

ACTIVE LIVING IN WOMEN

Saturday, 23 July 2022

2:30pm - 4:00pm

Hosted on **zoom**

Organised by



**OSTEOPOROSIS SOCIETY
(SINGAPORE)**

Endorsed by



Obstetrical & Gynaecological
Society of Singapore



Society for Geriatric
Medicine Singapore

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With scientific advances and increasing longevity, women can expect to remain active for a longer period of their lives. In this webinar, we discuss aspects of active living in women as they reach the golden years. Learn about aspects of women's health, tackling polypharmacy in falls prevention and bone health to support active living for women. Jointly organised by OGSS, SGMS and OSS, the session will provide an educational opportunity for multidisciplinary approach to support women in healthy active living.

Dr Huang Zhongwei

Dr Huang Zhongwei is a clinician scientist in Obstetrics & Gynaecology and Consultant at the Department of Obstetrics and Gynaecology, Division of Reproductive Endocrinology and Infertility, National University Hospital, Singapore. He completed his medical studies at the National University of Singapore and did his doctorate studies at the University of Oxford, United Kingdom, on human oocyte biology and fertility research. He is also the Deputy Director of NUS Bia-Echo Asia Centre for Reproductive Longevity and Equality (ACRLE), specialising in research for women's reproductive health, ageing and digital medicine, and leading the conversation in women's reproductive longevity and equality.

Topic: Women's Health in the Golden Years

Dr Jasmine Lim

Dr Jasmine Lim is a Consultant of the Division of Geriatric Medicine, Department of Medicine at Ng Teng Fong General Hospital.

Topic: Tackling poly pharmacy in falls prevention

Dr Linsey Gani

Dr Linsey Gani is a consultant at the Department of Endocrinology at Changi General Hospital (CGH). She is the program director for the Eastern Community Health Outreach (ECHO) that works to provide chronic disease health screening to the eastern region in Singapore. She has also set up the Osteoporosis Liaison Service in CGH to provide secondary fracture prevention to patients admitted with fragility hip fracture. She currently holds a clinical senior lecturer position with the Department of Medicine, Yong Loo Lin School of Medicine, National University of Singapore.

Topic: Bone Health to support Women with Active Living



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Contact

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