

# PROGRAMME



Obstetrical and Gynaecological  
Society of Malaysia



## HEALTH CONFERENCE

**11 MARCH 2023**  
**CITITEL MIDVALLEY**  
**8.00AM -5.00PM**



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FOR** **YOU**

# About Our SPONSORS

## GOLD SPONSOR

Sunway Fertility Centre was established as a Centre of Excellence in Sunway Medical Centre, one of the largest private healthcare providers in Malaysia. Today, the centre stands as its own brand name as part of an integrated healthcare system and is available in Sunway Medical Centre (Sunway City), Sunway Medical Centre Velocity (Cheras), Sunway Specialist Centre Damansara (Kota Damansara) and Sunway Fertility Centre Kuching.



Positioned as a one-stop centre, our team consists of highly qualified, trained and experienced embryologists, geneticist, nurses and patient liaisons, working together with our specialists to take you one step closer to your dream. The synergy within the fertility team, backed by multi-disciplinary specialties and top notch medical technology, enables Sunway Fertility Centre to deliver a holistic treatment approach.

For more info, visit <https://sunwayfertility.com.my/>; [www.facebook.com/SunwayFertility](https://www.facebook.com/SunwayFertility); or call our Careline at 019-338 1681.

## SILVER SPONSORS

"Bayer has been providing innovative therapeutic solutions that help improve lives for over 150 years. Everything Bayer does is reflected in their mission "Science for a Better Life". Bayer's scientists work tirelessly in pursuit of new therapies, especially in areas where there is high unmet medical need. This includes broad range of products for women who want convenient birth control with proven efficacy and safety, heavy menstrual bleeding, as well as products that alleviate menopause symptoms. Since 2010 Bayer has been offering a treatment option, specifically developed for endometriosis, in Europe, several countries in Latin America and Asia Pacific. It is important for doctors and patients to discuss all available treatment options to ensure the patient receives the best medication for her. This year, Bayer will be launching "Bayer For Her", an awareness campaign to drive conversations of care, to empower women to be bold, energetic and in control of her life choices.' (PP-VIS-MY-0346-1 (02/23))



**Vibrance Pelvic Health Centre specializes in pelvic physiotherapy.**

Pelvic physiotherapy addresses issues around the pelvic area such as urine leakage, prolapse of pelvic organs (like "rahim jatuh"), aches and pain around the abdomen or back, and sexual health issues. Most of these issues are chronic, which affects the quality of life over a long span of time when left untreated.

Pelvic physiotherapy is also helpful to rehabilitate your body after a surgery such as hysterectomy (removal of uterus) or prostatectomy (removal of prostate gland). It provides the strengthening and stabilizing effect, a necessary step to achieve the maximum benefits of the surgical procedures and speed up a full recovery.

Our approach is strictly evidence based, which means treatments are based on scientifically proven methods to achieve the maximum results and in many instances such as urine leakage or sexual pain, a full recovery to normal.





# About Our ORGANISER



Obstetrical and Gynaecological  
Society of Malaysia

## Obstetrical and Gynaecological Society of Malaysia (OGSM)

OGSM was established in 1963 as an independent, non-profit and non-governmental organisation with affiliation to the International Federation of Gynaecology and Obstetrics (FIGO) and the Asia-Oceania Federation of Obstetrics and Gynaecology (AOFOG). Today, the society has a membership of more than 1,500 doctors, drawn from specialists and trainees representing the government, the universities and the private sectors.

As part of the OGSM's social responsibility initiative, it is also engaged in promoting women's health by organising community health projects and health awareness campaigns such as breast cancer, cervical cancer, endometriosis and young women wellness programmes in schools and colleges. Visit [www.ogsm.org.my](http://www.ogsm.org.my) for more information.

