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PRIMANORA CARES UNTUK WANITA

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Better Life Through

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Healthier Choices



Datuk Dr. Nor Ashikin
Ahmad Mokhtar



Professor Dato' Dr.
Aminuddin Ahmad



Dr. Jeyarajah Sivalingam

Date : 24 January 2011 (MONDAY)
Time : 8.00am – 6.00pm
Venue : The Legend Hotel, Kuala Lumpur

SEMINAR FEES

IMM MEMBERS : RM500.00
NON MEMBERS : RM600.00
EARLY BIRD : RM500.00

(Registration & Payment before 12 January 2011)

GROUP DISCOUNT - 10%

(For more than 5 participants from the same organisation)

***For HRDF Contributors : Fee is only RM500.00
Fully Claimable via Direct Debit**



Dr. Kasumawati Alli



Dr. Ho Choon Moy

CO ORGANIZER:



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PRIMANORA CARES UNTUK WANITA

DURATION

One-Day

WHO SHOULD ATTEND

This entertaining, interactive program is specially designed for women from all walks of life and organizations and women of all ages who want to be healthy and successful for a better future.

OBJECTIVES

1. Learn to have better quality of health and happiness.
2. Build higher self esteem and confidence.
3. Increase one's energy and desire for higher productivity.
4. Learn how to make positive choices and changes in your life for a better life.
5. Learn how to organize your Personal and Professional life to achieve your individual and organization objectives.

LEARNING OUTCOMES

If you don't have enough time for good health - you won't have enough health for a good time.

Health problem has wide-ranging consequences.

Wellness involves both choice and action. The choices you make each day, and the actions you take on those choices, can lead to a healthier lifestyle, better life and happier future. Making positive choices and acting on those choices - promotes a sense of accomplishment and well-being.

There are other benefits from these choices, as well. Making a life-long commitment to a healthy lifestyle can reduce the effects of chronic illness, give you more energy, increase your self-esteem and confidence and helps you feel good and look good whatever your age.

Also this course will teach you how to discipline yourself, not only in your actions but also to discipline how to think clearly and to translate and manage this force and energy to transform your life.

TOPICS

TOPIC 1: BETTER LIFE FOR A HEALTHIER FUTURE...FIGURE OUT WHAT MATTERS TO YOU

You can stay healthy and vibrant at any age if you know how to prevent and protect yourself. ...Let's celebrate life by taking responsibility for our own health through greater knowledge and understanding. There should be a paradigm shift instead of stressing on the negative side of illness the new approach underlines the positive aspects of health.

As you age our body is continuously changing and adapting to your lifestyle. Your lifestyle has a big impact on your health. Your lifestyle choices will determine your levels of wellbeing, happiness and will determine how healthy you will be.

You can stay healthy at any age. The best way to stay healthy is to practice a healthy lifestyle. Another part of a healthy life style is getting the proper screening tests and acting appropriately on the information they provide.

Let's focus on wellness rather than looking at illness. Focus on prevention and protection that may stem the tideand enjoy life as it should be enjoyed.

Those who do not find time for health checks will have to find time for illness.

TOPIC 2: FRESHER. YOUNGER, HEALTHIER YOU

There's nothing worse than looking older than your age but you might be surprised to learn there are some easy ways to prevent you looking your age.

A curious fact about ageing is that many of the signs of ageing we later learn to dread like fine lines, pigmented skin, loss of elasticity, wrinkles, hair greying and thinning don't appear until many years after the behaviours that gave rise to them. What you do now will show up on your face many years later...

So what can we do now to keep looking younger later? Do we have options? No I am not talking about Botox injections, fillers, knives, scars and surgical facelifts. Yes the truth is for those who want to age gracefully the other options are to consider 100% non surgical, non invasive, 'do not burn' and painless methods to rejuvenate your face and skin.

All these treatments will lead to a youthful, healthy glow and refreshed look that we all desire and giving you more confidence and self esteem. Be prepared to grow old but not look old. Learn more about these simple secrets to looking healthy and beautiful whatever your age.

