

In becoming a developed and affluent nation, Singapore's healthcare needs have also changed. People are not only living longer; they desire a better quality of life. Staying healthy, active, as well as looking good, are now in demand, and hence, lifestyle medicine is now an integral part of medical care.

#### TRENDS IN LIFESTYLE MEDICINE

Unlike conventional medicine, which focuses on the treatment of a diseased state, lifestyle medicine adopts a scientific but holistic approach to enhance physical and mental well-being.

Treatments can range from active anti-aging therapies to aesthetic medicine used to improve a person's physical appearance.

In the past, the only way to look younger was to go under the surgeon's knife, which was considered expensive and for well-heeled individuals only. Downtime was also significant.

*Most of the aesthetic clinics under the Wen & Weng Medical Group are located in or around the Central Business District, and see a large number of busy professionals and executives.*

Wen & Weng Medical Group are located in or around the Central Business District, and see a large number of busy professionals and executives who want aesthetic treatment with the following criteria – safe, effective, minimal downtime and quick results.

Many of our patients feel that working longer and longer hours has taken a toll on

Internal rejuvenation can start simply with having a good balanced diet and regular exercise, as well as identifying potential risk factors for certain diseases and taking steps to cut down those risks.

#### THERAPIES IN POINT

Wen & Weng sees a lot of patients who want facial rejuvenation and to solve their pigmentation problems. Younger patients can request facial and body sculpting, hair reduction, or improvement of acne conditions. Many a time we adopt a combination approach, using more than one form of treatment modality for our patients' needs.

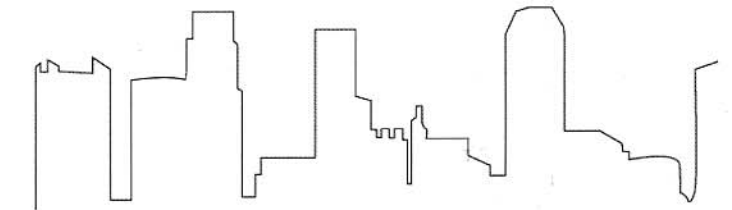
Take the case of a 50-year-old banker who felt that he looked aged. His face was sagging, and he had pigmentation spots (solar lentigines) and deep lines on his forehead. He also presented a lack of energy, libido and passion for life.

For treatment, we performed two sessions of Titan® non-invasive face lifting for tighter facial skin, followed by a series of fractional skin resurfacing procedures to improve texture and pigmentation, and also introduced Botox® to ease the deep lines on his forehead.

For other conditions, andropause (a decrease in testosterone levels) was suspected, and so a thorough medical examination and blood tests



Botulinum type A injections help relax facial wrinkles.



# LIFESTYLE MEDICINE

by Wen & Weng Medical Director, Dr. Chee Yew Wen.



Dr. Chee Yew Wen, Medical Director, Wen & Weng

Today, with the plethora of non-invasive and minimally invasive therapies, the fear of aesthetic medicine has become a thing of the past. Treatment has also become less expensive with more doctors trained to deliver new, effective and safe technologies, with little downtime and side effects.

#### WEN & WENG AESTHETICS

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and Weng Medical Group are located in or around the Central Business District, and see a large number of busy professionals and executives who want aesthetic treatment with the following criteria – safe, effective, minimal downtime and quick results.

Many of our patients feel that working longer and longer hours has taken a toll on their bodies and faces. A significant number travel extensively, which causes jet lag and sleep deprivation.

We have noticed that when they look better after treatment, they exude more confidence. They also often say they feel better about themselves and perform better at work and in their personal lives. When it comes to aesthetics, I firmly believe that internal rejuvenation is equally as important as external rejuvenation. I tell my patients that Wen & Weng can do all we can to make them look good externally, but if they do not have good lifestyle habits, our help is like throwing a new paint job on a car that is 20-years-old and has a sputtering engine.

were done. After finding that his testosterone levels were indeed low, we performed testosterone replacement therapy and he reported better energy levels and better libido. He was also counselled on stress management and encouraged to do regular but moderate exercise. The result was a more energetic and confident looking professional who felt better inside and out.

Or take the case of the 30-year-old executive who had just given birth. She felt that facial pigmentation had worsened after pregnancy and that although she had lost a lot of weight, there were difficult-to-lose fat areas around her thighs and lower abdomen that were resistant to exercise. We recommended intense pulsed light, or IPL, creams to help her melasma, and laser lipolysis for localized fat reduction.

These are some of the growing number of people who are embracing aesthetic medicine at Wen & Weng with confidence.

Wen & Weng Medical Group is one of the largest aesthetic medical groups in Singapore with five clinics island wide. Our mission is to provide safe, effective, and affordable aesthetic treatments to our clients in Singapore and the region. Visit [www.wen-weng.com.sg](http://www.wen-weng.com.sg) for more information.



IPL and microdermabrasion are effective to treat acne.



SmartLipo helps to remove resistant fat.