



What I Imagine, I Become

Join us

FOR FREE *at*

East Atrium Court
Ground Floor
Vivacity Megamall
Kuching, Sarawak



REGISTER HERE OR
SIMPLY WALK-IN

DAY 1

**BLOOD
DONATION
DRIVE**

Saturday, 9 March 2024
Time: 10am-2pm

OPEN
FOR
REGISTRATION

<https://ogsm.org.my/ilm2024/>



Obstetrical and Gynaecological
Society of Malaysia



What I Imagine, I Become

Join us

FOR FREE *at*

East Atrium Court
Ground Floor
Vivacity Megamall
Kuching, Sarawak



REGISTER HERE OR
SIMPLY WALK-IN

DAY 2

HEALTH CONFERENCE

Sunday, 10 March 2024

Time: 10am-8.30pm

I Love Me Health Conference

What I Imagine, I Become

Sunday, 10 March 2024 • East Atrium Court, Ground Floor, Vivacity Megamall, Kuching, Sarawak



TIME	TOPIC	SPEAKER
1030 - 1040	Opening Message	Dr Tan Lee Na <i>Obstetrician and Gynaecologist</i>
1040 - 1100	Women Empowerment	Prof Dr Nazimah Idris <i>President, OGSMB Obstetrician and Gynaecologist</i>
MENOPAUSE AND PELVIC FLOOR HEALTH		
1100 - 1120	Menopause – Debunking the Myths	Dr Ng Ying Shan <i>Obstetrician and Gynaecologist</i>
1120 - 1140	'Rahim Jatuh' No More: How Pelvic Physiotherapy Can Help	Dr Tan Yiap Loong <i>Obstetrician and Gynaecologist</i>
1140 - 1200	Help, I cannot Control my Bladder!	Dr Sukanda Jaili <i>Obstetrician and Gynaecologist</i>
1200 - 1220	Q&A (Panel Discussion)	Moderator: Dr Loh Huey Wen
SCREENING PROGRAMMES		
1220 - 1240	Cervical Cancer Prevention	Dr Kanddy Loo Chin Yee <i>Obstetrician and Gynaecologist</i>
1240 - 1300	Breast Cancer Awareness	Miss Adibah Ali <i>Breast and Endocrine Surgeon</i>
1300 - 1320	Q&A (Panel Discussion)	Moderator: Dr Tan Lee Na
1320 - 1430	Lunch Break	
FERTILITY		
1430 - 1450	The Fertility Roadmap – How to Improve my Chances?	Dr Hoo Mei Lin <i>Obstetrician and Gynaecologist</i>
1450 - 1520	I need Help to get Pregnant – What Treatment Options do I have?	Dr Edawati Dahrawi Edrus Dr Mardiana Kipli <i>Obstetrician and Gynaecologist</i>
1520 - 1540	The Zero Trimester – Essential Steps before your Pregnancy	Dr Harris Njoo Suharjono <i>Obstetrician and Gynaecologist</i>
1540 - 1550	Q&A (Panel Discussion)	Moderator: Dr Hoo Mei Lin
PREGNANCY		
1550 - 1610	I'm Pregnant! Now What? – Myths vs Facts	Dr Philip Kho <i>Obstetrician and Gynaecologist</i>
1610 - 1630	Essential Tests in Pregnancy – What's New?	Dr Mah Jia Mien <i>Obstetrician and Gynaecologist</i>
1630 - 1650	Stillbirth and Pregnancy Losses – When are we Going to Talk about it?	Dr Loh Huey Wen <i>Obstetrician and Gynaecologist</i>
1650 - 1710	Q&A (Panel Discussion)	Moderator: Dr Hoo Mei Lin
1710 - 1800	Dinner Break	
SEXUAL HEALTH AND SELF-CARE		
1800 - 1820	Let's Talk about Sexually Transmitted Infections	Dr Marcus Chiang Kin Chun <i>Obstetrician and Gynaecologist</i>
1820 - 1840	Contraception – Elephant in the Room	Dr Tan Tze Ling <i>Obstetrician and Gynaecologist</i>
1840 - 1900	Too Busy to Exercise?	Dr Abigail Jerip <i>Obstetrician and Gynaecologist</i>
1900 - 1920	Q&A (Panel Discussion)	Moderator: Dr Tan Lee Na
CHILD HEALTH		
1920 - 1940	Behavioural Issues – Is my Child Autistic?	Dr Khoo Chai Soon <i>Developmental Paediatrician</i>
1940 - 2000	Eczema - itches and scratches	Dr Henrietta Albela <i>Paediatric Dermatologist</i>
2000 - 2020	Q&A (Panel Discussion)	Moderator: Dr Loh Huey Wen
2020 - 2030	Closing	

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/; or call our Careline at **019-338 1681**.