SPEAKERS

by DATUK DR. NOR ASHIKIN AHMAD MOKHTAR

Speaker's Profile

Datuk Dr. Nor Ashikin is the FOUNDER & EXECUTIVE CHAIRMAN of PRIMANORA Medical Centre a one stop medical specialist and aesthetic centre that looks after the needs of women and family throughout their lifespan. She was a former lecturer at the National University of Malaysia before going into Private Practice. She has looked after more than ten thousand women and has delivered no less than 3000 babies.



She constantly motivates and inspires women to empower themselves to make positive changes in their lives thus uplifting the standard of women's health. She is a speaker at conferences and congress and delivers cutting-edge medical information presentations, "in a warm, enlightening, and entertaining format." She writes articles in various medical and lifestyle magazines. As a passionate and committed leader on women's health issues, she is frequently sought after speaker and appearing in various TV and radio talk shows and programmes discussing women's health and beauty.

Datuk Dr. Nor Ashikin's efforts and her advocacy for women's health have been recognized throughout the country as well as internationally. You must not miss her session. She has a lot to share and care for your wellness, health and beauty.

by DR. KASUMAWATI ALLI

Speaker's Profile

Obtained the degree and Master degree from Universiti Malaya, Kuala Lumpur. Used to serve in government hospitals such as Teluk Intan General Hospital and Tengku Ampuan Rahimah General Hospital, Klang. She was a lecturer in Universiti Malaya before joining PrimaNora Medical Centre.



Member to College of Radiology of Malaysia, National Specialist Register and Asean-Oceanic Society for Paediatric Radiology (AOSPR). During her service, she has wide experience and exposure in participating and organizing health and management seminars. She was awarded with Anugerah Perkhidmatan Cemerlang from Jabatan Kesihatan Negeri Selangor.

PROGRAM

Morning Session

8:00 am	Registration
8:45 am	Fun Activities 1 and lucky draw for first 50 registered "early birds"
9.00 am	Topic 1: Better Life For A Healthier Future...Figure Out What Matters To You by Datuk Dr. Nor Ashikin Mokhtar
9.45 am	Topic 2: Fresher, Younger, Healthier You... by Dr. Kasumawati Alli
10.30 am	Morning refreshment
11.00 am	Topic 3: Life Management: For a Better Life by Prof. Dato' Dr. Aminuddin Ahmad
11.45 am	Topic 4: I LOVE BACTERIA... PROBIOTICS for a HEALTHIER LIFE by Prof. Dato' Dr. Aminuddin Ahmad
12.30 pm	LUCKY DRAW Lunch & Networking

Afternoon Session

2:00 pm	Fun Activities 2 / Personal Grooming
2:45 pm	Topic 5: "RED HOT MAMAs": Understanding the change in the golden years by Dr. Ho Choon Moy
3.30 pm	Topic 6: Wonders of Stem Cells by Dr. Jeyarajah Sivalingam
4.15 pm	Topic 7: "Good Health, Great Sex" by Datuk Dr. Nor Ashikin Mokhtar
5.00 pm	Grand lucky draw including cash lucky draw winner RM 1000/-
5.30 pm	REFERESHMENTS END OF PROGRAMME

TOPIC 3: LIFE MANAGEMENT: FOR A BETTER LIFE

by PROFESSOR DATO' DR. AMINUDDIN AHMAD

This is a wonderful time to be alive, this "golden age" of mankind; allows us to accomplish more goals than any other period in history. Life has to be managed optimally in order to achieve our true life potentials. Happiness, health and prosperity do not occur by accident, one will only achieve certain things, only by doing certain action. If one do a certain action that successful people do, over and over again, nothing can stop us from eventually getting the same results that they do.

There must be a purpose in life. To achieve our objectives, one thing is certain, it is not always easy, and it is never a straight line from start to finish. If the tasks and objectives are easily achievable then it is not worth pursuing since it will never test our true potentials in life, and we will never know the real reason why we are here.

Each of us has limitless potentials, often sabotage by our own self-limiting thoughts and self destructive behaviors. We need to explore and utilize our mental capacity to think, to tap on our emotions, to plan and manage our life events. The conditions that we are now reflect our thinking yesterday and how we will be tomorrow depends on our thoughts today.

We need to discipline ourselves, not only our actions but also to discipline how to think clearly, and to translate and manage this force and energy to transform our life. This is going to be a life defining event that will transform our future, yours and mine too. The interaction will generate a change and we will never be the same again.

