



**SPORTS MEDICINE
ASSOCIATION SINGAPORE
ANNUAL SYMPOSIUM**

12 MAY 2018

METABOLIC AND ENDOCRINE CONDITIONS IN SPORT

Tan Tock Seng Hospital, Theatrette, Singapore

Do join us at **The SMAS Annual Symposium 2018!** Featuring interesting topics focusing on health awareness, maintenance and performance in Sports. SMAS aims to develop a wholesome learning experience for its delegates of Sports Doctors, GPs, Chronic Health Specialists, Physiotherapists, Podiatrists, Dietitians, Nutritionists, Exercise Physiologists/Scientists, Nurses, Coaches and all professionals managing active persons with metabolic and endocrine conditions.

KEYNOTE SPEAKERS



Professor John Buckley

*Professor of Applied Exercise Science in Health,
University Centre Shrewsbury, United Kingdom*

**Keynote lecture: Cardio-Metabolic
Health in the Era of the Exercising Couch
Potato**



A/Professor Kenneth Mak

*Associate Professor, Deputy Director Medical Services
(Health Services Group), Ministry of Health, Singapore*

**Keynote lecture: Type 2 Diabetes - The
National Problem and the Role of Sport**

And many other interesting topics such as:

- Iron Deficiency and Exercise Performance
- Diabetes in the athlete and active individual
- The role of diet in Diabetes

Please visit our [website](#) for the latest programme.

FEATURED SESSIONS

Optimising the Elite Athlete: Exploring the Nutritional Management of Singapore National Athletes in Weight Categories and Aesthetic Sports

Physical morphology, including body mass or composition, size and shape are critical characteristics for success in many elite level competitive sports; particularly combat sports, aesthetic sports, physique sports and endurance sports. This session will explore a number of examples of High Performance Nutrition relating to losing, gaining and making weight for athletes from within the elite Singapore sporting ecosystem of Singapore Sport Institute. The session will also be supplemented with cutting edge research examples from SSI that support and promote a competitive edge.

Nutritional Aspects of Performance

Good nutrition can enhance sporting performance. Whether you are a competing athlete, a weekend warrior or a dedicated fitness enthusiast, the foundation to improve performance is a nutritionally adequate diet. As such, there should be no conflict between eating well for health and exercise. As part of the session, Ms Joanna Tan, will cover food for fuel and exercise, staying well hydrated and applying nutrition into practice - before, during and after exercise.

Early Bird Registration Rates!

Register now to enjoy early bird rates till 15 March 2018!

| | | | Early Bird Rates (Register by 15 March 2018) | Regular Rates (From 16 March 2018) |
|--------------------------------|-----------------------------|-------------|---|---------------------------------------|
| Scientific Stream Includes F&B | Allied Health Professionals | Members | S\$100.00 | |
| | | Non-Members | S\$100.00 | S\$150.00 |
| | Doctors | Members | S\$150.00 | |
| | | Non-Members | S\$150.00 | S\$200.00 |
| Public Stream Only | | | S\$15.00 | S\$25.00 |

REGISTER NOW



Sports Medicine Association Singapore (SMAS)

[Unsubscribe](#)