SILVER SPONSORS

Cytogenomix Sdn Bhd is a private genetic testing laboratory in Malaysia providing molecular diagnostic services to over 250 specialist doctors in private and public hospitals in Malaysia, Indonesia, Maldives and India.



Our services include:

- Non-Invasive Prenatal Testing (NIPT),
- Prenatal Diagnosis (PND),
- Neurogenetics..
- Oncogenetics,
- HLA Typing,
- Pharmacogenomics,
- Rare genetic disease testing through Whole Exome Sequencing (WES),
- Preimplantation Genetic Testing – Aneuploidy (PGT-A), - Mutation (PGT-M), - Structural Rearrangement (PGT-SR) and – HLA (PGT-HLA),
- Single Gene Testing

Our services are designed to empower clinicians to make diagnosis molecular.

All our tests are performed in-house. Our lab, situated in Penang, is ISO 15189 accredited lab and participate in proficiency testing with American College of Pathology (USA) and GenQA (UK).

We also have introduced skin genotyping for consumers. This tests gives a genetic health of your skin and recommend various skin creams and lotions customised to you based on your test results.

CGx is also proud to host and organise the PGDIS Conference 2024 (www.pgdis2024.com)

About Our SPONSORS

SILVER SPONSORS

We develop and manage a 2nd portfolio of Group branded pharmaceuticals, consumer healthcare products and medical devices focused on primary care.

Our brand includes AVEX, AVO, AEVA, AVO DIAGNOSTICS, AVO MEDICAL, AGNESIA, HENNSON, KAPS and REMECO.

Each brand has its distinct attributes catering to different segments of the market. The portfolio of each brand is continuously being expanded through line extension, product development and where strategic, alliance with business partners. Strategic investment will continue to be made in enhancing brand equity, recognizing the importance of Group Brands as key assets to Apex Healthcare Group.



Ben Way Enterprises brings to you innovative products in the field of Obstetrics and Gynecology and it's sub-specialties.

Our aim is to provide access and empower women through better healthcare, and with innovative and up-to-date products offering the best affordable prices.

With more than 30 years knowledge in the medical business, we thrive to provide excellent services and technical know-how in both the public and private medical sectors. Our business model is simply to help doctors get the products they want without much hassle and in return they do what they know best, i.e. – treat their patient to their optimum capabilities.



Hyphens Pharma, Asean's Specialty Pharma Company. Our core competency lies in our sales and marketing of innovative medical products through close working relationships and continuous engagement of key opinion leaders, physicians and trade partners. We focus on the sales and marketing of specialty pharmaceutical products in selected ASEAN countries through exclusive distributorship or licensing and supply agreements with brand principals mainly from Europe and the United States.



In part of our vision to provide a better quality of life to patients, we are constantly on the pulse of our industry's innovation to meet patients' needs. Over time, we have developed significant experience in certain therapeutic areas or medical specialties. We bring in specialty pharmaceutical products around these areas such as dermatology, paediatrics and neonatology, allergy, otorhinolaryngology (ear, nose and throat), orthopaedic and rheumatology, radiology, cardiology, and interventional cardiology, ophthalmology, gastroenterology, child psychiatry and family medicine.

