Values, Vibes, Vitality.

6th APRIL 2019 | 10AM – 5PM
CONNEXION@NEXUS, BANGSAR SOUTH

www.bfm.my/healthevent   #bfmhealth

Presented by:  Co-Sponsor:  Brought to you by:
BFM’s Health and Living Live by AIA Vitality is about how the world around us – our environment, our culture and our relationships – interacts with our health. The year started on a healthy note, with the smoking ban in eateries being imposed nationwide, but more remains to be done to ensure that everyone’s health and wellbeing are taken care of. What is social health, and how does it affect our overall quality of life? Is there a place for traditional medicine in today’s society? Have we forgotten the core principles of our ancestors’ diets?

Join us and our panel of experts as we address these questions and more, at this year’s event.

**Why Attend?**
- Hear from the Ministry of Health about their recent initiatives.
- Engage with experts about traditional versus conventional medicine in today’s health landscape.
- Improve your health literacy and learn how to make important health decisions.

**Who Should Attend?**
- Young adults
- Retirees
- Caregivers
- Healthcare professionals and students
- Anyone interested in their health, community and environment
Agenda

9.00 am  Registration & Morning Refreshments

10.00 am  Welcome Address

10.30 am  Panel 1: The Sandwich Generation
We look at the sandwich generation: middle-aged individuals who are pressured with the obligation to support and care for their elderly parents while also raising their children. In this panel, we discuss the physical and emotional toll this takes on a person’s quality of life, and how it affects men and women differently.

Guests:
- Dr Peter Ng Eng Pin, Consultant Urologist, Subang Jaya Medical Centre
- Dr Mohd Rusdi Abdullah, Consultant Orthopaedic Surgeon, Subang Jaya Medical Centre
- Dr Lee Say Fatt, Consultant Obstetrician & Gynaecologist, Subang Jaya Medical Centre
- Shantini Ruth Vanniasingham, Clinical Psychologist, Subang Jaya Medical Centre

Moderator:
- Lee Chwi Lynn, Producer/Presenter, The Evening Edition

11.30 am  Debate: Traditional vs Conventional Medicine
People bring their own cultural perspectives and values to the healthcare system. Because most of these alternative healthcare beliefs and practices differ from those of conventional medicine, such expectations have frequently created barriers between healthcare professionals and the public. Have we brushed aside what our culture and values bring to health and illness? We look at traditional medicine and its place in the Malaysian healthcare system today, and ask whether evidence-based medicine is the only way forward.

Guests:
- Dr Rafidah Abdullah, Consultant Physician & Nephrologist and Head of Department of Medicine, Sultan Haji Ahmad Shah Hospital
- Dr Amir Farid Isahak, Practitioner of Holistic Integrative Medicine and Consultant Gynaecologist

Moderator:
- Meera Sivasothy, Presenter, Health & Living

12.30 pm  Lunch

1.45 pm  Town Hall with the Minister
The Deputy Minister of Health will take the stage to discuss how we can create a culture of health, and look at the environmental, economic and social forces that affect our health system. From universal health coverage to issues like the smoking ban at all eateries, find out what else the Health Ministry has in store for public health in 2019.

Guest:
- YB Dr Lee Boon Chye, Deputy Health Minister

Moderator:
- Meera Sivasothy, Presenter, Health & Living

2.45 pm  Panel 2: Gut Health
While we have become more affluent over the last 62 years, many Malaysians appear to have moved away from our traditional dietary habits. Now, with obesity and diabetes on the rise, we seem desperate to experiment with fad diets, forgetting that each of us has a unique microbiome (gut bacteria) with a particular response to what we eat. Does a healthy balance of gut bacteria determine the future of our good health? Is there a one-size-fits-all diet solution for health and weight loss?

Guests:
- Dato’ Dr Mahendra Raj, Consultant Physician & Gastroenterologist, Pantai Hospital
- Dr Azlina Ahmad Annuar, Neurogeneticist, University of Malaya
- Mary Easaw, Consultant Dietitian and former Chief Dietitian, Institut Jantung Negara

Moderator:
- Tee Shiao Eek, Producer/Presenter, The Bigger Picture

3.45 pm  Stories: How Culture and Values Affect Our Health
Our interaction with our community and environment plays a vital role in our health over the long term. Four individuals from various backgrounds take the stage to share how their health decisions have shaped their lives.

Guests:
- Poh Kim Pheng, committee member, Malaysian Mental Health Association
- Andrew Tan, vice president, KLASS
- Ranjit Kaur, breast cancer survivor
- Muha Aziz, arts enthusiast living with a rare disease

4.45 pm  Tea Break

5.00 pm  End
Dr Peter Ng Eng Pin
Consultant Urologist, Subang Jaya Medical Centre

Dr Peter graduated from the University of New South Wales in Sydney, Australia with honours in 1984. He has been a consultant urological surgeon since 1994. His subspecialty is prostate disease and urinary incontinence. He is also the president of the Continence Foundation of Malaysia and the former secretary of the Malaysian Society of Andrology and Study of the Ageing Male.

