

## The Sports Medicine Series Masks, Covid and Exercise – A Scientific Perspective

There has been much debate about the use of masks in this current and unprecedented Covid-19 situation. The differences in adoption and adherence of guidelines from country to country and the dissemination of information via social media has added to the many voices. This webinar, organised by the Sports Medicine Association Singapore, aims not to add to these voices but to re-direct thought towards a more scientific approach in the use of masks and its relation to exercise in this evolving Covid-19 environment.



### OUR SPEAKERS



**Associate Professor Fabian C.L. Lim.** Associate Professor Exercise Physiology & Program Director for the Graduate Diploma in Sports Medicine programme at the Lee Kong Chian School of Medicine, Nanyang Technological University. A/Prof Lim set up the Singapore Sports Institute (SSI) in 2011 and was SSI's Executive Director until 2014. A/Prof Lim has more than 50 publications in scientific journals and books chapters.



**Dr Ang Seng Bin.** Head & Senior Consultant Family Medicine Service and Head & Senior Consultant Menopause Unit KK Women's & Children's Hospital. He is the Clinical Lead, Future Primary Care in Ministry of Health (Singapore) Office. He is the President of Asian Federation of Osteoporosis Societies and the President of Menopause Research Society (Singapore) and Vice-President of Osteoporosis Society Singapore



**Dr Loh Jiashen.** Consultant Department of Infectious Diseases. SengKang General Hospital. Dr Loh heads the antibiotics stewardship program in SKGH. The community model of care in SKGH has provided many opportunities and exposure to various aspects of infectious disease, an important one being community engagement.



**Dr Mandy Zhang.** Associate Consultant at the Singapore Sport and Exercise Medicine Centre. Dr Zhang holds a Masters of Sports Medicine (Australia), FIFA diploma in football medicine and is a fellow of the Academy of Medicine Singapore. She is the Training and Education Deputy Director for Exercise is Medicine Singapore, an affiliate of the American College of Sports Medicine.

**SATURDAY 11<sup>TH</sup> JULY 2020 2pm – 4pm**

#### Pricing

\$ 5 SMAS Members

\$20 Non SMAS Members

\$60 Yearly Associate Membership (entitles you to immediate discounted pricing)

