

## Programme at a Glance

29 November	30 November	1 December	2 December	3 December
08:30-09:00 <b>Registration</b>	08:30-09:00 <b>Registration</b>	07:00-08:00 <b>Registration</b>	07:00-08:00 <b>Registration</b>	07:00-08:00 <b>Registration</b>
09:00-17:00 <b>Pre-conference Workshops</b> Changi General Hospital, Singapore	09:00-17:00 <b>Pre-conference Workshops</b> Changi General Hospital, Singapore	08:00-12:15 <b>Opening Ceremony</b>  <b>Keynote Speech</b>  <b>Plenary Lectures</b>	08:00-12:45 <b>Plenary Lectures</b>  <b>Symposia</b>	08:00-12:00 <b>Plenary Lectures</b>  <b>Symposia</b>
		12:15-13:45 <b>Lunch Symposium</b>	12:45-14:15 <b>Lunch Symposium</b>	12:30-13:30 <b>Lunch Symposium</b>
13:30-17:00 <b>Public Forum</b> Tan Tock Seng Hospital, Singapore		13:45-18:00 <b>Plenary Lectures</b>  <b>Symposia</b>	14:15-16:30 <b>Plenary Lectures</b>  <b>Symposia</b>	13:30-16:00 <b>Plenary Lectures</b>  <b>Symposia</b>
		18:15-21:30 <b>Evening City Tour</b>	19:00-22:00 <b>Congress Dinner</b>	

## Pre-conference Workshops (Venue: Changi General Hospital except for Workshop 5, 6 & 9)

29th Nov (Saturday)	Workshop 2
09:00 – 17:00	<b>Advanced Implant Reconstructive Dentistry in the Aesthetic Zone</b> <i>Chairperson:</i> <i>Dr. Wong Keng Mun</i>
	Workshop 4
09:00 – 17:00	<b>Andrology Workshop – Certificate Course in Medical and Surgical Andrology</b> <i>Chairperson:</i> <i>Dr. Vasan SS, President, Andrology Forum of India</i>
09:00 – 17:00	Workshop 5
	<b>Faecal Incontinence Workshop</b> <b>(Venue: National University Hospital Auditorium)</b> <i>Chairperson:</i> <i>Dr. Jennifer Liauw Joo Yen, Consultant Colorectal Surgeon, Department of Colorectal Surgery, National University Hospital</i>

30th Nov (Sunday)	Workshop 6
09:00 – 17:00	<b>Semenology Workshop</b> <b>(Venue: Annexe Block Gleneagles Hospital, Christopher Chen Centre for Reproductive Medicine, #04-38)</b> <i>Chairperson:</i> <i>Dr. Suresh Katera, Embryologist</i>
	Workshop 8 (Sponsored by Pfizer Singapore)
09:00 – 17:00	<b>Sexual Counseling Workshop</b> <i>Chairpersons:</i> <i>Dr. Ng Kok Kit, Consultant, Department of Urology, General Changi Hospital</i> <i>Dr. Tan Bin Seng, Chairman, Sub-Committee, Planned Parenthood Association of Singapore</i>
	Workshop 9
09:00 – 17:00	<b>Urodynamics &amp; Urinary Incontinence Workshop</b> <b>(Venue: National University Hospital Auditorium)</b> <i>Chairperson:</i> <i>Dr. David Consigliere, Consultant Urologist, National University Hospital, Singapore</i>

