vascular
- Malformations
- Tissue Expansion
- Fat Grafting

Trunk & Pelvis

- Hernia & Burst Abdomen Repair
- Post-Cancer Reconstruction
- Post-Infection Reconstruction
- Trauma
- Rib Fracture Fixation
- Body Contouring Surgery
(e.g. Post-Massive Weight Loss)

Wound Care

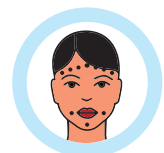
- Complex & Chronic Wounds
- Pressure Sores
- Diabetic Ulcers
- Arterial Ulcers
- Venous Ulcers
- Neuropathic Ulcers

Contact: +65 6908 2222

Location: Zone B, B02-01, Clinic K, Healthy Ageing Clinic

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_GS_clinic@nuhs.edu.sg



Thoracic Surgery Clinic



The Thoracic Surgery Clinic in Alexandra Hospital provides expertise and consultation on a range of surgical conditions in the lung and chest. Our specialist are adept in performing both minimally invasive as well as open surgeries.

Common Conditions We Treat:

- Tumours or Cancers in the Lung, Chest, and Mediastinum (Lung Cancers or Mediastinal Tumours)
- Collapsed Lung (Pneumothorax)
- Fluid around the Lung (Effusion or Empyema)
- Chest Wall Deformity (Pectus Excavatum)
- Sweaty Palms (Hyperhidrosis)

Services We Provide:

- Uniportal Video-Assisted Thoracic Surgery (UVATS)
- Video-Assisted Thoracic Surgery (VATS)
- Open Thoracotomy

Contact: +65 6908 2222

Location: Zone B, B02-01, Clinic K, Healthy Ageing Clinic

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_GS_clinic@nuhs.edu.sg



Urology Clinic



The Urology Clinic at Alexandra Hospital focuses on the delivery of specialised surgical care in all major aspects of urology for both men and women.

Common Conditions We Treat:

- Benign Prostate Hypertrophy
- Erectile Dysfunction
- Urological Cancers Diagnosis and Assessment for Kidney, Bladder and Prostate
- Urinary Incontinence
- Urinary Stones
- Urinary Tract Infections

Services We Provide:

- Uroflowmetry Assessment
- Cystoscopy
- Point-of-Care Ultrasound
- Circumcision
- Vasectomy
- Scrotal Surgeries
- Men's Health Clinic

Contact: +65 6908 2222

Location: Zone B, B02-01, Clinic K, Healthy Ageing Clinic

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_GS_clinic@nuhs.edu.sg



Vascular Clinic



Our Vascular Clinic is a specialised unit that provides treatment for a comprehensive range of vascular diseases. Our specialists are adept in performing both minimally invasive as well as traditional open vascular and endovascular surgeries and operate on a newly designed concept of integrated care clinics that ensures shorter waiting times for vascular conditions.

Common Conditions We Treat:

- Arteriovenous Malformations
- Asymptomatic Aortic Aneurysm
- Carotid Stenosis
- Chronic Venous Insufficiency
- Diabetic Foot Ulceration
- Dialysis Access Dysfunction
- Peripheral Arterial Disease
- Post thrombotic Syndrome
- Renal Artery Stenosis
- Thoracic Outlet Syndrome
- Varicose Veins

Services We Provide:

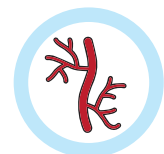
- Peripheral Vascular Disease
- Chronic Venous Insufficiency
- Diabetic Foot and Abscess Surgery

Contact: +65 6908 2222

Location: Zone B, B02-01, Clinic K, Healthy Ageing Clinic

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_GS_clinic@nuhs.edu.sg



Urgent Care Centre



The hospital's 24-hour Urgent Care Centre provides immediate medical attention to patients with acute and urgent medical conditions.

Our multi-disciplinary team is well-trained to provide quality and personalised care, in the same ward, same bed and by the same primary care team.

Contact: +65 6908 2222

Location: Zone A, A01-05, Urgent Care Centre

Operating Hours: 24 Hours

Email: AH_Enquiries@nuhs.edu.sg



Access to Care at Alexandra Hospital

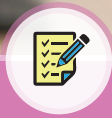
Patients can be referred to Alexandra Hospital in the following ways:

- Self-referral or walk-in through our Urgent Care Centre.
- Via appointment@nuhs.edu.sg with referral letter from a General Practitioner (GP), or Polyclinic. To include any specification or patient's request (e.g. doctor by name, gender, rank, etc)
- Direct re-admission through our **CareHub@Alexandra Hospital hotline 8181 3288** for our existing patients, caregivers, and community partners.

