

Healthy Lifestyle and Supplementation Public Exhibition and Public Forum 28-29 November 2008

Public Exhibition Venue: **Tan Tock Seng Hospital Atrium, Level 1**
Public Forum Venue: **Tan Tock Seng Hospital, Conference Room 1 & 2,
Level 1 (29 Nov)** Time: **8.30am - 11am**

Jointly organised by the
**Society of Men's Health Singapore, the Singapore Urological Association,
and the Dept of Urology, Tan Tock Seng Hospital**

In conjunction with the
3rd Japan-Asean Men's Health & Aging Conference
1-3 December 2008, Singapore

Public forum : Supplementation and Health

Topics:

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| 1) A man's obsession: pills to make me more powerful - Supplementation for men
Speaker: Dr Gan Tek Kah
Singapore Men's Health Clinic | 4) Avoiding the dreaded big "C".
- Supplementation and cancer prevention
Speaker: Dr Ng Chee Kwan
Urology Dept, Tan Tock Seng Hospital |
| 2) It's tough being a woman, how do I smoothen the journey?
- Supplementation for women
Speaker: Dr Teoh Seng Hin
SH Teoh Clinic & Surgery for Women | 5) Love trek: the next generation
- Supplementation in fertility problems
Speaker: Dr Peter Chew
Peter Chew Clinic for Women,
Gleneagles Hospital |
| 3) Yin-yang, beyond ginseng and bird's nest
- Use of traditional chinese medicine in health
Speaker: Dr Swee Yong Peng
Centre for East West Medicine | 6) Beauty In A Bottle
- Enhancing your looks with supplements!
Speaker: TBC |

Many experts advocate that we don't need any supplements if we have a balanced healthy diet, but this has not stopped many of us from taking a tonic or supplement sometime in our lives. We can do so while we are perfectly healthy, but even more so when we feel under the weather, and when we need a little "pick-me-up". Yet many of us are unaware of the issues surrounding nutritional supplements, the scope of these products, the regulations governing them, and the science behind them. This category encompasses such diverse products as vitamins and minerals, sport nutrition such as protein shakes, western based products such as evening primrose oil and saw palmetto, TCM based products such as ginseng and cordyceps, etc.

This exhibition is organized with the intention of providing the public with information about such supplements. Juxtaposing different products will also encourage them to ask questions. It is a platform to provide vendors with an opportunity to provide an informed choice to the consumer. A public forum has also been organised for you to learn more from medical professionals on the issue of supplementation.

Looking forward to see you all at the exhibition and forum.

Dr Heng Chin Tiong

Seating for the public forum is limited and reserved on a first-come first-served basis.

Please fax the registration form to **6778 1372**

Registration Fee \$5

Register by 15 October '08
for a free goodie bag!
1st 60 registrations only.

Registration Form

Title: Prof Dr Mr Mrs Ms (please tick appropriate box)

Given name: _____ Family name: _____

I/C or Passport No: _____ Preferred name on badge: _____

Affiliated organisation: _____

Mailing address: _____

_____ Postal code: _____

City: _____ Country: _____

Telephone: _____ Mobile: _____ Fax: _____

E-mail: _____

Dietary requirements (if any): _____

Organised by:



Singapore Urological Association



Conference Secretariat:

Ping Healthcare Pte Ltd, 5 Upper Aljunied Link, #05-05, Quartz Industrial Building, Singapore 367903

Tel: +65 6778 5620 Fax: +65 6778 1372

www.MensHealthConference2008.com E-mail: menshealth@pinghealthcare.com