



# SWINGING BACK INTO ACTION AFTER ARTHROSCOPY

**“ ParkwayHealth allows me to regain my confidence. I am now able to continue to pursue my passion and career in golf. ”**

~Nay Bala Win Myint~

**19**-year-old Nay Bala Win Myint is an aspiring professional golfer who has won several amateur tournaments in Myanmar and the Asian region. When the Burmese sportsman met with an accident in Yangon in September 2009 and dislocated his left shoulder, Dr Lim Jit Kheng, Orthopaedic Surgeon from Mount Elizabeth Hospital had the perfect prescription for him.

Nay Bala was extremely concerned about the injury and its impact on his performance if proper treatment was not sought immediately. The doctors he consulted at the local private clinics and hospitals advised him to either let the injury heal naturally or go for surgery.

Unconvinced of the local doctors' assessments and treatment options, Nay Bala turned to overseas healthcare providers for second opinion. When he chanced upon ParkwayHealth's advertisement in a health journal, he contacted ParkwayHealth Patient Assistance Centre (PPAC) office in Myanmar and was referred to Dr Lim, who evaluated his medical report via email and advised him to undergo a minimally invasive surgery without further delay.

Very quickly, PPAC helped to arrange for the travelling and accommodation needs for Nay Bala and his mother, Madam Nilar Lwin. They arrived in Singapore on 23 September and met up with Dr Lim at Mount Elizabeth Hospital for the first time the following morning for a detailed evaluation of Nay Bala's X-ray reports and examinations of his left arm and shoulder.

Dr Lim discussed the various treatment options with Nay Bala and recommended minimally invasive keyhole surgery to repair his damaged ligament. He explained that the advantages of this treatment include reduced level of discomfort, shorter recovery period, as well as shorter hospital stay.

The surgery was scheduled immediately at 2pm the same day. Dr Lim made three small (5-millimetre) incisions around Nay Bala's shoulder to allow the instrument to go through and repair the damaged ligament, and a camera to aid in the visualisation of the procedure.

The one-hour surgery went very well and Nay Bala was only hospitalised for one night for observation.

Upon discharging from the hospital, the young sportsman zoomed in to the shopping belt in Orchard Road for retail therapy, before returning to Myanmar a week after the surgery.

After four months of recuperation and physiotherapy, Nay Bala returned to Mount Elizabeth Hospital in January 2010 for his medical follow-up with Dr Lim.

He is now back on the green, earning new golf titles and perfecting his swings. In fact, he even successfully defended his title and emerged victorious in the Myanmar Amateur Open 2010 in Yangon.

Recounting his experience at Mount Elizabeth Hospital, Nay Bala says, "Dr Lim is a very caring doctor. During my short hospital stay, he visited me and consistently assured me that I was recovering well. The service provided by PPAC staff in Myanmar was awesome! Within a short time frame, Su Naing arranged the air tickets, visa, doctor's appointment and accommodation for me and my mum. Everything happened so fast and the service is really seamless."

Greatly impressed by the unparalleled nursing care, he shares, "The nurses are very kind and patient not just to me but to the other patients too." He particularly remembered the Burmese nurses in his ward who brought the sense of familiarity and home to him.



Nay Bala Win Myint and Dr Lim Jit Kheng

He added that he is confident of the service, facilities, expertise and stands as a living testimony for others to see.

"ParkwayHealth allows me to regain my confidence. I am now able to continue to pursue my passion and career in golf", says the teenager whose aspiration is to become the next golf legend in Myanmar.



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Our ParkwayHealth Patient Assistance Centre (PPAC) provides a seamless and one-stop 24-hour service to our patients, connecting them to a comprehensive choice of medical services and doctors across ParkwayHealth's hospitals.

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