

CMEINSIGHT

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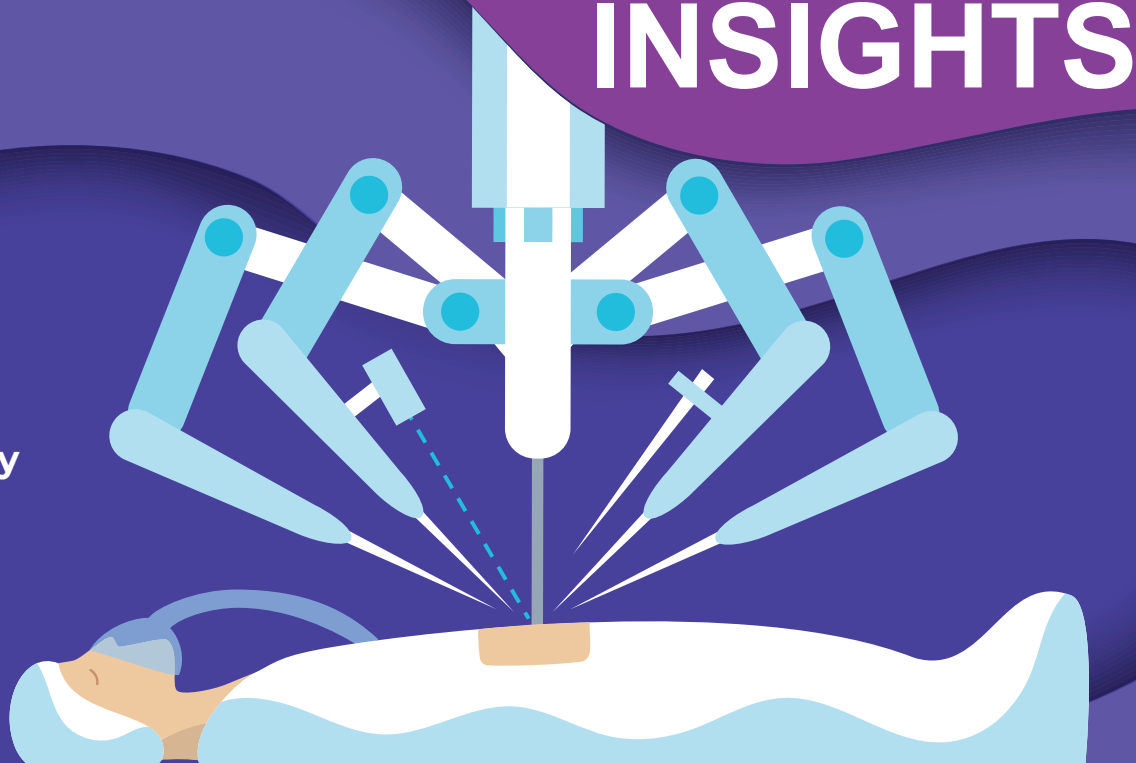
SURGICAL INSIGHTS

Robotic Surgery

Varicose Veins

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Dear Readers,

This issue celebrates the intersection of expertise, innovation, and compassion in modern healthcare. From restoring sight to pioneering surgical techniques and personalized patient care, these stories reveal how medical advancements are pushing the boundaries of possibility and shaping a healthier, more hopeful future for all.

Delve into the cutting-edge world of robotic surgery with Dr Sulaiman Yusof, where precision, minimal invasiveness, and superior visualization are reshaping the future of surgery. These advancements are driving faster recoveries and enhancing the patient experience.

Dr. Tang shares his research insights and pioneering hybrid techniques such as using endovenous microwave ablation for better results and less pain in Asian patients. His combination therapy, called “VenoWave,” has successfully treated over 100 patients.

The Straits Eye Centre's dedication to providing accessible, high-quality eye care stands out, offering renewed hope and clarity to many. Dr. Jason Lee and Dr. Jayant V Iyer explore the world of eye health, focusing on the widespread challenge of cataracts and the life-changing benefits of modern cataract surgeries.

In our lifestyle section, we take a closer look at the luxury care industry, where maintaining the beauty of designer bags is an art. Dr. Bags, with its expert team, emerges as a protector of these valued items, ensuring they stay immaculate and stand the test of time.

We hope you enjoy these inspiring stories as much as we did collect them.

**Editorial Team,
CMEINSIGHT**

Treatment of Varicose Veins & Chronic Venous Insufficiency in Singapore



Dr Tang Tjun Yip

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Senior Vascular and General Surgeon
The Vascular & Endovascular Clinic

Dr Tang Tjun Yip is an accomplished Vascular and General Surgeon, having performed more than 500 vascular operations every year for the past 12 years.

Dr Tang is a former Senior Consultant at SGH's department of vascular surgery. He helped establish the vascular service at Sengkang General Hospital and co-founded the Society of Vascular and Endovascular Surgery of Singapore.

Also an accomplished researcher, Dr Tang has written or co-authored 300+ peer-reviewed publications and has 10 book chapters and 5 books to his name. He was appointed Research Director of the SingHealth Duke-NUS Vascular Centre.

