



The University of Manchester
Alumni Association of Singapore

Jointly Present

Title **Optimal Health & Preventing Diseases**

Speaker Dr. Antony Tam (general practitioner)
Date 19 July 2007 (Thursday)
Time 1900 hours
Place Bedok Community Library

Abstract

After this talk, everyone should know how to improve their health span – life span that is independent and thriving in optimal health. Only the proven effective and practical inexpensive tips will be discussed. To overcome the common barriers to healthy practices, e.g. how to navigate the nutritional “minefield” of the food centre lunch, I have 17 years of first-hand local coaching experience. Preventing the top 10 life-threatening diseases in Singapore seems difficult and complex. The good news is – what is good for preventing cancers can also prevent the other top 20 chronic diseases like diabetes, high blood pressure, and premature (rapid) aging. It can be summarized into 5:-

1. Avoid health damaging habits, including trans fat, refined CHO (carbohydrate), fried food...
2. Eating wisely – what, when and how you eat, cook; and supplements
3. Regular adequate exercise according to life stages
4. Quality and adequate sleep
5. Find what is meaningful to you and live it

Some will know it could take days to weeks, even live in workshops to practice these. So come and check out in some practical details, by preparing questions, sharing your experience and learning, so that we all could learn from science and share local and ancestral wisdom toward our common cause. This is also good for health of Mother Earth (environmental friendly).

Biodata

Dr. Antony Tam graduated from HK University in 1975, worked in Catholic Hospitals for 15 years in Hong Kong and 8 years in Singapore, and was the first medical doctor of Singapore's Hospice Care Associations. He practices family medicine at River Valley Road. He held the following posts: Founding president of Hong Kong SATIR Centre for Human Development (family therapy & personal growth); Founding member of HK Society for Promotion of Hospice Care; and Certified Natural Family Planning teacher & medical & Education Counsellor (for HK Catholic Marriage Advisory Council). He practices Hui Yuen Qigong for last 14 years. He regularly produces bilingual health newsletters for his patients, totalling 40 issues now, gives professional talks on health screening, hospice care and TB treatment and contributes self-help health articles to magazines.

In collaboration with:

Registration is Not Needed

Admission is free. All are welcome.



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