

INSTRUCTIONAL CERTIFICATE COURSE

31 July 2022, Sunday

0900 – 1600 hrs

NUSS Guildhouse (Suntec City)

3 Temasek Boulevard (Tower 5)
#02- 401/402 Suntec City Mall
Singapore 038983



To register, click [here](#)
or scan QR Code.

CME Accreditation pending

Registration : S\$350
(payable via PayNow – UEN 200413396D)

Running a Regenerative / Wellness Medicine Clinic

Course Director: Prof Peter Lim

Is your clinic practice ready for the Wellness revolution? As you may already know, it is Singapore's national ambition to build up Wellness Tourism over the next 5 to 10 years. According to the WHO, "Wellness is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." According to the Straits Times article "Wellness will be key component of Singapore's tourism offerings in the next 5 to 10 years" (3 June 2022) it is reported that "in 2020 the global wellness economy was valued at US\$4.4 trillion (S\$6 trillion), US\$1.5 trillion in the Asia-Pac region and US\$12 billion in Singapore."

As Singapore invests in building up wellness tourism, at the grassroots level, the demand for wellness will increase exponentially. If you are ready to ride the wave of this wellness revolution, attend this instructional certificate course to learn how you can incorporate regenerative and wellness functional medicine treatments and service for men and women into your practice.

Time	Topic	Speaker
0900 – 0905	Welcome message	Prof Christopher Chen President - ICS
Session 1 : Chair – Dr Colin Teo		
0905 – 0925	How to run a regenerative medicine clinic	Prof Peter Lim
0925 – 0945	Managing Andropause	Prof Peter Lim
0945 – 1005	Aging & ED pharmacologics - role of Scientific extraction using microemulsification, microliposomal & microencapsulation methods	Dr Joe Johan
1005 – 1030	Refreshment Break & Networking / Discussions	
Session 2 : Chair – Dr Sriram Narayanam		
1030 – 1050	The role of Hormones in Female Health & Wellness	Dr Wong Yoke Meng
1050 – 1110	Management of Somatopause	Prof Peter Lim
1110 – 1130	Putting the brakes on coronary aging by plaque regression and stabilization	Dr Rohit Khurana
1130 – 1150	Cortisol level & the use of boswellin & Curumin to reduce Aging Progression by reducing Stress Hormone levels	Dr Joe Johan
1150 – 1210	How to optimize hormonal replacement in women	Dr Wong Yoke Meng
1210 – 1330	Lunch & Networking / Discussions	
Session 3 : Chair – Dr Sam Peh		
1330 – 1350	Regenerative Medicine, Metabolic Syndrome & the role of Cynarine for NASH	Dr Joe Johan
1350 – 1410	Stem Cells & Regenerative Medicine	Prof Lim Kah Meng
1410 – 1430	Integrating Age Management & Aesthetics into Clinical Practice	Dr Roy Chio
1430 – 1500	Refreshment Break & Networking / Discussions	
Session 4 : Chair – Prof Christopher Chen		
1500 – 1520	Role of nicotinamide mononucleide & resveratrol in mTOR pathway regulation in Antiaging	Dr Joe Johan
1520 – 1540	Hormones.. What Every GP Should Know	Dr Caroline Low
1540 – 1600	Summary & Wrap Up	Prof Peter Lim Dr Wong Yoke Meng
1600	End of Workshop	

Organised by



For enquiries, contact : secretariat@icssingapore.com