For more info, visit <https://www.hyphens.com.sg/about-hyphens/the-company/>

About Our ORGANISER



Obstetrical and Gynaecological
Society of Malaysia

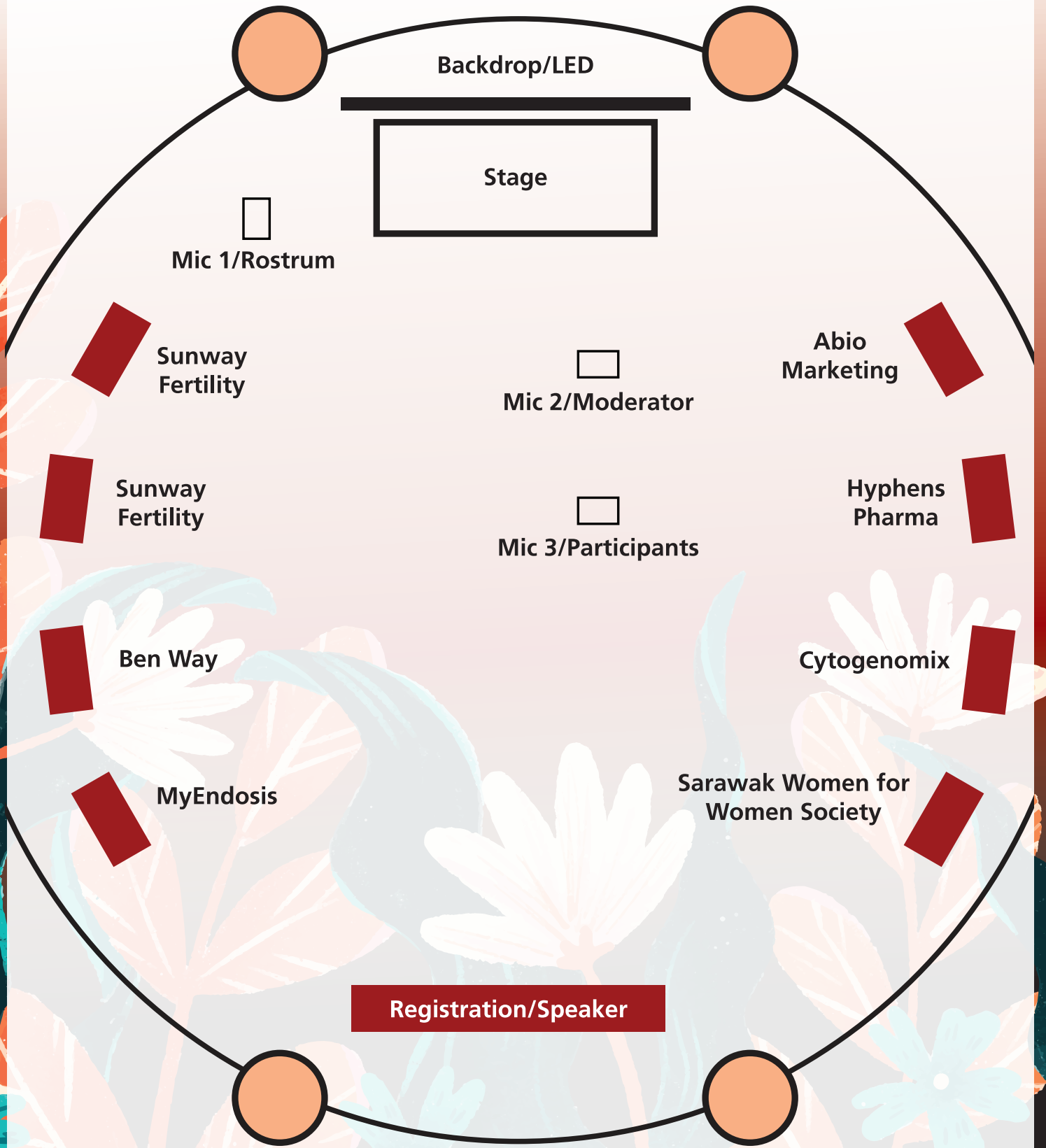
Obstetrical and Gynaecological Society of Malaysia (OGSM)

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 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

Venue & Exhibition Floor Plan



Acknowledgements

The Organising Committee
of the

I Love Me Health Conference 2024

wishes to record its
appreciation and gratitude to the

Guest Faculty and Sponsors

for the success of the Conference

Sunway Fertility Centre Kuching (Platinum Sponsor)

Abio Marketing Sdn Bhd (Silver Sponsor)

Ben Way Enterprises Sdn Bhd (Silver Sponsor)

Cytogenomix Sdn Bhd (Silver Sponsor)

Hyphens Pharma Sdn Bhd (Silver Sponsor)

Endometriosis Association of Malaysia

Sarawak Women for Women Society

Kalodu