| SMAS Annual Symposium - 12th May 2018 Metabolic and Endocrine Conditions in Sport | | | |
|--|--|--|---|
| Time | Topic | | |
| 0900-0915 | Conference Registration | | |
| 0915-0930 | Welcome address | | |
| 0930-1015 | Keynote: Cardio-Metabolic Health in the Era of the Exercising Couch Potato Prof John Buckley (UCS) <i>Professor of Applied Exercise Science</i> | | |
| 1015-1100 | Tea break and Poster Presentation | | |
| | Session 1: Metabolic Conditions in Sport Chaired by: Dr Lim Ang Tee | | |
| 1100-1120 | Nutritional Aspects of Performance Ms Joanna Tan (SKH) <i>Senior Dietitian</i> | | |
| 1120-1140 | R.E.D.S Dr Ivy Lim (CGH) <i>Associate Consultant</i> | | |
| 1140-1200 | Optimising the Elite Athlete: Exploring the Nutritional Management of Singapore National Athletes in Weight Categories and Aesthetic Sports Ms Parimala Sivaperuman (Sport Singapore) <i>Associate Sport Dietitian</i> | | |
| 1200-1210 | Questions and Answers | | |
| | Session 2: Metabolic Conditions in Sports Chaired by: Mr Derrick Ong | | |
| 1210-1235 | Vitamin D deficiency Ms Huang Li Yan (Sport Singapore) <i>Sport Dietitian</i> | | |
| 1235-1300 | Ketogenic Diet Dr Stephen Burns (NIE) <i>Associate Professor, Physical Education and Sports Science</i> | | |
| 1300-1325 | Iron Deficiency and Exercise Performance Prof Toby Richards (The Iron Suites) <i>Professor in Surgery Honorary Consultant in Vascular & Endovascular Surgery</i> | | |
| 1325 - 1330 | Questions and Answers | | |
| 1330 - 1400 | Lunch | | |
| 1400-1440 | <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> Oral Presentation Auditorium Judges: Prof John Buckley, Dr Dinesh Sirisena & Ms Vivien Koh </td> <td style="width: 50%; vertical-align: top;"> Pitchside Care Assessment Workshop (Medical emergencies) Conducted by: Ms Joy Walter & Mr Balaji Chand </td> </tr> </table> | Oral Presentation Auditorium Judges: Prof John Buckley, Dr Dinesh Sirisena & Ms Vivien Koh | Pitchside Care Assessment Workshop (Medical emergencies) Conducted by: Ms Joy Walter & Mr Balaji Chand |
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| | Session 3: Diabetes in Sport Chaired by: Dr Dinesh Srisena | | |
| 1440-1525 | Keynote: Type 2 Diabetes; The National Problem and the Role of Sport Prof Kenneth Mak (MOH) <i>Associate Professor, Deputy Director of Medical Services (Health Services Group)</i> | | |
| 1525-1550 | Diabetes in the athlete and active individual Dr Goh Kian Peng (MAH) <i>Director, Saint-Julien Clinic for Diabetes & Endocrinology</i> | | |
| 1550-1615 | Role of Diet in controlling Diabetes for Sports Miss Gladys Wong (KTPH) <i>Chief Dietitian</i> | | |
| 1615-1630 | Questions and Answers | | |
| 1630-1650 | Tea Break and Poster Presentation | | |
| | <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> Session 4a: Knee Injections Workshop </td> <td style="width: 50%; vertical-align: top;"> Session 4: Endocrine Conditions in Sport Auditorium Chaired by: Dr Lim Yii Hong, Mr Micheal Lim </td> </tr> </table> | Session 4a: Knee Injections Workshop | Session 4: Endocrine Conditions in Sport Auditorium Chaired by: Dr Lim Yii Hong, Mr Micheal Lim |
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| 1650-1720 | <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> Knee Injections Workshop Conducted by: Dr Lim Ang Tee, Dr Wang Mingchang Dr Dinesh Sirisena </td> <td style="width: 50%; vertical-align: top;"> Thyroid disease and performance Dr Marilyn Lee (Marilyn Lee Endocrine & Medical Clinic) <i>Endocrine Specialist</i> </td> </tr> </table> | Knee Injections Workshop Conducted by: Dr Lim Ang Tee, Dr Wang Mingchang Dr Dinesh Sirisena | Thyroid disease and performance Dr Marilyn Lee (Marilyn Lee Endocrine & Medical Clinic) <i>Endocrine Specialist</i> |
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| 1720-1735 | Testosterone / Androgen and Performance Dr Richard Chen (Glen Arden Endocrinology) <i>Endocrine Specialist</i> | | |
| 1735-1750 | | | |
| 1750-1805 | <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Questions and Answers</td> <td style="width: 50%;">Questions and Answers</td> </tr> </table> | Questions and Answers | Questions and Answers |
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| 1805-1820 | Awards for Oral Presentations and Posters Summary & Closing Ceremony | | |

GP
STREAM

Programme is subject to further changes.
 * Limited Places Available

SMAS Annual Symposium - 12th May 2017
Metabolic and Endocrine Conditions in Sport: Public Stream
Auditorium

| Time | Topic |
|--|--|
| Session 1 Medical Problems in Sport <i>Chaired by: Ms Joy Walter, Mr Balaji Chand, Ms Vivien Koh</i> | |
| 0930 - 1000 | Common conditions affecting sport |
| 1000 -1030 | Dr Xu Cun Zhi (MOHH) Staying healthy with medical conditions |
| 1030 - 1040 | Questions and Answers |
| Session 2 Playing Sport with Medical Conditions <i>Chaired by: Ms Goy Soon Lan</i> | |
| 1040 - 1105 | Dr Ng Chung Sien (CGH) Misconceptions about exercising (and how exercise is actually medicine) |
| 1105 - 1130 | Dr Ong Joo Haw (KTPH) Pre-participation screening- What to do if something goes |
| 1130 - 1155 | Ms Magan Ho (KTPH) Is exercise enough? The role of diet and over the counter supplements in health |
| 1155 - 1200 | Questions and Answers |

Programme is subject to further changes.

Pre-Symposium Workshop - 11th May 2017

AACES Sports Ultrasound Course

| Time | Topic | Speaker |
|---------------------|---|---------------------------|
| Registration | | |
| 0800-0820 | Welcome | Dr. Ong Joo Haw |
| 0820-0830 | Shoulder sonoanatomy, pathologies and live scanning | Dr. Niraj Dubey |
| 0830-0900 | Hands on training- Shoulder | |
| 0900-0930 | Elbow sonoanatomy, pathologies and live scanning | Dr. Chin Teck Yew |
| 0930-1000 | Hands-on training- Elbow | |
| 1000-1030 | | |
| Tea Break | | |
| 1030-1100 | Hand and Wrist Sonoanatomy, pathologies and live scanning | Dr. Dinesh Srisena |
| 1100-1130 | Hand on training- Hand and wrist | |
| 1130-1200 | Hip sonoanatomy, pathologies and live scanning | Dr. Kenneth Sheah |
| 1200-1230 | Hands on training- Hip | |
| 1230-1300 | | |
| Lunch | | |
| 1300-1400 | | |
| 1400-1430 | Knee sonoanatomy, pathologies and live scanning | Dr. Chew Kian Ming |
| 1430-1500 | Hands on training- Knee | |
| 1500-1530 | Foot and ankle sonoanatomy, pathologies and live scanning | Dr. Benedict Tan |
| 1530-1600 | Hands on training- foot and ankle | |
| 1600-1630 | | |
| Tea Break | | |
| 1630-1700 | Basics in ultrasound guided injections | Dr. Kenneth Sheah |
| 1700-1730 | Hands on training- US guided injections | |
| 1730-1750 | Q and A | |
| 1750-1800 | Closing | Dr. Ong Joo Haw |