## Public Forum and Exhibition

28th - 29th Nov (Friday - Saturday)	Public Exhibition (Venue: Tan Tock Seng Hospital Atrium)
10:00 – 18:00	An Exhibition of products and services related to Men's Health
29th (Saturday)	Public Forum (Venue: Tan Tock Seng Hospital, Conference Room 1 & 2)
13:30 – 17:00	<p><b>Supplementation and Health</b>  <i>Chairpersons:</i>            • <i>Dr Heng Chin Tiong</i></p> <p><b>Synopsis</b>            The objective of this forum is to address issues that revolve around sexual wellness in aging men and women.</p> <ul style="list-style-type: none"> <li>• Sexual problems of aging male</li> <li>• Female sexual wellness around menopause</li> <li>• Sexual counseling: Is it necessary?</li> </ul> <p><b>Topics:</b></p> <ol style="list-style-type: none"> <li>1) <b>A man's obsession: pills to make me more powerful</b>            - <b>Supplementation for men</b>  <i>Speaker: Dr Gan Tek Kah</i>  <i>Singapore Men's Health Clinic</i></li> <li>2) <b>It's tough being a woman, how do I smoothen the journey?</b>            - <b>Supplementation for women</b>  <i>Speaker: Dr Teoh Seng Hin</i>  <i>SH Teoh Clinic &amp; Surgery for Women</i></li> <li>3) <b>Avoiding the dreaded big "C"</b>            - <b>Supplementation and cancer prevention</b>  <i>Speaker: Dr Ng Chee Kwan</i>  <i>Urology Dept, Tan Tock Seng Hospital</i></li> <li>4) <b>Love trek: the next generation</b>            - <b>Supplementation in fertility problems</b>  <i>Speaker: Dr Peter Chew</i>  <i>Peter Chew Clinic for Women, Gleneagles Hospital</i></li> <li>5) <b>Beauty In A Bottle</b>            - <b>Enhancing your looks with supplements!</b>  <i>Speaker: Dr Lam Bee Lan</i>  <i>Society of Aesthetic Medicine</i></li> </ol>

## Congress Social Activities

Speaker's Night: Sunday, 30th November

Singapore Night Tour: Monday, 1st December  
*Night Tour is chargeable, please sign up at the tour desk on-site.*

Congress Dinner: Tuesday, 2nd December  
*Congress Dinner is chargeable at S\$120 per pax / S\$999 per table of 10pax. Ticket can be purchased on-site.*

## Workshop Synopsis

### Workshop 2: Advanced Implant Reconstructive Dentistry in the Aesthetic Zone

Chairperson: Dr. Wong Keng Mun

**Venue: Changi General Hospital**

**Date: 29 Nov 2008, Saturday**

The objective of this Workshop is to offer practitioners a broadbased view of the recent principals of advanced implant reconstructive dentistry.

You will find in this workshop:

Part 1: (Lecture)

Patients with severe wear present a challenge for dental practitioners. This workshop will focus on all elements of treatment planning, diagnosis and treatment of patients with wear. The use of dental implants in patients with bruxism and parafunctional habits will also be discussed.

Participants will learn:

- What is a safe occlusion?
- How to know when to alter vertical dimension in wear patient?
- What type of appliances to use for wear patients?
- The use of dental implants in wear patients
- Can we immediate load implants for wear patients?

Part 2: (Clinical demonstration)

“Live” demonstration of implant surgery

- Mastering the use of aesthetic principals
- Rebuilding the aesthetic zone, both aesthetically and functionally, using advanced aesthetic implant concept

This course is designed for practitioners who further explore the fields of aesthetic implant supported reconstruction and the integration of new-age materials.

*Programme details to be advised.*

### Workshop 4: Andrology Workshop – Certificate Course in Medical and Surgical Andrology

Chairperson: Dr. S S Vasan, President, Andrology Forum of India

**Venue: Changi General Hospital**

**Date: 29 Nov 2008, Saturday**

The objective of the Workshop is to present an overview of the clinical factors operating in the infertile male.

You will find in this workshop:

- Recent advances in Andrology
- Current standards for semen function test
- Details of advanced sperm function test
- Endocrine evaluation and options in therapy
- Management of obstructive Azoospermia
- Ejaculatory disturbances and fertility
- Possibilities and limitations in drug therapy in male sub-fertility
- Sperm donation, preservation and processing

This workshop is designed for medical professionals who are interested in the development in the area of Andrology.

### Program

09:00 – 09:05	Introduction to the Workshop - Overview - Objectives of the workshop - Acknowledgements to PLHC
09:05 – 09:50	Sub-fertile Male - Current concepts in Semenology - What the Semen Analysis will not reveal - A.R.T. - Whom to chose, and Why

