

Women's Health Services

General Women's Health

Female Cancer Screening & Vaccination

- Breast cancer screening
- Pap smear and HPV DNA testing
- HPV Vaccination

Menstrual Issues

- Irregular menses
- Heavy or painful periods

Weight Management

- Dietary advice
- Exercise prescription
- Medical adjuncts

Female STD Screening & Treatment

- Diagnosis & treatment of various STDs
- HIV testing

Family Planning & Maternal Health

Contraception & Family Planning

- Pills, patch, injections
- Emergency contraception

Women's Fertility and Pregnancy

- Premarital/ Preconception screening
- Pregnancy test

Postpartum & Maternal Health

- Postnatal checkup at 6 weeks
- Screening for post-natal depression
- Breastfeeding support
- Maternal and infant check and follow up
- Family planning discussion and services

Empowered Women, Empower Women

Take charge of your health matters today

**Check your
eligibility
for subsidised
screening**



links to healthhub



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for you**

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appointment
today**



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Empower Yourself in Health & Wellness

Women's health is complex and multifaceted, so it's important to take a comprehensive approach.

While it's crucial to stay informed about the most common health risks that women face, such as breast cancer, it is also important to address other everyday health issues like PMS, birth control, fertility, and menopause.

By educating yourself and those around you, you can take simple preventive health measures to live and age gracefully and set an example for others and inspire positive change.

Breast Cancer Screening

Guidelines for Breast Cancer Screening by Age

Age	Breast Self-Examination	Mammogram
30-39	Once a month (a week after menses)	-
40-49		Speak to our doctor about benefits and limitations of a mammogram at this age. If screening is recommended, it should be done yearly.
50 and above		Mammogram once every 2 years.

Consult our doctors to find out more about the suitable screening or self examination

Our services

- Breast examination and assessment by female doctor
- Breast self-examination training and counseling
- Breast imaging studies (Mammogram & Ultrasound)

Cervical Cancer Screening & Vaccination

Pap Smear (Thin prep) Screening

A pap smear (thin prep) is a simple life-saving procedure that allows the detection of early cervical cancer and prevents the progression to more invasive cancer.

HPV Testing

The Health Promotion Board and the Singapore Cancer Society recommends that all women above the age of 30 receive routine HPV testing. This helps to identify patients who are likely to develop cancer before they actually have it.

HPV Vaccination

Prevention of high risk HPV is now possible with the HPV Vaccine. The vaccine provides protection against strains of HPV that cause cancer and warts.



Contraception

Types of contraception available at our clinics include shorter acting reversible methods such as patches or pills, as well as emergency contraception. Schedule a consultation with our doctors to find out about the various contraceptive methods and which may be most suitable for you.

Type of Contraception	Components	Frequency
Combined Oral Contraceptive pills (various brands)	Both Estrogen and Progestogen hormones	Taken daily
Evra patch	Both Estrogen and Progestogen hormones	Changed weekly
Depo-Provera injection	Progestogen	Every 12 weeks

Premarital & Preconception Screening

Pre-marriage or pre-pregnancy screening helps couples detect any underlying infections or genetic conditions, ensuring they are in their best health before starting a family. It enables early treatment and planning to take place, leading to better preparedness.

Weight Management

Obesity is a key contributor to a group of conditions known as metabolic syndrome. It includes other risk factors such as high cholesterol, high blood pressure and diabetes. With these chronic conditions, people are more likely to develop many diseases including heart diseases, strokes and peripheral vascular disease.

Our programme comprises private sessions with our team of doctors, nurses, nutritionists and fitness consultants to tailor-make solutions and help you achieve your weight goals.

Schedule a consultation with our doctors to find out the

preventive health measures you can take to live and age gracefully

Services		Price
Breast Cancer Screening	Mammogram	\$98.00
	Ultrasound Breast	\$91.00
Cervical Cancer Screening	Thin Prep Pap Smear	\$88.00
	HPV DNA Screening	\$240.00
	HPV DNA Screening + Thin Prep	\$280.00
Cervical Cancer Vaccines	Gardasil 9	\$260.00
	Gardasil 9 (Package of 3)	\$750.00
Weight Management	5 weeks programme	\$495.00
	17 weeks programme	\$1,615.00
	25 weeks programme	\$2,250.00
Specialised Health Screening	Premarital, Preconception Health (Female)	\$488.00

Find out more about the services and screenings from our clinics

All prices exclude GST. as of Dec 2023.

Prices subject to change without prior notice

