



## Gut Health

### Jane Smith

I had a digestive issue that I had been very hesitant to discuss with anyone, or even to seek medical help for. It's an issue that most of us would just not bring up in conversation, so I kept it to myself.

However, I was becoming more distressed as the pain increased over time. While searching for information on the Internet, I came across Quah Hak Mien Colorectal Clinic. The clinic is really close to my home so I decided to make an appointment.

During my initial consultation, **Dr Quah** explained the procedure in detail. The staff handled my insurance and later answered any questions I had over the phone or by email.

My health tip? Living in a humid and hot environment like Singapore, it's important that you always drink plenty of water for good digestive health!

## Quah Hak Mien Colorectal Centre

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*Name changed at patient's request*