09:50 – 10:05	Endocrinology of Infertility
10:05 – 10:35	Oligoasthenospermia – Teratospermia - Varicocele treatment – new questions - Fertility drugs – Boon, or Bane?
10:35 – 10:50	Discussion
10:50 – 11:05	Coffee Break
11:05 – 12:30	Management of Azoospermia - Obstructive Azoospermia - Aetiology, Diagnostic algorithm - Non obstructive azoospermia - Aetiology, Diagnostic algorithm - Role of TRUS in infertility - Videos on TRUS in infertility: – Ejaculatory duct incision – Vaso-epididymostomy – Vaso-vasostomy – Sperm retrieval techniques: TESE/TESA/MESA/PESA
12:30 – 12:55	Ejaculatory Disturbances and Fertility - Ejaculatory dysfunction - Aetiology, Diagnosis - Fertility solutions in Retrograde Ejaculation - LUNCH
12:55 – 13:10	Discussion
13:10 - 13:45	Lunch
13:45 – 14:20	- Fertility solutions in Anejaculatory states - Video on Electroejaculation - External and Internal factors causing infertility
14:20 – 15:15	Erectile Dysfunction - ED - Some new insights & thoughts - Pharmacotherapy - Managing refractory ED - Penile colour-doppler sonography for ED
15:15 – 15:30	Discussion
15:30 – 15:45	Coffee Break
15:45 – 17:10	ED - Advances and Recent Developments - Peyronie's disease - What's new - Penile prostheses - Penile augmentation - New insights - Penile surgery - Tips and Tricks - Video: A new technique of vaso-epididymostomy
17:10 – 17:20	Feedback and Conclusion - Discussion

## Workshop 5: Faecal Incontinence Workshop

Chairperson: Dr. Jennifer Liauw Joo Yen, Consultant Colorectal Surgeon, Department of Colorectal Surgery, National University Hospital

**Venue: National University Hospital, Auditorium**

**Date: 29 Nov 2008, Saturday**

You will find in this workshop:

- General overview
  - Normal anatomy and physiology of bowel function
  - Pathophysiology of constipation and faecal incontinence
  - Clinical assessment and investigation of faecal incontinence
  - Assessment of constipation
- Conservative treatment of constipation and faecal incontinence
  - Drug treatment for faecal incontinence
  - Dietary influences in the management of faecal incontinence and constipation
  - Biofeedback in faecal incontinence and constipation
  - Pelvic floor exercises
- Surgical treatment of faecal incontinence and constipation and pelvic organ prolapse
  - Surgical treatment for faecal incontinence
  - Surgical treatment for constipation
  - Pelvic organ prolapse
  - Management of rectocele
- Specialist panel case discussion and Q and A

## Program

08:00 – 09:00	Registration
09:00 – 09:30	Anatomy physiology of Normal Bowel Function <i>Dr Jennifer Liauw, Consultant Colorectal Surgeon, NUH</i>
09:30 – 10:00	Functional Bowel Disorders and their pathological basis <i>Dr Wong Kutt Sing, Consultant Colorectal Surgeon, NUH</i>
10:00 – 10:30	Clinical Evaluation of Patients and Functional bowel disorders <i>Dr Cheong Wai Kit, Consultant colorectal surgeon, NUH</i> - faecal incontinence - constipation - rectal prolapse - rectocele
10:30 – 10:50	Morning Break
10:50 – 11:20	Investigation Modalities <i>Dr Aileen Seah, Consultant Colorectal Surgeon, NUH</i>
11:20 – 11:50	Drug treatments for faecal incontinence and constipation (TBC)
11:50 – 12:20	Dietary influences in the management of faecal incontinence and constipation <i>Ms G Wong, Dietitian-AH</i>
12:20 – 12:50	Biofeedback and pelvic floor exercises in the management of functional bowel disorders <i>Cammy Tsai, NUH Physiotherapist</i>
12:50 – 13:50	Lunch Break
13:50 – 14:20	Psychological aspects of bowel care <i>Sister Aziza, Jumiyah nursing home</i>
14:20 – 15:00	Surgical management of faecal incontinence <i>A/Prof Charles Tsang-Cocorecal Surgeon, NUH</i>
15:00 – 15:30	Colorectal surgical approach to the management of constipation, rectal prolapse and rectocele repair <i>A/Prof Dean Koh-Colorectal surgeon, NUH</i>
15:30 – 16:00	Gynaecological approach to the management of rectocele and pelvic organ prolapse <i>Dr James Lee-Consultant Gynaecologist, NUH</i>
16:00 – 16:15	Tea Break
16:15 – 17:20	Case Studies presentation and interactive discussion with expert panel
17:20 – 17:30	Closing Remarks

