

The Skin Expert

Up close and personal with
Aesthetic Physician Dr Eileen Lew

by Maripet L. Poso

SUCCESSFUL, LIVING A full life, and most of all, doing what makes her happy – Dr Eileen Lew is the embodiment of a modern woman. What's more, with her perfect and glowing complexion, she's a walking advertisement for her aesthetic practice.

Trained in the prestigious University College of London (UK), Dr Lew also holds a Diploma in Practical Dermatology, as well as a Diploma in Aesthetic Medicine from the American Academy of Aesthetic Medicine (AAAM). Although her interests in OB and Gynaecology are still there, the pull of Aesthetic Medicine is too much to resist. Dr Lew is currently an active member of the AAAM and is fully accredited in aesthetic procedures such as Botox, fillers, chemical peels, lasers and light therapies. In 2013, she finally opened her own clinic, LE Privaté Clinic, a medical and laser aesthetics clinic offering state-of-the-art innovations in skincare technologies and treatments.

Ezyhealth recently caught up with Dr Lew for a short chat.

Ezyhealth: Your initial interest was in Obstetrics and Gynaecology, why did you decide to venture into Aesthetics?

Dr Lew: I enjoyed how Obstetrics and Gynaecology involved a great

deal of interaction between both patient and doctor, and how patients related to their doctor as a friend and confidante. However, along the way, I was introduced to and developed a fascination towards the use of non-invasive technology to improve a patient's mental and physical well-being, without the long downtimes previously associated with more invasive techniques.

Ezyhealth: Are there any similarities between the two specialisations that you particularly enjoy doing?

Dr Lew: In both specialties, a strong emphasis is placed on listening to the patient. The importance of patience and listening to patients' concerns cannot be underestimated, as their stories usually reveal the extent to which their concerns affect them. To me, it is not sufficient just to know the obvious problem of my patient, but also to understand how it affects them (and their loved ones). What may seem like a problem to a doctor from a professional point of view may not be the actual problem troubling the patient.

As I'm seeing younger and younger patients being brought in by their loved ones, in my practice, I'm required to connect not only with my patients, but often with their family as well.

This requires me to be both a doctor and a friend, thus presenting a less paternalistic relationship, because I need my patients to feel comfortable in telling me the truth about their condition and how it affects them. This, I feel, also opens the pathway to discovering other conditions they are concerned about but never would've brought up if the hierarchy barrier between the doctor and patient is not somewhat broken.

Ezyhealth: What do you love most about your present job?

Dr Lew: MANY things! I love the fact that every day brings about different cases and stories from patients. I love that my patients let me in on many personal aspects of their lives, and that I have the ability to make a difference in their lives – the knowledge of making someone who walks into the clinic slouching walk out tall and confident is amazing. This also stems from the autonomy of not having to rush through a consultation in my own practice, something I treasure greatly.

Ezyhealth: What are the most challenging cases you've ever handled in your career so far?

Dr Lew: At the top of my list will be the management of keloids, as this overactive scar tissue has to be



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Ezyhealth: What are the common cases you handle at Le Private Clinic?

Dr Lew: We handle a wide myriad of cases – among them are rejuvenation and maintenance via non-invasive techniques such as lasers, Botox and fillers, keloid treatment, acne/acne scarring and pigmentation.

Ezyhealth: What are the usual skincare tips do you give to your patients?

Dr Lew: I always stress to my patients that prevention is better than cure. This starts from proper cleansing (especially of make-up, BB cream) with an appropriate cleanser, to prevent build-up of debris, and to better prime skin for further topical skincare products. Sunblock with proper SPF and UVA protection is essential especially in hot, humid Singapore to prevent premature sun-induced ageing. In my practice, I believe that more is not always necessarily better – I treat only what is needed. In addition, I also try to iterate the importance of a healthy diet, regular exercise regime, and a good night's sleep in order to feel and look good, as beauty also radiates from the inside.

Ezyhealth: Where would we normally find you when you're not working?

Dr Lew: I enjoy good meals and quality time with family and friends. Pop by an indie café over the weekend and you may just see my partner and me sipping coffee, as we are fans of hole-in-the-wall treasures. Travel is also another enjoyment; we have a soft spot for London so you may find us strolling in one of its gorgeous parks or art galleries. Above all, for us to be where we are now, I thank God every day. eh

handled carefully, and usually requires multiple treatments to improve the appearance while carrying with it a risk of recurrence.

Another condition is acne scarring, I usually impress upon my patients that treatments and improvements can take time. I cannot underestimate patients' expectations, so I always take my time to fully explain the condition and manage their expectations carefully right from the start. After hearing an overwhelming bulk of information, I tend to let patients take home what was said in the clinic to let them consider their options thoroughly before making a decision. And whatever decision is made, it should be a joint one made with me – i.e. they never have to feel they are left alone during the process.

Ezyhealth: Tell us your goals and aspirations for opening your own clinic.

Dr Lew: A distinguished writer once said, “Art enables us to find ourselves...” We hope to let patients know that visiting a clinic need not always be a fearful experience. At LE Privaté Clinic, we are a clinic without barriers, where patients can express themselves without fear of judgment (thus the personal touches in the furnishings of the clinic) – a place where they can walk in and feel safe, and walk out recharged. I want this clinic to be a “happy place” for them – a place of solace in this busy urban jungle, a place where the patient comes first and that no case or question is too trivial.

We also understand the value of privacy to patients seeking aesthetic treatments. As such, we have adopted a “door behind a door” concept. Each door is a symbol of protection. The layout of the clinic has been carefully conceptualised to provide ultimate privacy for each patient.