Dr Mohd Rusdi Abdullah
Consultant Orthopaedic Surgeon, Subang Jaya Medical Centre

Dr Rusdi obtained his MBBS from International Islamic University of Malaysia and completed his Master of Surgery (Orthopaedic) from the National University of Malaysia. He is also a Certified Medical Impairment Assessor of the National Institute for Occupational Safety and Health, and has received certification for Advanced Trauma Life Support from the American College of Surgeons.

Dr Lee Say Fatt
Consultant Obstetrician & Gynaecologist, Subang Jaya Medical Centre

Dr Lee graduated with an MBBS in 1989 before obtaining his Master’s degree in obstetrics and gynaecology in 1996 from Universiti Malaya. He also obtained his RCOG membership from the UK. His various post-graduate clinical trainings include reproductive health and family planning technical services, infertility and laparoscopic surgery and laser vaginal surgery.

Shantini Ruth Vanniasingham
Clinical Psychologist, Subang Jaya Medical Centre

Shantini graduated with a degree in psychology from City University of London and is a member of The British Psychological Society and Malaysian Society of Clinical Psychology. She received further clinical training for various conditions and focuses on a wide range of mental health issues including marital therapy, substance misuse, stress management, and sexual dysfunction.
Meet the Experts & Speakers

YB Dr Lee Boon Chye
Deputy Health Minister

YB Dr Lee is the current Deputy Health Minister and the Member of Parliament for Gopeng, Perak. He graduated with a medical degree from the University of Malaya before going to the UK to get his Membership of the Royal Colleges of Physicians of the United Kingdom. He received his Master in Medicine from UKM in 1992. He was a Consultant Physician & Cardiologist of KPJ Ipoh Specialist Hospital from 1994 until July 2018.

Dr Rafidah Abdullah
Consultant Physician & Nephrologist and Head of Department of Medicine, Sultan Haji Ahmad Shah Hospital

Dr Rafidah graduated from the University of Edinburgh, obtained her MRCP and completed her subspeciality training in 2005, before completing her Masters in Palliative Care in King’s College London. She is recognised as a social media health influencer, with more than 250,000 followers. She is also passionate about endurance sports, having completed two ultramarathons, 22 full marathons, and scaled Annapurna base camp and Mount Kinabalu.

Dr Amir Farid Isahak
Practitioner of Holistic Integrative Medicine and Consultant Gynaecologist

Dr Amir has 40 years of medical practice. Although he specialised in obstetrics and gynaecology, he now practises aesthetics, anti-ageing and regenerative medicine. He is also a qigong master and has been teaching qigong for over 25 years. He is the founding president of Guolin Qigong Association Malaysia and remains as its adviser. In Malaysia, he is one of the pioneers of holistic integrative medicine. He was a columnist for The Star, writing on health topics.

Town Hall with the Minister

Debate: Traditional vs Conventional Medicine
Meet the Experts & Speakers

Panel 2: Gut Health

Dato’ Dr Mahendra Raj
Consultant Gastroenterologist and Hepatologist, Pantai Hospital

Dr Mahendra graduated in medicine from the University of Glasgow in 1982, and trained in internal medicine and gastroenterology in Glasgow. He has published widely and has served on a number of national advisory panels and committees in the fields of gastroenterology and hepatology.

Dr Azlina Ahmad Annuar
Neurogeneticist, University of Malaya

Dr Azlina is a senior lecturer at the Faculty of Medicine, University of Malaya. Her research interests are on the neurosciences and the genetics of neurodegenerative diseases. She has co-published on neural tube defects, brain injury, neuromuscular disorders and gliomas. Dr Azlina is also involved in many community-based projects, and has a monthly segment, Brain Waves, on BFM89.9.

Mary Easaw
Consultant Dietitian and former Chief Dietitian, Institut Jantung Negara

Mary has been a dietitian for the past 35 years and recently retired as the Chief Dietitian of KL’s National Heart Institute. She is renowned in the field of nutrition and dietetics and was awarded the Outstanding Dietitian of the Year 2016 by the Academy of Nutrition and Dietetics, USA in recognition of her achievements.
Meet the Experts & Speakers

Stories: How Culture and Values Affect Our Health

Muha Aziz is paraplegic and visually impaired. He is an avid reader and arts enthusiast who went through an epic 17-year search for an accurate diagnosis, before finally being diagnosed with ganglioglioma, a rare tumour in the brain.

Ranjit Kaur, a breast cancer survivor since 1998, is the president of the Breast Cancer Welfare Association Malaysia and chairman of Together Against Cancer Association Malaysia. She was elected onto the executive committee of the Advanced Breast Cancer Global Alliance in December 2017, representing low, lower middle and upper middle-income countries. Ranjit conducts training in peer support in cancer care.