## Workshop 6: Semenology Workshop

Chairperson: Dr. Suresh Katera, Embryologist

**Venue: Annexe Block Gleneagles Hospital, Christopher Chen Centre for Reproductive Medicine, #04-38**

**Date: 30 Nov 2008, Sunday**

You will find in this workshop:

- Lecture- Introduction to semen analysis; importance of strict assessment of sperm morphology
- Demonstration of comprehensive semen analysis
- Hands-on session for participants
- Lecture-The value of sperm function tests in predicting the fertilizing ability of spermatozoa
- Demonstration of sperm function tests
- Sperm Mar test for antisperm antibodies
- Sperm survival test-fertilizing ability of spermatozoa
- Hyaluronon binding assay- for sperm maturity
- Sperm chromatin assay- sperm DNA fragmentation

Infertility affects almost 20% of the population and the incidence is increasing with modern lifestyle. About 40% of all infertility cases, the cause is attributed to a factor in the male and in an additional 30% of cases the cause is attributed to both male and female factors.

Conventional semen analysis is the fundamental indicator of male infertility and still remains the Gold standard. In the late eighties, Kruger introduced strict sperm morphology assessment, which predicted fertilization outcome during IVF. Since then, several tests have been developed to assess sperm function and most of them are not routinely employed. With the introduction of ICSI in early nineties, majority of male infertility has been overcome. However, about 2/3rd of the embryos undergo either pre-implantation or post-implantation mortality which is due to both oocytes and spermatozoa.

Recently, two assays have been developed to assess sperm quality. One is Hyaluronon Binding Assay, which assesses the maturity and function of spermatozoa; the second is Sperm Chromatin Dispersion Test, which detects sperm DNA fragmentation. It has been observed recently that DNA fragmentation occurs in a higher percentage of infertile men particularly in varicocele patients. Oocytes fertilized by DNA fragmented spermatozoa have been shown to result in developmental arrest and fragmentation of embryos.

The semenology workshop includes lectures, demonstrations and hands-on session. During the Semenology wet workshop, we will demonstrate strict method of sperm morphology assessment, Hyaluronon binding assay and Chromatin dispersion test. In addition we will also demonstrate comprehensive semen analysis, Sperm Mar test for antisperm antibodies and also semen freezing. Participants will have the opportunity to practice some of these tests.

### Program

09:00	Lecture- Introduction to semen analysis; importance of strict assessment of sperm morphology
09:30	Demonstration of comprehensive semen analysis and semen freezing and simple swim-up method for IUI.
10:30 – 12:30	<b>Hands-on session for participants</b> - Each participant will be provided with samples and materials to perform semen analysis. Semen freezing and sperm swim-up.
12:30	Lunch
14:00	Lecture-The value of sperm function tests in predicting the fertilizing ability of spermatozoa
14:30 – 16:30	Demonstration of sperm function tests a) Sperm Mar test for antisperm antibodies b) Sperm survival test-fertilizing ability of spermatozoa c) Hyaluronon binding assay- for sperm maturity d) Sperm chromatin assay- sperm DNA fragmentation
16:30 – 17:00	Discussion

## Workshop 8: Sexual Counseling Workshop

Chairpersons: Dr. Ng Kok Kit, Consultant, Department of Urology, General Changi Hospital  
Dr. Tan Bin Seng, Chairman, Sub-Committee, Planned Parenthood Association of Singapore

**Venue: Changi General Hospital**

**Date: 30 Nov 2008, Sunday**

You will find in this workshop:

- Introduction to Sexual Dysfunction Counselling
- Prevalence of ED and Sexual Disorders in Singapore
- Erectile dysfunction – PDE5 inhibitors and more
- Testosterone and sex – is that all there is?
- Sex and the teens – adolescent sexual counseling
- Out of the closet – homosexuality and lesbianism
- Female Sexual Dysfunction
- Sex and the elderly – sexual health enhancement in senior citizens
- Secrets of the trade – sexual counseling techniques for adult couples
- Too fast, too little – premature ejaculation and retarded ejaculation
- Sexual counseling workshops – break out groups and play acting
- Painful intercourse – treatment of vaginismus
- Psychiatric disorders and sexuality

