



## INVITATION

# Free PUBLIC FORUM on Healthy Ageing

Organised by :



22 MARCH 2025 | 1 PM – 4 PM | TOA PAYOH WEST COMMUNITY CENTRE,  
MULTI-PURPOSE HALL

Join us for an insightful series of talks on "Healthy Ageing" focused on preventing and managing health issues common in later years.

This session will cover:

### Diabetes



The talk will debunk common myths about diabetes, clarifying misconceptions on causes, symptoms, and treatment. Attendees will gain accurate insights into diabetes management, prevention, and the truth behind common myths.

### Hypertension & hyperlipidaemia



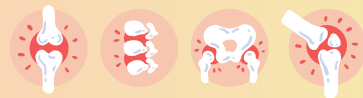
Hypertension and high cholesterol, the 'silent killers,' are rising in Singapore due to modern lifestyles. Learn how small, actionable changes in diet, activity, stress management, and sleep can prevent and manage these conditions effectively.

### Obesity



Ageing brings wisdom, but also challenges like obesity. Slower metabolism, muscle loss, and physical limitations make it harder for seniors to maintain a healthy weight. Learn how to stay active, eat well and maintain a healthy weight.

### Bone Health



Osteoporosis has no symptoms till it causes fractures that greatly impact our quality of life and even increase our chances of dying. Find out how to manage your fracture risks.

This educational event aims to empower attendees with practical advice for achieving a healthier, more active life as they age.



**Scan the QR code now to register instantly!**

Registration is **free**, but as there limited seats, do register early to avoid disappointment.



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### Agenda

Time	Activity
1300	Registration + Exhibition Showcase
1325	Welcome Address by Dr Abel Soh (President, EMSS)
1330	<b>Debunking Diabetes Myths</b> – Dr Wee Zongwen (Associate Consultant, Department of Endocrinology, Sengkang General Hospital)
1345	<b>Hypertension and High Cholesterol: Why Lifestyle Choices Matter More Than Ever</b> – Dr Rhea Chatterjea (Associate Consultant, Ng Teng Fong General Hospital)
1400	<b>Osteoporosis: the silent killer</b> – Dr Caroline Hoong (Consultant, Woodlands Health)
1415	<b>Navigating the Expanding Waistlines of Ageing</b> – Dr Vikram Sonawane (Medical Director, Harmony Thyroid, Endocrinology and Diabetes Centre)
1430	Q&A – Moderated by Dr Elaine Chua Jia Min (Consultant, Sengkang General Hospital)
1445	Refreshments + Chat with Speakers
1600	End

### Sponsors



Organised by :



### Speakers



Dr Rhea Chatterjea



Dr Caroline Hoong



Dr Vikram Sonawane



Dr Wee Zongwen

### Moderator



Dr Elaine Chua Jia Min