

UPDATE



National Healthcare Group
 Annual Scientific Congress 2008
SCIENCE, MEDICINE & LIFESTYLE
IMPACT ON TOMORROW'S HEALTH



GP SYMPOSIUM

LIFESTYLE, HEALTH & WELLNESS FOR THE BODY, MIND AND SOUL
 8 NOVEMBER 2008 | 1415 - 1745 HOURS | MEETING ROOMS 301 - 302 | SUNTEC SINGAPORE

Welcome Address by Chairman



Prof Chee Yam Cheng

Assistant CEO, National Healthcare Group
 Senior Consultant, Department of General Medicine, Tan Tock Seng Hospital
 Clinical Professor, Yong Loo Lin School of Medicine, National University of Singapore

Title of Lecture : Lifestyle and Medicine: Practical Lifestyle Intervention Programmes for Medical Treatment



Dr John H. Kelly

President & Executive Medical Director, Lifestyle Health Education Inc, USA
 Founding President, American College of Lifestyle Medicine (ACLM), USA

Published studies reveal that therapeutic lifestyle interventions can be quite effective. This presentation of research applied in medical practice will show how Lifestyle Medicine can be implemented now. A growing body of research sheds light on what works and why. The insights from this presentation will help the practitioner see how to use lifestyle interventions in their medical practices.

Title of Lecture : Finding Happiness - The Essentials of Mental Wellness



Dr Chua Hong Choon

Senior Consultant & Chief, Department of General Psychiatry, Institute of Mental Health and Woodbridge Hospital, Singapore
 Clinical Senior Lecturer, Yong Loo Lin School of Medicine, National University of Singapore

Happiness has been associated with better quality of life & better health. Promotion of mental & emotional well-being can legitimately be viewed as synergistic with promotion of physical health. There is a positive relationship between optimism & health. Individuals with positive views of ageing have been found to live longer. Recent effort in psychology, known as "positive psychology," has endeavoured to better understand happiness, meaning in life, character strengths, & how these can be developed. Because happiness is associated with multiple benefits, family physicians need to be familiar with & incorporate aspects of positive psychology into their practices.

Title of Lecture : Ageing Skin and Skin Rejuvenation Procedures



Prof Goh Chee Leok

Senior Consultant Dermatologist, National Skin Centre
 Clinical Professor, Yong Loo Lin School of Medicine, National University of Singapore

Recent advances in medicine has unravelled some of the mechanisms in skin ageing, in particular photoageing. Asians photoageing is often associated predominantly with pigmentation disorders. Advances in topical medication and lasers and light devices has enabled dermatologists to treat and reverse some of the features of skin ageing and photoageing. The treatment options available and their efficaciousness will be discussed.

Note to NHG Partners

This year's GP Symposium at the NHG Annual Scientific Congress is specially organised by the NHG Partners Office for you, to thank you for your partnership and support. Our panel of four distinguished speakers will enlighten you on the important areas of lifestyle, health and wellness for the body, mind and soul. Don't miss this opportunity of a lifetime!

- * Early birds enjoy the limited available fully-sponsored places. A complimentary mug will be given to early bird registrants who attend. *Hurry while stocks last!*
- * Closing date to apply for sponsored spaces: **15 October 2008**
- * To register online, log on to www.asc.nhg.com.sg
- * For more details, call NHG Partners Office Hotline : 6471 8999 | Email : partners@nhg.com.sg



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Track Leaders Dr Tang Wern Ee, Family Physician, NHG Polyclinics
 Ms Belinda Sim, Manager, NHG Partners Office, Clinical Project Management & Planning, NHG