## Program

09:00 – 09:20	Introduction to Sexual Dysfunction Counselling - <i>Prof Calvin Fones</i>
09:20 – 09:40	Prevalence of ED and Sexual Disorders in Singapore - <i>Prof G Adaikan</i>
09:40 – 10:00	Erectile dysfunction – PDE5 inhibitors and more - <i>Dr Jimmy Beng</i>
10:00 – 10:20	Why men buy sex - <i>Prof Peter Lim</i>
10:20 – 10:40	Tea Break
10:40 – 11:00	Video Session – How to have better sex - <i>Dr Tan Bin Seng</i>
11:00 – 11:20	Venogenic ED – does testosterone help? - <i>Prof Traish</i>
11:20 – 11:40	Hormone replacement therapy for man – pitfalls and dangers - <i>Prof Traish</i>
11:40 – 12:00	Psychiatric disorders and sexuality - <i>Dr Ang Yong Guan</i>
12:00 – 13:00	Lunch
13:00 – 13:20	Video Session – Performance Anxiety - <i>Mr John Vijayan</i>
13:20 – 13:40	Ouch! – Injection therapy for ED - <i>Ms Carolyn Earle</i>
13:40 – 14:00	Left to his own devices – vacuum device therapy for men - <i>Ms Carolyn Earle</i>
14:00 – 14:20	Tonic for sex – the role of traditional chinese medicine - <i>Dr Swee Yong Peng</i>
14:20 – 14:40	Tea Break
14:40 – 15:00	Out of the closet – homosexuality and lesbianism - <i>Dr Brian Yeo</i>
15:00 – 15:20	Sex and the teens – adolescent sexual counseling - <i>Dr Brian Yeo</i>
15:20 – 15:40	Too fast, too little – premature ejaculation and retarded ejaculation - <i>Dr Lim Kok Bin</i>
15:40 – 16:00	When life throws a curve ball – Peyronie's disease and its treatment - <i>Dr Lim Kok Bin</i>
16:00 – 16:20	Female Sexual Dysfunction - <i>Dr Jothi Kumar</i>
16:20 – 16:40	Painful intercourse – treatment of vaginismus - <i>Dr Jothi Kumar</i>
16:40 – 17:00	Managing intersex - <i>Prof Louis Gooren</i>

Each speaker will have 15 minutes to speak with 5 minutes of Q & A.

## Workshop 9: Urodynamics & Urinary Incontinence Workshop

Chairperson: Dr. David Consigliere, Consultant Urologist, National University Hospital, Singapore

**Venue: National University Hospital, Auditorium**

**Date: 30 Nov 2008, Sunday**

You will find in this workshop:

- Functional anatomy and innervation of the urinary tract
- Urodynamics- when and how I do it
- The role of the Urology nurse in the continence programme
- Do males have pelvic floor problems?
- Botox in males?
- Current therapeutic options for male urinary incontinence
- Hands-on UDS/ catheterization sessions

### Program

08:00 – 08:30	Registration
08:30 – 08:45	Welcome Address
08:45 – 09:15	Functional Anatomy and Innervation of the Urinary Tract <i>A/Prof Ajay K Singla, USA</i>
09:15 – 09:45	Urodynamics – When and how I do it? <i>Dr Pearlynn Quek, Singapore</i>
09:45 – 10:15	The Role of the Urology Nurse in the Continence Programme <i>NO Tay Lee Hua, Singapore</i>
10:15 – 10:30	Q & A
10:30 – 11:00	Coffee Break
11:00 – 11:30	Do Males have Pelvic Floor Problems? <i>Dr Ho Siew Hong, Singapore</i>
11:30 – 12:00	Botox in male Patients <i>A/Prof Ajay Singla, USA</i>
12:00 – 12:30	Current Therapeutic Options for Male Urinary Incontinence <i>Dr Apichart Kongkhanand</i>
12:30 – 13:00	Q & A
13:00 – 14:00	Lunch
14:00 – 17:00	Hands on UDS/Catheterisation Sessions  Faculty: Station 1: Dr Siow Woei Yun/A/Prof A Singla Station 2: NO Chia Hwee Huang Station 3: NO King Foong Meng Station 4: NO Jessie Tan Station 5: NO Tay Lee Hua  Facilities: 5 UDS machines – provided by Mr Steven Ho – Radiannce Tables for the equipment (NUH)  Others: Certificate of attendance









