

Triumph  
over breast  
cancer!Dr Low Chai Ling  
A LIVING PROOF  
OF WHAT SHE  
PREACHES

## STROKE

Be forewarned to  
be forearmedGo red for  
National  
Day!  
ON PAGE 90

## Starved for air

with Chronic  
Obstructive  
Pulmonary  
Disease  
(COPD)Medical  
check-up  
specialHealth screening  
packages – we've  
done the legwork  
for youTLC for your eyes:  
Time to bring your  
child for an eye  
check up  
Seemingly  
harmless lump  
gone wrongFillers  
MYTHS & TRUTHSPrevent  
osteoporosis  
with calcium  
in your dietDr Low Chai Ling is a firm believer in great  
skincare, in sharing what she has, and in making  
people around her matter *By Sandra Ferreira L. Hernandez*

**d**r Low Chai Ling is trying to convince me. Not about having one of the loveliest faces around in medical practice, her selfless support to social causes especially her free treatment for the underprivileged at the Sloane Clinic, nor about having two young children despite her gorgeous, youthful looks. After all, she can easily pass as someone in her 20's despite being in her 30's. These are things typically attached to Dr Low's name when one speaks about her. But nope, none of the above needs much convincing from me.

## Queen of the road?

Looking absolutely fresh in her crisp white dress, Dr Low is trying to tell me that her first ambition was actually to become a truck driver. In total disbelief, I can only look at her and say that there's "no way" anyone as pretty and feminine as her, can entertain thoughts of joining the industry where the kings of the road – truck drivers, rule!

"Oh yes I did," Dr Low begins. "I've always wanted to become a truck driver when I was a small girl but my parents wouldn't allow me." Listening to her, you can almost feel her childhood regret of not having fulfilled her ambition. "But my parents wanted me to become

a doctor, a lawyer, or an accountant so I chose to be a doctor. Actually, I didn't come from a family of doctors. I am the first doctor in the family," recounts Dr Low, this time sounding convinced that she made the right decision and yes, what a world of difference that choice made in her life!

## Typical working mom

Dr Low's day begins like any typical working mom who tries to spend as much time with her children despite having a hectic work schedule. She wakes up at 6:30 am everyday without fail and puts a premium on fitness by making sure that she spends an hour at the gym. Work at the clinic starts at 9am and her schedule is typically packed such that it can be very challenging for her to squeeze in lunch. Despite a hectic workday, she makes every effort to be home by 7pm. She reveals that she relishes her time with her kids (ages 4 and 2) so much that she even brings them with her when she goes for overseas conferences so that she could play with them during her breaks.

If she can juggle family life so well, she has her family to thank for. She gets great support from her parents who come over during weekdays. She also draws great strength from her very

A captivating proof of

## cover story

Don't play catch up and do whatever you can  
do now to prevent ageing. *DR LOW CHAI LING*

supportive husband, who happens to be her partner in the clinic too, Dr Lee Cheng San.

Dr Low has been an achiever even in her schooldays and she is an alumna of Swiss Cottage Primary School, Raffles Girls Secondary School, Raffles Junior College and Guy's and St Thomas's Hospital in London, where she obtained her medical degree. She even shares a trivia that it was her study stint in London that gave her an idea for the name of her clinic because she lived off Sloane Square while pursuing her degree.

## Sought after speaker

Dr Low has a special interest in lasers and cosmetic formulation, teaches and trains doctors in aesthetics, and gives talks at conferences. She can captivate audience in medical talks and conferences so eloquently such that Procter & Gamble handpicked her to be the speaker in their talk about the anti-ageing importance of moisturising not just on the face, but on the whole body too. With the launch of the new Olay shower cream, Dr Low has no qualms in increasing everyone's awareness on taking proper care of their bodies. Keeping the body equally moisturised is not typically done, so Dr Low is quick to emphasise just how important it is to nourish our bodies to keep a youthful aura.

When it comes to diet secrets, the svelte Dr Low is quick to say that she thrives on vegetable and fish, being a Buddhist. To keep those limbs fit & flexible, she practices yoga when she goes to the gym. When probed into the secrets of her great looking skin, this is what she has to say, "it helps when one has a beautiful skin because you have less things to work on. Still, I go for lasers and facials and use a good moisturising cream."

Ageing, Dr Low shares, begins around the age of 25, when we start losing collagen and fine wrinkles start developing. To delay the ageing process, we need to do preventive measures and should not wait until we have defined wrinkles surfacing our faces, necks, and even bodies.

"Don't play catch up and do whatever you can do now to prevent ageing. Smoking and drinking are something

that we need to avoid if good skin is what we're after. Smothering sunscreen should be a must... put on everyday as you venture outdoors. Women age faster than men, so we must take extra care of ourselves. It's sad but true," shares Dr Low. Upon hearing this, everyone in the cover shoot surrendered to this statement and nodded in agreement. Then she quickly adds, "Oh but the good part is – while women age faster than men, statistics reveal that women live longer than men," she chuckles.

## Admirable in every way

As if her accomplishments are not enough, Dr Low took a step further by writing a book for expectant and new mothers who face emotional and hormonal changes. In her book, *In Full Bloom (How to look fabulous during and after pregnancy)*, she discusses both practical and medical treatment for mothers to look and feel fabulous while being pregnant. Part of the proceeds of the book sale will go towards the Tetraplegic Workgroup of Singapore. Including charity in her work is part of a vow that Dr Low had made when she started the Sloane Clinic. She said then that if her clinic becomes successful, she will give back to the less fortunate. Today, she continues to practice this vow without reservations.

Dr Low regularly pledges a portion of her personal income as well as the clinic's proceeds to help out in various social causes. She believes that no segment in our society should ever feel neglected. By doing so, she believes that this nation can thrive to become a successful and compassionate society in the years to come.

From where she's heading, Dr Low is evidently reaping accolades in her profession and with her soft spot for charity. What's so special about her success is that anyone who hears about it would rather admire it than be envious about it. Along the way, Dr Low helped a good number of people. She made people feel and look beautiful. She reached out to a segment of the society that typically longs for help and compassion. Nowadays, it's hard to come by someone like her – a beautiful person, inside out. ♥