Speaker's Profile

Dr. Aminuddin Ahmad is a Senior Consultant Physician and Gastroenterologist at Faculty of Medicine, University Technology MARA (UiTM), Shah Alam and Honorary Consultant Gastroenterologist, at Selayang Hospital. He is the Professor of Medicine and Deputy Dean of Academic at UiTM Medical School. He has 25 years experience in teaching and patient care and received advance training in gastroenterology from Toranoman Hospital, Tokyo and Massachusetts General Hospital, Harvard Medical School. He was conferred Fellow of the Royal College of Physician of Ireland, the Royal College of Physicians and Surgeons of Glasgow, and the Royal College of Physician London.



Currently he is a visiting Consultant Physician and Gastroenterologist at Primanora Medical Centre, Kuala Lumpur and a few other Hospitals in the country.

TOPIC 4: I LOVE BACTERIA.....PROBIOTICS FOR A HEALTHIER LIFE

by PROFESSOR DATO' DR. AMINUDDIN AHMAD

PROBIOTICS are friendly and beneficial bacteria that exert health-promoting influences in our body. Probiotics can be a supplement just like vitamins and minerals that contribute to a balanced gut flora to enhance our health and well-being. These probiotic organisms can be yeasts (fungi), good bacteria or even organisms commonly found in soil.

Good bacteria can be depleted during certain times in our lives due to taking antibiotics, stress and anxiety. A healthy, balanced gut flora plays a significant role in warding off pathogenic bacteria, toxins, allergens, chemicals and pollutants from penetrating our body where they will cause health problems. This is also called gut barrier effect or gut barrier function.

Disruption to the balance of this fragile microbial ecosystem may lead to health problems such as bloating, intestinal pains, nutritional deficiencies and constipation. Our modern lifestyles today make it difficult to avoid environmental pollution, unhealthy diets and stress. But we should try to do what we can to right the balance of bacteria in our digestive tract, so that we do not fall victim to digestive and other health problems that make life miserable.

TOPIC 5: "RED HOT MAMAs" - UNDERSTANDING THE CHANGE IN THE GOLDEN YEARS

by DR. HO CHOON MOY

Since attitude plays a significant role in the physical response to menopause, it helps to understand the changes that are taking place. These changes can start several years before menopause proper actually sets in, with erratic periods or unusually heavy or light bleeding.

Every woman is different. Some women experience only mild symptoms or none at all. Others struggle with hot flashes and other symptoms that last for years.

Knowledge is power. Get the facts. Learn all you can. The key is to this stage of your life - 40% of your life span - is in making healthy decisions regarding lifestyle and treatment options. There are remedies for dealing with just about every symptom on the list and daily opportunities to take control, to prevent that is preventable and to manage the change that is inevitable.

Speaker's Profile

Dr. Ho Choon Moy is a Consultant Obstetrician and Gynaecologist at Pantai Hospital Cheras in Kuala Lumpur. She graduated with a Medical Degree from the National University of Malaysia in 1984, and in 1989 she obtained her MRCOG from the Royal College of Obstetricians and Gynaecologists in London. She also has a Masters Degree in O&G from UKM. Dr. Ho is a Fellow of the Royal College of O&G in London (FRCOG).



Dr. Ho has been an O&G lecturer in the National University of Malaysia for several years. She is the current President of the Malaysian Menopause Society (MMS), and the Editor-in-Chief of Berita Menopos, the Quarterly Newsletter of Malaysian Menopause Society. She is also a Committee Member of the current Malaysian Consensus and Hormone Replacement Therapy Clinical Practice Guidelines. In addition, she is on the Executive

Council of the Asia-Pacific Menopause Federation and has presented papers in both national and international conferences and forums. Dr. Ho is the winner of the Malaysian Women's Weekly "Great Women of Our Time 2010 Award" for the category of Health, Sports & Wellness.

TOPIC 6: WONDERS OF STEM CELLS

The discovery of the immortal stem cells, more than 20 years ago, created a biological and medical sensation.

No matter how big a human becomes, it all began with an ovum and a sperm cell. This means that cells exist which have the potential to form a complete human. And this is the power we tap into when we talk about stem cells.