Patients to bring along:

- NRIC or passport (for foreigners).
- Medical Benefits Identification Documents (e.g. Civil Service Card, Medical Benefit Identification Memo or Blood Donor Card).
- Valid work permit for employment pass and letter from their employer if they are a foreigner working in Singapore.
- Appointment card (for second and subsequent visits).
- CHAS referral form
- GP/polyclinic referral letter





Virtual Care Hotline



8181 3288

Medical care just a call away

Please call this hotline for medical related enquires only, this will help us respond faster to those with a medical need. For change of appointment, billing and other non-medical requests, please call 6908 2222.

Virtual Care Centre

Alexandra Hospital's Virtual Care Centre is a medical helpline staffed by our Care Team, who will be able to advise and link you up with healthcare services based on your care needs after discharge. Our Virtual Care Centre is currently open to all existing patients of Alexandra Hospital. Patients are automatically registered for this service.

How It Works



1

For follow-up care only, call us at **8181 3288**.
Operating Hours:
Mondays – Fridays
(excluding Public
Holidays),
9am-5.30pm.

2

Let our Care Team know about your medical condition.



3

Our Care Team will assess your condition and advise you on the most appropriate treatment.





EMBRACE by Alexandra Hospital is a community based one-stop geriatric services hub providing comprehensive care to eligible seniors aged 65 years and above.

Are you 65 years old and above?
Get a one-stop assessment by our
Alexandra Hospital's **EMBRACE** team to
help you age confidently, healthily and
positively.

您是否已年滿或已逾65歲? 您可到亞歷山大醫院
EMBRACE 團隊進行一站式評估, 助您自信、
健康、積極地走向高齡歲。

Adakah anda berumur 65 tahun ke atas?
Dapatkan penilaian sehati oleh pasukan
EMBRACE di Alexandra Hospital untuk
membantu anda menua dengan yakin, sihat
dan positif.

65 வயது அல்லது அதற்கும் மேற்பட்டவரா?
நீங்கள் ஆரோக்கியமாகவும்
ஆக்கப்பூர்வமாகவும் நம்பிக்கையுடனும்
முதுமையடையத் துணைபுரியும் வகையில்,
எங்கள் அலெக்ஸாண்ட்ரா
மருத்துவமனையின் EMBRACE குழு வழங்கும்
முழுமையான பரிசோதனையை ஒரே
இடத்தில் பெற்றீடுங்கள்.

WE OFFER



Memory screening



**Falls/Fragility fracture risk/
Functional assessment
Fear of falls assessment**



Nutrition screening



Caregiver support



Psychosocial assessment



Medications review



**Discussions about wishes
and preferences for your
future care**



AH_GSH@nuhs.edu.sg



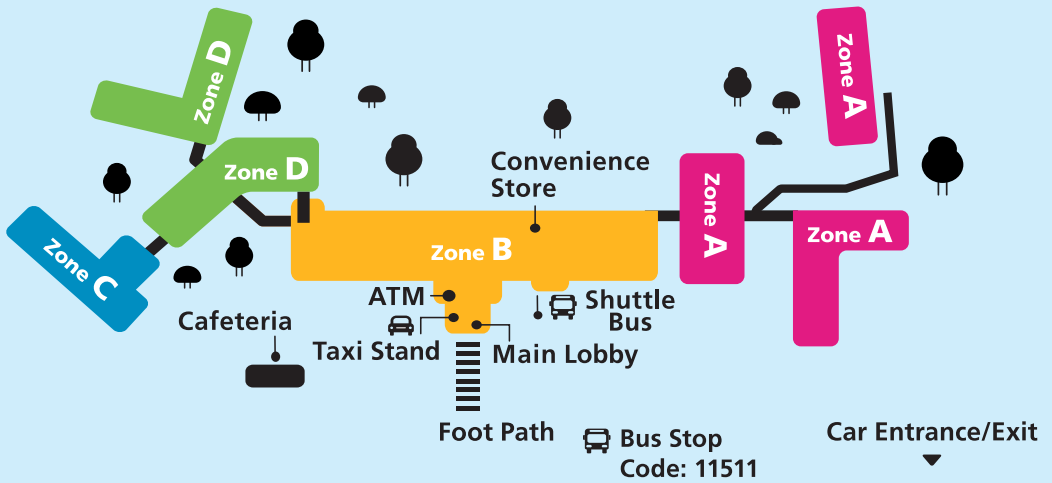
Please call our customer service line at
1800-CALL GSH (1800 225 5474). Available
from 8.30am to 5.30pm, Monday to Friday
(excluding public holidays).



Queenstown Polyclinic
580 Stirling Rd, Singapore 148958

Lions Befrienders @ 18 Ghim Moh
18 Ghim Moh Rd, #01-115 Block 18, Singapore 270018

Lions Befrienders Active Ageing Centre (AAC)
Blk 420A, Clementi Ave 1, #02-03, Singapore 121420



Scan the QR code to see the full directory of facilities!