Suite A-05-10, Block A, Plaza Mont Kiara,  
No. 2 Jalan Kiara, Mont Kiara, 50480 Kuala Lumpur  
Tel : 03-6201 4009 | Email : [administrator@ogsm.org.my](mailto:administrator@ogsm.org.my)

# I Love Me Health Conference

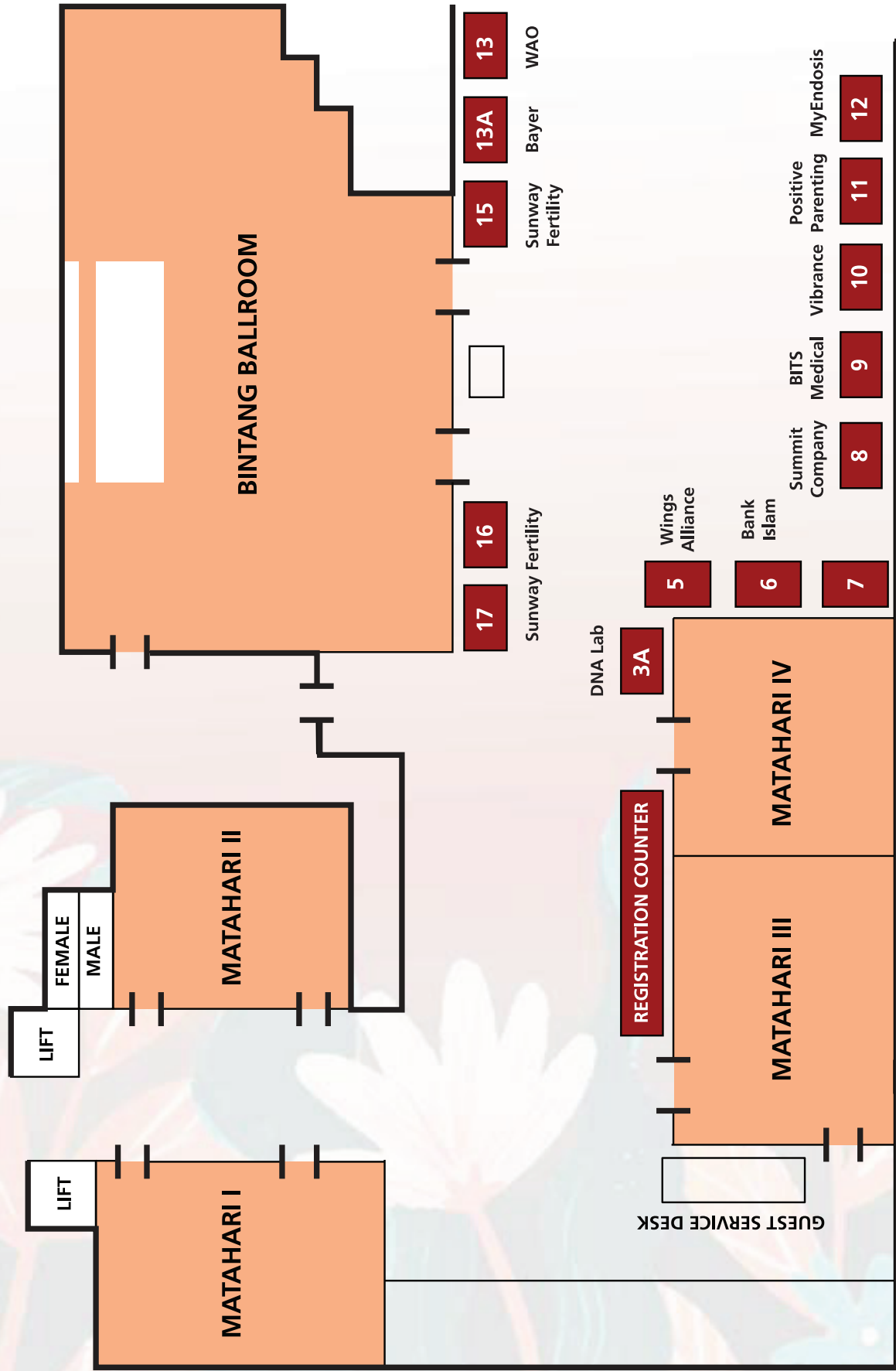
in conjunction with International Women's Day 2023