To date, adult stem cells have been found in nearly every body tissue, for example in the skin, the brain, the blood, the liver and the bone marrow.

If body tissue is damaged, stem cells head for the damaged area and advance the process of healing? However, they often do not arrive in sufficient numbers, or may even fail to arrive at all because the artery is blocked. The damaged area then only heals very slowly, or may not heal at all if the cause of the disease is not eradicated. It might also be possible that some diseases develop covertly and are not recognized as being in need of repair. Another problem: adult stem cells also age.

The process of aging cannot be stopped. However, with the help of modern medicine, it is possible to extract stem cells from the body, clean them, concentrate them and then apply them to the diseased or aging area. In many cases, the physiological healing process can be enhanced. The idea of defeating disease and disability has been medicine's magnificent obsession. And assisting doctors and scientists in this quest are stem cells — science's new weapons.

by DR. JEYARAJAH

Speaker's Profile

Dr. Jeyarajah is presently a Consultant Physician at PrimaNora Medical Centre and MAC clinics. His previous appointments were as Senior Lecturer in Cardiology at UiTM and Physician in General Medicine at Selayang Hospital. He has also had training in Anaesthesia and Intensive care in Kajang Hospital. His first appointment here was in 1999 at Seberang Jaya hospital in Penang.



Dr. Jeyarajah is a member of Royal College of Physicians (UK). In 2005, he was awarded the Certificate of Excellence by Director General of Health Malaysia. Besides interventional Cardiology, where he also underwent training in IJN, his main areas of interest are in preventive/wellness medicine particularly focusing on stem cell research and hormonal modulation. He is also currently running clinical trials in the treatment of diabetes using stem cells. At present in view of his passion for wellness medicine, his focus is mainly on Men's Health and treatment of Chronic diseases with Stem Cells.

TOPIC 7: GOOD HEALTH, GREAT SEX

by DATUK DR. NOR ASHIKIN AHMAD MOKHTAR

A good sex life is an important part of an individual's overall health. Sex can be a wonderful cementer or a terrible wedge for relationship.

Keeping the sexual spark alive in a marriage or in a long-term relationship is easier said than done. However, couples who take time to cultivate and maintain healthy and satisfying sexual relations tend to be more connected with each other and do not suffer from depression, heart problems and other health maladies. Scientific evidence is accumulating support what many of us have suspected all along: good sex not only adds great enjoyment to our lives, but it also actually improves our health and may even contribute to our longevity.

We know that healthier people have more sexual activity. But we do not know which comes first. Does the good health make you more willing to have sex, or does the sex have a positive impact?"

Learn to like sex. Some people don't. Many women have never had an orgasm. Many men worry about their sexual stamina. All that pressure! No wonder sex isn't fun. Remember, it's about pleasure, not pressure, no matter what the outcome.

Sexual intimacy should be one of the greatest pleasures of being human. Understand that it is meant to be enjoyed and then enjoy it! No one wants to be with a partner who is merely going through the motions. Stay well and healthy. Enjoy it, or don't do it.

Yes: Please register the following participants for **PrimaNora Cares Untuk Wanita : Better Life Through Healthier Choices**

No.	Name	Designation

Contact Person :

Designation :

Billing Address (including Postcode)

Company :

Tel :

Fax :

Email :

Membership No :

To Register Contact IMM Office | Tel: 03 7874 3089 / 03 7874 6726 Fax: 03 7876 3726 Email: imm.malaysia@gmail.com

Payment Details

Payments may be made by telegraphic transfer, bank deposit, local check or PSMB – Direct Debit.

All cheques to be made payable to Institute of Marketing Malaysia in Ringgit Malaysia (RM) and are nett of bank charges. Bank charges are to be borne by participant.

For HRDF contributors/PSMB Direct Debit please fill up form PSMB/STP/1/07 and faxed directly to PSMB at 03-20964907.

For enquiries please contact PSMB - Encik Nik Muhammad Syahir at 03-20964617.

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Cancellations

Should you be unable to attend for any reason after registering please inform IMM. No refund can be made for cancellation or for 'not in attendance' participant. A replacement participant is welcomed. IMM reserves the right to make any amendments that it considers to be in the interest of the Seminar without any notice.