

SEMINAR

Defense is Prevention!

Know the Risk

Lifelong Learning Institute, Lecture Theatre
11 Eunos Rd 8, Singapore 408601

26 November 2016, Saturday

1pm - 5pm (Doors open at 1.15pm)

Programme

1:30- 2:10PM



Keep the Flame Burning!

Professor P Ganesan Adaikan
Clinical Sexologist / Sexual
Medicine & Health Consultant/
Sincere Healthcare Group

Too often, we only focus on the emotional angle when tackling problems in our sex lives. However, physiological problems like low sex drive, erectile dysfunction and impotency cannot be ignored either. Professor Adaikan addresses the common challenges faced in maintaining your sexual health as you age and explains how to prevent and treat these dysfunctions.

2:10 - 2:50PM



Abnormal Pap smears— All you need to know

Dr Veronica Lee Ventura
Consultant Obstetrician &
Gynaecologist
Sincere Healthcare Group

What is the truth behind this uncomfortable procedure, and what should you be looking out for in the pap smear results? What can you do before the procedure to make it less uncomfortable? What follow-ups can you opt for if you are at risk, and how often should you get a pap smear? Be there as Dr Lee, an O & G specialist, discusses these frequently asked questions.

2:50 - 3:30PM



Tea Break

3:30 - 4:10PM



Smile from within – Andropause & Menopause

Dr (Mrs) Annapoorna Venkat,
Senior Consultant Obstetrician &
Gynaecologist,
Sincere Healthcare Group

Menopause for women and andropause for men can be a trying period, with common symptoms such as reduced sex drive, irritation, depression and fatigue setting in. For women, complications such as osteoporosis and heart disease may also occur. Understand which the symptoms of menopause and andropause call for treatment, and discover ways in which you can be there for your spouse through such a period in their lives.

4:10 - 4:50PM



Understanding Aneurysms – What you don't know

Dr Benjamin Chua Soo Yeng
Vascular & Endovascular
Surgeon
Sincere Healthcare Group

Do you know that some aneurysms, if undetected, may lead to serious health problems such as stroke and brain damage? How do we reduce the risk of arterial ruptures due to aneurysms? Are all aneurysms serious? Vascular surgeon, Dr. Chua, will shed light on how to prevent the risk of aneurysms, as well as debunk the myths surrounding this poorly understood condition.

4:50 - 5:00PM



Lucky Draw

Registration



Registration Fee
(inclusive of Goodie bag)

Seats are limited on a first-come-first-served basis

Call 6280 6690

or visit www.prime.sg/events

\$8*

Early Bird

> BY 26 OCT

\$12*

Buddy

2 TICKETS

\$10*

General

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