

(continue from page 1)

The reward reinforces NHG's commitment to make Quality our hallmark and competitive edge, in our quest to fulfill our vision of 'adding years of healthy life'. It is this same quality and excellence, learnt from and benchmarked against the best practices across a multitude of industries that underpins our commitment to our GP Partners across the island and to our patients whom we care for together.

We go from strength to strength!

This article is contributed by Dr Loke Wai Chiong, Director, Clinical Manpower, Quality & Resource Management, National Healthcare Group

The charming and historic city of Muenster (pronounced "Myoon ster") is home to 280,000 residents, including 55,000 students enrolled in six universities and colleges. Muenster is named for the monastery around which it grew, founded in the year 793. The city played a part in the Reformation, when the Anabaptists waged war in the 1500s. The city was largely destroyed during World War II, and was rebuilt following faithfully the old plans to restore its historical appearance. With 500,000 bicycles registered in Muenster, the town claims nearly two bikes for each resident, and has been called the "Bicycle Capital of Germany". Window-shopping along Prinzipalmarkt, browsing local produce at Domplatz (Cathedral Square) Saturday Market, dodging speeding bicycles along cobblestone roads – all made for an unforgettable experience.



The charming sights of the historic city Muenster in Germany



(continue from page 9)

In conclusion, "droopy eyelids" may be due to a myriad of causes each acting alone or in combination. A thorough examination is mandatory to elucidate the cause(s) to be treated. Referral to an Oculoplastic (eye plastic) surgeon may be considered if the droopy eyelid poses significant functional and/or cosmetic concern to the patient.

(continue from page 12)

Recommendations to minimise *P. acnes* resistance

1. Avoid antibiotics if other drugs like benzoyl peroxide or topical retinoids are effective
2. Prescribe antibiotics for an average of six months
3. Use the same antibiotics if re-treatment is required
4. Use antibiotics for at least two months before switching due to poor therapeutic response
5. Consider oral isotretinoin if several antibiotics have been tried without success
6. Avoid concomitant use of chemically-dissimilar oral and topical antibiotics
7. Combine the use of antibiotics with benzoyl peroxide or topical retinoids
8. Engage in patient education to improve adherence to prescribed regimen