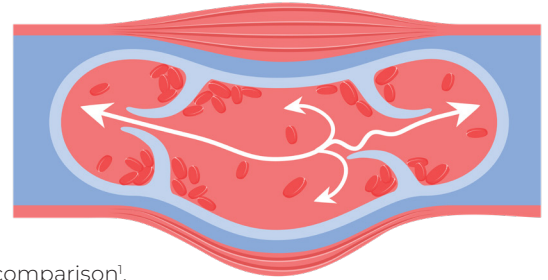
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The last twenty years has seen an explosion in the number of medical devices available for the management of varicose veins. Whereas previously, decision making revolved around whether to operate or not, the question of which minimally invasive procedure is best has become the subject of much competition and debate.

Radiofrequency and endovenous laser ablation (RFA/EVLA) are two of the most popular minimally invasive treatments and having come to the market earlier, they have a well-established safety record and are the current gold standard for comparison¹. However new non-thermal techniques such as cyanoacrylate glue² and mechanochemical ablation³ have improved the patient's perioperative experience further with comparable midterm results.

At The Vascular & Endovascular Clinic (VEC) based at Gleneagles Hospital in Singapore, I have pioneered combination or hybrid techniques using different venous ablation devices to optimise outcomes for varicose veins patients. For example I have moved onto the use of endovenous microwave ablation⁴ instead of using laser or radiofrequency for blocking off the faulty above knee segment of the refluxing

great saphenous vein. This type of thermal ablation has shown high efficacy of causing occlusion of the faulty truncal vein at one year follow up but at the same time causes less bruising and post-operative



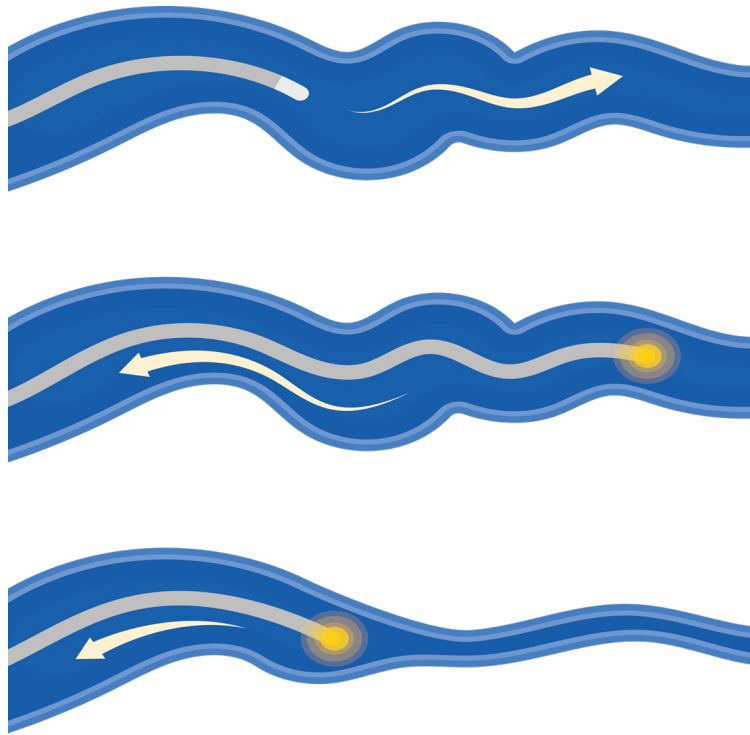
pain than RFA/laser in Asian patients improving the patient's experience and recovery process further.

For the below knee great saphenous vein segment where the vein is in close proximity to the superficial skin nerve, a non-thermal solution such as glue or Venaseal⁵ has been used to seal the faulty vein but at the same time minimise risk of nerve injury. This combination "VenoWave" therapy has been



used successfully in over 100 patients in private health care so far.

Venaseal is a minimally invasive medical procedure used to treat varicose veins. It is a type of endovenous adhesive closure system that uses a medical adhesive to seal the faulty veins. The procedure involves inserting a catheter into the vein and delivering the adhesive to close the vein. Venaseal is an effective alternative to traditional vein stripping surgery and offers several benefits, including shorter recovery time and minimal discomfort. This closure of the



vein prevents the backward flow of blood and redirects it to healthier veins nearby.

Recent 3 year follow up data from my research work when I was at Singapore General Hospital showed that the device had durable clinical efficacy and maintained patients' improved quality of life after the procedure in the medium term².

Me and my team at the VEC offer the full array of up to-date medical ablative devices to close varicose veins and uses combination therapy in a dynamic and unique way tailored to the individual patient's superficial venous anatomy to get the optimum outcome. I have realised from my research that Asian varicose veins and their chronic venous insufficiency can vary significantly from our Caucasian counterparts and because their vein sizes are generally smaller and closer to the skin surface less invasive or powerful devices are required to achieve the same optimal and successful outcomes^{6,7}.

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Key take-home messages

My 10 years of specialist vascular practice in Singapore has allowed me to appreciate how venous disease presents very late in our society and to recognise the benefits of treating venous reflux early to prevent disease progression and skin changes and ulceration⁸.

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