Andrew counsels and supports HIV patients and loved ones through the Kuala Lumpur AIDS Support Services Society (KLASS). He is an advocate for HIV treatment literacy to improve adherence and compliance for better health outcomes. He has provided training to various communities in Asia including Bangladesh, Bhutan, Nepal and Sri Lanka, as well as to medical students.

Madam Kim is a science graduate from University College Dublin, Ireland. She is a caregiver for both her children, who were diagnosed with schizophrenia and obsessive compulsive disorder respectively. She was vice president of the Malaysian Mental Health Association from 2000 to 2018, and a member of the National Council for Persons with Disabilities for four years. She gives mental health talks and supports both those with mental health conditions, and their caregivers.

Andrew Tan
Vice president, KLASS

Poh Kim Pheng
Committee member, Malaysian Mental Health Association

Ranjit Kaur
Breast cancer survivor

Muha Aziz
Arts enthusiast living with a rare disease
Come Join Us

Please complete this form and email to events@bfm.my or fax to +60.3.7733.2100 for manual processing.

REGISTRATION FEE PER DELEGATE  (Please tick one box only)

- REGULAR TICKET:  
  RM 50
- GROUP TICKET (4 PAX & MORE):  
  RM 45

*Ticket prices are EXCLUSIVE of 6% SST  •  *Each delegate must complete a separate registration form  •  *Tickets are NON-REFUNDABLE

DELEGATE INFORMATION  (Please type OR write in block letters)

FULL NAME*: __________________________ COMPANY*: __________________________
NRIC*: __________________________ DESIGNATION*: __________________________
EMAIL*: __________________________ DATE*: __________________________
MOBILE*: __________________________ SIGNATURE***: __________________________

*Compulsory fields. Must be completed.  •  ** This form is NOT valid without a signature.

METHODS OF PAYMENT  (Please tick one box only)

- BANK TRANSFER
- CHEQUE

*Full payment is required prior to the event  •  ** Confirmation of participation will only be made AFTER full payment is made prior to the event.  •  ** We reserve the right to refuse admission if payment is not received on time.

ADMISSION DETAILS

HEALTH & LIVING LIVE 2019
DATE: 6th April 2019 (Saturday)  TIME: 10.00 am – 5.00 pm (Registration starts at 9.00 am)
VENUE: Connexion@Nexus, Bangsar South, No. 7, Jalan Kerinchi, 59200 Kuala Lumpur.

*Fee includes admission to the Health & Living Live 2019 event, access to materials and meals provided at the event. The fee does not include any travel expenses local or international, accommodation and other incidentals.

FOR ENQUIRIES & GROUP REGISTRATION PLEASE CONTACT:
Claire Goh  Tel: +60.12.2452.315  Fax: +60.3.7733.2100  Email: events@bfm.my

TERMS & CONDITIONS

*Delegates may wish to note that all payments received are processed by BFM Media Sdn Bhd

1. Payment Terms: Following completion and return of the registration form, full payment is required within 7 working days from receipt of invoice. We reserve the right to refuse admission if payment is not received on time. Payment must be made in Malaysian Ringgit.

2. Cancellation/Substitution: Provided the total fee has been paid, substitutions are allowed 10 working days before Health & Living Live 2019 commences. Otherwise, all bookings carry a 100% cancellation liability immediately after a completed registration form has been received by BFM Media Sdn Bhd. By completing this registration form, the delegate agrees that in case of dispute or cancellation of this contract, BFM Media Sdn Bhd will not be able to mitigate its losses for any less than 100% of the total contract value. If for any reason beyond its control, BFM Media Sdn Bhd decides to cancel or postpone the event, it will not be responsible for covering airfare, hotel or any other travel costs incurred by the Client.

3. Copyright etc: All intellectual property rights in all materials produced or distributed by BFM Media Sdn Bhd in connection with this event are expressly reserved and any unauthorised duplication, publication or distribution is prohibited.

4. Important note: While every reasonable effort will be made to adhere to the advertised package, BFM Media Sdn Bhd reserves the right to change event dates, sites or location or alter the content and timing of the programme or the speakers without penalty and in such situations, no refunds shall be made. In the event that BFM Media Sdn Bhd permanently cancels the event for any reason whatsoever (including, but not limited to, any force majeure occurrence), the Client shall receive a credit note for the amount that the Client has paid to such permanently cancelled event, valid for up to one year to be used at other products or services of BFM Media Sdn Bhd.

5. Governing law: This Agreement shall be governed and construed in accordance with the law of Malaysia and the parties submit to the exclusive jurisdiction of the Malaysian Courts. However, only BFM Media Sdn Bhd is entitled to waive this right and submit to the jurisdiction of the courts in where the Client's office is located.