

Speakers and Topics for Lianhe Zaobao LOHAS Mega Health Seminar

Session 1 (9am – 11am)

Dr Ng Beng Yong
Head and Senior Consultant Psychiatrist,
Department of Psychiatry, Singapore General Hospital
Topic – How to have a good night's sleep.

Dr Goh Yau Hong
Consultant ENT, Head and Neck Surgeon, Mount Elizabeth Medical Centre
Topic – Snoring and obstructive sleep apnea: The latest treatment techniques

Associate Professor Lim Boon Leng
Director of Intensive Care Medicine, Head & Senior Consultant
Department of Anaesthesia & Surgical Intensive Care, Singapore General Hospital
Topic – Intensive Care Unit: What you should know (your rights) and how you could help?

Ms Seah Peik Ching
Nutritionist, Health Promotion Board
Topic – Learn how to eat your way to health

Session 2 (1pm – 3pm)

Dr Yeo Sow Nam
Director, The Pain Specialist
Registered acupuncturist
Topic – Chronic pain: Suffer in silence no more

Dr Karen Yap
Karen Yap Breast Centre, Mount Elizabeth Medical Centre
Topic – Changing times: Breast cancer and you

Dr Tan Hak Koon
Chief, Maternal Fetal Medicine Section, Department of Obstetrics & Gynaecology
Topic – Irregular periods and womb cysts & fibroids

Ms Seah Peik Ching
Nutritionist, Health Promotion Board
Topic – Preventing diseases with a balanced diet

Session 3 (3.30pm – 5.30pm)

Ms Liu Yan Jun
TCM physician, Science Arts Co. Pte Ltd
Topic – Build up your immune system with TCM

Dr Lim Chong Sing
Resident Physician, SATA
Topic – Monitoring your health to prevent disease progression

Dr Tham Kwang Wei
Singapore General Hospital
Topic – Stay healthy with weight control

Associate Professor Wong Soon Tee
Consultant Dermatologist & Physician
Dermatology and Internal Medicine, Raffles Hospital
Topic – Understanding skin problems: inflammation, tumours & pimples