

42nd SMA National Medical Convention

Come Grow Old with Me:

Successful and Active Ageing in the Community

Suntec Singapore International Convention and Exhibition Centre
20 August 2011

PROGRAMME

Public Symposium

08:30	Registration
09:00	Welcome address by Chairman, Organising Committee <i>- A/Prof Chin Jing Jib</i>
09:05	Welcome address by President, Singapore Medical Association <i>- Dr Chong Yeh Woei</i>
09:10	Welcome address by Keynote Speaker Successful and Active Ageing <i>- A/Prof Pang Weng Sun, Chairman Medical Board (Yishun Community Hospital) & Senior Consultant, Geriatric Medicine, KTPH</i>
Part 1	
09:30	Managing multiple medications and health supplements safely and wisely <i>- English session: Ms Tan Lay Kuean, Pharmacist, Ren Ci Hospital</i> <i>- Mandarin session: Ms Tan Keng Teng, Pharmacist, TTSH</i>
09:50	Food for life! Eating wisely and enjoyably into the golden years <i>- English session: Ms Chiam Mary Ann, Senior Dietician, BVH</i> <i>- Mandarin session: Ms Ong Sik Yin, Dietician, CGH</i>
10:10	Teabreak and exhibition at foyer
Part 2	
10:40	Handling aches and pain in the elderly <i>- English session: Dr Lee Jer En, Consultant, Geriatric Medicine, KTPH</i> <i>- Mandarin session: Dr Tan Tee Yong, Consultant Pain Specialist, Integrative Pain Centre</i>
11:00	Exercise in older persons – deriving benefits, avoiding injuries <i>- English session: Mr Lim Kong Beng, Senior Physiotherapist, SLH</i> <i>- Mandarin session: Ms Limin, Principal Physiotherapist, KWSH</i>
Part 3	
11:20	Successful ageing – staying socially active through meaningful activities <i>- English session: Mr Lawrence Lim, Senior Medical Social Worker, TTSH</i> <i>- Mandarin session: Ms Gob Su San, Medical Social Worker, Ren Ci Hospital</i>
11:40	Memory, mood and sleep – cultivating good mental health in the golden years <i>- English session: Ms Kboo Sue Ann, Senior Psychologist, KTPH</i> <i>- Mandarin session: Ms Hia Soo Boon, Psychologist, IMH</i>
12:00	End of symposium, public invited to view exhibition at foyer

Lunch Symposium

12:00	Registration
12:30	Holistic and practical management of dementia in the ambulatory care setting - <i>Dr Chan Kin Ming, Senior Consultant, Chan KM Geriatric & Medical Clinic</i> - <i>Dr Chong Mei Sian, Senior Consultant, Geriatric Medicine, TTSH</i>
13:30	End of symposium

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Medical Symposium

13:30	Registration
13:55	Welcome Address by Chairman, Organising Committee - <i>A/Prof Chin Jing Jib</i>
14:00	Panel Discussion I: Common surgeries in the elderly (cataract, total knee replacement) – what to advise? - <i>Dr Christopher Lien (Chair), Senior Consultant & Head, Community Geriatrics, CGH</i> - <i>Dr Yong Shao Onn, Consultant, Ophthalmology, TTSH</i> - <i>Dr Yeo Seng Jin, Senior Consultant & Director, Orthopaedic Surgery, SGH</i>
14:30	Talk by Singapore National Eye Centre (SNEC): Community Eye Clinic - <i>Prof Donald Tan, Senior Consultant & Medical Director, SNEC</i>
14:45	Lecture II: Holistic management of anxiety, depression and chronic insomnia in older persons - <i>Dr Calvin Fones, Consultant Psychiatrist, Fones Clinic</i>
15:10	Panel Discussion III: Health screening for the elderly and geriatric assessment in a GP clinic - what's useful, practical and important? - <i>Dr Tham Weng Yew (Chair), Home Care Physician, CODE 4 Pte Ltd</i> - <i>Dr Reshma Aziz Merchant, Head & Senior Consultant, Division of General Medicine, NUH</i> - <i>Dr Vina Doshi, Consultant Geriatrician, Agewell Artsz Medical Group Pte Ltd</i>
15:40	Teabreak and exhibition at foyer
16:10	Lecture IV: High blood pressure in the elderly: to treat or not to treat? - <i>Dr Chee Tek Siong, Consultant Cardiologist, Chee Heart Specialists Clinic Pte Ltd</i>
16:35	Panel Discussion V: Safe and effective prescribing for the older patient with multiple comorbidities and medications - <i>Dr Ee Chye Hua (Chair), Consultant Geriatrician, Elderly Care & Health (ECH) Consultancy</i> - <i>Dr Tang Eng Yeow, Senior Consultant & Director, Geriatric Medicine, KTPH</i> - <i>One more speaker to be confirmed</i>
17:05	Lecture VI: Practical tips in managing chronic constipation in geriatric patients - <i>A/Prof Tang Choon Leong, Senior Consultant, Colorectal Surgery, SGH</i>
17:30	End of symposium

Please turn over for registration details

Co-organisers:



Supporting
organisers:



REGISTRATION

Event:

SMA 42nd National Medical Convention 2011
Come Grow Old with Me:
Successful and Active Ageing in the Community

Date:

20 August 2011, Saturday

Venue:

Suntec Singapore International Convention and Exhibition Centre Level 3

CME Points:

Number of points to be confirmed

Registration fees per person:

(inclusive of refreshments and goodie bag)

- **Public Symposium: Complimentary for SMA members**
\$10 (inclusive of GST) for non-members
- **Lunch Symposium + Medical Symposium: Complimentary for SMA members**
\$30 (inclusive of GST) for non-members

*Limited seats available, kindly register early to secure a place

Early Bird Special for SMA Members

Be the first 50 SMA members to sign up and receive an exclusive SMA medical penlight (worth \$28) for free!*

You can register by:

1. Logging on to <http://www.sma.org.sg/convention>
- OR**
2. Completing the form below and mailing/faxing to us

If you would like to register for SMA Membership, please go to <http://www.sma.org.sg/membership/>

*Collection of penlights will be done at the registration counter on the day of the event. Please note that only SMA members without arrears are eligible.

Please attach this slip when making payment. Kindly fax your credit card details/mail your cheque to **Ms Loy Mong Shi, Singapore Medical Association, 2 College Road, Alumni Medical Centre Level 2, Singapore 169850, fax: 62247827 and email: mongshi@sma.org.sg**. For non-SMA members, please note that registration is not confirmed until payment is received. A confirmation email will be issued to all applicants.

Name: _____ Handphone No.: _____

Email: _____ Profession: _____

Mailing address: _____

Applicable to doctors only

MCR No: _____ SMA Member: YES / NO (please circle accordingly)

I will be attending (please tick accordingly):

- Public Symposium
- Lunch Symposium (for doctors and medical students only)
- Medical Symposium (for doctors, medical students and healthcare professionals)

Mode of payment (for non-members only):

- Credit Card
- VISA/ Master Card No.: _____ - _____ - _____ - _____
- Expiry Date: _____ / _____ CW2/CVC2 No.: _____

- Cheque (payable to Singapore Medical Association)
- Bank: _____ Cheque No: _____