Saturday, 11 March 2023 • Level 5, Cititel Mid Valley, Kuala Lumpur



BINTANG BALLROOM				
TIME	TOPIC		SPEAKER	
0800 - 0830	Registration and Coffee			
0830 - 0840	Opening Message		Dr Tan Lee Na (Chairperson), Obstetrician and Gynaecologist	
0840 - 0910	Women Empowerment		Dr Hoo Mei Lin Immediate Past President, OGSM	
ENDOMETRIOSIS				
0910 - 0930	Endometriosis: Women's Health Crisis		Dr J. Ravichandran Obstetrician and Gynaecologist	
0930 - 0950	Pain, Pain, Go Away, Let Me Know if there is Another Way!		Ms Lau Kai Sze TCM Practitioner	
0950 - 1010	Breaking the Silence: Who's with Me? – Support group		Ms Surita Mogan Persatuan Endometriosis Malaysia (MyEndosis)	
1010 - 1030	Q&A (Panel Discussion)		Moderator	
1030 - 1040	Endometriosis Video Launch			
1040 - 1100	Coffee Break			
BINTANG BALLROOM			MATAHARI 3	
MENOPAUSE AND SELF CARE			SEXUAL HEALTH	
1100 - 1120	I Love Me – Finding the Balance	Ms Niney Chong Personal Branding & Social Impact Strategist	Love Hurts but Sex Shouldn't! – The Silent Threat to Marriages and Fertility	Ms Angela Ting Pelvic Health Physiotherapist
1120 - 1140	Menopause – Debunking the Myths	Dr Ng Ying Shan Obstetrician and Gynaecologist	Let's Talk about Sexually Transmitted Infections	Dr Leong May Shi Obstetrician and Gynaecologist
1140 - 1200	Too Busy to Exercise?	Ms Nadia Azahari Personal Trainer	Contraception – Elephant in the Room	Dr Marcus Chiang Obstetrician and Gynaecologist
1200 - 1220	Q&A (Panel Discussion)	Moderator	Q&A (Panel Discussion)	Moderator
1220 - 1300	Sunway Fertility Centre Symposium (BINTANG BALLROOM) The Heart of Fertility Treatment – Taking the Journey Together		Dr Ashley Chung Soo Bee Fertility Specialist Dr Farah Leong Rahman Fertility Specialist Dr Hoo Mei Lin Fertility Specialist Dr Loh Huey Wen Fertility Specialist	
1300 - 1400	Lunch			
PELVIC FLOOR HEALTH AND SCREENING PROGRAMMES			FERTILITY	
1400 - 1420	Cervical Cancer Prevention	Dr Mohd Gibran Geh Obstetrician and Gynaecologist	The Fertility Roadmap – How to improve my chances?	Dr Hoo Mei Lin Obstetrician and Gynaecologist
1420 - 1440	Help, I Cannot Control my Bladder!	Dr Loh Huey Wen Obstetrician and Gynaecologist	The Zero Trimester – Essential Steps before your Pregnancy	Dr Muniswaran Ganeshan Obstetrician and Gynaecologist
1440 - 1500	'Rahim Jatuh' No More: How Pelvic Physiotherapy Can Help	Ms Wong Jing Ye Pelvic Health Physiotherapist	Against all Odds – When East Meets West	Ms Mun Weng Yan TCM Practitioner
1500 - 1520	Q&A (Panel Discussion)	Moderator	Q&A (Panel Discussion)	Moderator
PREGNANCY – THE JOURNEY			CHILD HEALTH	
1520 - 1540	I'm Pregnant! Now What? – Myths vs Facts	Dr Gayathri Mariappa Obstetrician and Gynaecologist	Parenting Strong-willed Kids with ADHD	Dr Cindy Chan Su Huay Developmental Paediatrics
1540 - 1600	Essential Tests in Pregnancy – What's New?	Dr Mah Jia Mien Obstetrician and Gynaecologist	Behavioural Issues – Is my Child Autistic?	Ms Charis Wong Counselling Psychologist
1600 - 1620	Stillbirth and Pregnancy Losses	Dr Loh Huey Wen Obstetrician and Gynaecologist	Childhood Rashes	Dr Benji Teoh Tze Yuen Dermatologist
1620 - 1640	Q&A (Panel Discussion)	Moderator	Q&A (Panel Discussion)	Moderator
1640	Programme Ends			

# VENUE & EXHIBITION FLOOR PLAN







# Acknowledgements

## The Organising Committee of the

## I Love Me Health Conference 2023

wishes to record its  
appreciation and gratitude to the

## Guest Faculty and Sponsors

for the success of the Conference

**Sunway Fertility Centre (Gold Sponsor)**

**Bayer Co. (M) Sdn Bhd (Silver Sponsor)**

**Vibrance Pelvic Health Centre (Silver Sponsor)**

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