



Jointly Present

Title **Disease-Free Ageing**

Speaker Dr. Elizabeth Ho, PhD, DIC (London)
Date 17 August 2007 (Friday)
Time 1900 hours
Place Bedok Community Library

Abstract

This talk will deal with the causes of ageing and age-related diseases. The strategies for preventing these age-related degenerative diseases will be discussed. It is hoped that members of the audience will gain invaluable knowledge on how to grow old without having to suffer from degenerative diseases such as diabetes, stroke, heart disease, and cancer.

Biodata

Dr Elizabeth Shuit-Hung HO obtained her PhD and DIC degrees in Toxicology from Imperial College of Science, Technology & Medicine (University of London) in 1978. She has been lecturing at the Department of Biological Sciences, National University of Singapore for 25 years, her last designation being Associate Professor. She has lectured on a wide range of subjects including Insecticide Toxicology, Environmental Physiology, Environmental Management and Food Science & Technology. After leaving NUS in 2005, she started her own business in Anti-ageing Medicine, specializing in Nutritional Medicine. She works closely with a medical doctor trained in Anti-ageing Medicine. Dr Ho still participates in part-time lecturing in Food Science & Technology at NUS.

Registration is Not Needed

Admission is free. All are welcome.

In collaboration with:

