



health & living jr.

by

AIA Vitality



5<sup>th</sup> OCTOBER 2019 | 10.00am – 5.00pm  
CONNEXION@THE VERTICAL, BANGSAR SOUTH

[www.bfm.my/healthevent](http://www.bfm.my/healthevent) #bfmhealth

Presenting Sponsor:



HEALTHIER, LONGER,  
BETTER LIVES

Brought to you by:





# GROWING UP TODAY

Growing up can be equal parts exciting and messy. Kids today are exposed to rapid technological changes, intense societal pressure, and complex family issues. Parents, meanwhile, are trying to keep children safe and healthy, without being over-protective. Although we have more information at our fingertips than ever before, is all this knowledge helping us make decisions that are in our children's best interests? How do we prepare kids for a future that will place huge demands on them? BFM's Health & Living Jr brings together experts who will help you look for these answers.

## Why Attend?

- Learn the facts behind sensational health headlines that impact your child's health and well-being
- Gain perspective on making well-balanced parenting decisions
- Connect with an inclusive community of parents and professionals

## Who Should Attend?

- Young adults and parents-to-be
- Parents and grandparents
- Healthcare professionals and students
- Educationists
- Anyone interested in children's health and development



# AGENDA



health & living jr.

by

AIA Vitality

9.00 am

## REGISTRATION & MORNING REFRESHMENTS

10.00 am

**Welcome Address by Meera Sivasothy, GM, BFM89.9**

10.15 am

**Opening Speech by Ben Ng, CEO, AIA Bhd.**

10.30 am

### Townhall

How have children in Malaysia fared under the Pakatan government? Exactly one year ago at Health & Living Jr 2018, the newly-minted Minister of Health, as well as Deputy Minister of Women, Family & Community Development, had a candid conversation with us about the challenges that the government faces in giving children a safe future. At this year's townhall, we talk about the progress and plans in addressing issues related to children's health and wellbeing.

#### SPEAKER:

**YB Hannah Yeoh**, Deputy Minister of Women, Family and Community Development

PLAYER 1

#### MODERATOR:

**Meera Sivasothy**, Presenter, Health & Living



11.30 am

### Panel 1: The Allergy Epidemic

When you read about children dying of severe allergic reactions from mistakenly eating something with dairy or peanuts, or due to an asthma attack, it strikes fear in your heart. Allergies among children are on the rise, including skin, respiratory and food allergies. Is the allergy epidemic due to an imbalance in our gut microbiome, or are our environments too sanitised? How do we protect our children from unexpected allergic reactions, especially when they are away from home?

#### SPEAKERS:

**Dr Priatharisiny Velayutham**, Consultant Paediatric ENT and ENT Specialist, Sunway Medical Centre

**Dr Norzila Mohamed Zainudin**, Consultant Paediatric Respiratory Physician, Sunway Medical Centre

**Dr Heah Sheau Szu**, Consultant Paediatric Dermatologist, Sunway Medical Centre

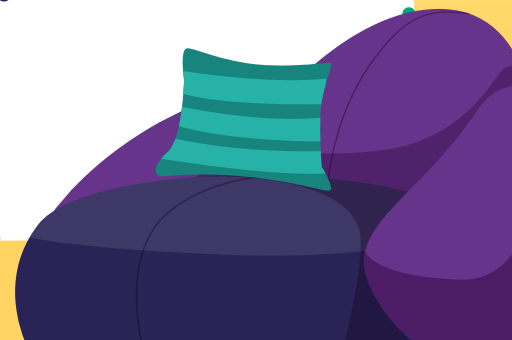
#### MODERATOR:

**Sharmilla Ganesan**, Presenter/Producer, The Bigger Picture

12.30 pm

## LUNCH

PLAYER 2



# AGENDA



1.45 pm

## Panel 2: The Battle Over Vaccination

The biggest ongoing battle in medicine today is over the issue of vaccination. The debate pits parents against doctors, with terrifying consequences: vaccine-preventable diseases like measles and diphtheria have spiked and are killing more children. The World Health Organization ranked vaccine hesitancy as one of the top 10 threats to global health in 2019. What is fuelling parents' anxieties about vaccination, and is the medical community able to counter the anti-vaccination movement with scientific arguments alone?

### SPEAKERS:

**Dato' Dr Musa Mohd Nordin**, *Consultant Paediatrician and Neonatologist, KPJ Damansara Specialist Hospital*

**Dr Karim Bettache**, *Social Psychologist, Jeffrey Cheah School of Medicine & Health Sciences, Monash University Malaysia*

**Chan Li Jin**, *Health Activist*

### MODERATOR:

**Sumitra Selvaraj**, *Presenter/Producer, The Bigger Picture*



2.45 pm

## Panel 3: The Dilemma of Modern Childhood

This is the life of a child growing up today: excel academically, be good at sports, and learn a musical instrument, but don't get too stressed. Make sure you're physically active and limit your screen time, but don't play outside because it's too dangerous. Children and parents are struggling to cope with all the conflicting demands of modern life. Are today's children adequately prepared to face adulthood? Or are we raising a generation of pampered under-achievers?

### SPEAKERS:

**Dr Cindy Chan**, *Consultant Developmental Paediatrician, Hospital Kuala Lumpur*

**Tan Cheng Yi**, *Chartered Educational Psychologist, Oasis Place*

**Professor Dato' Dr Anuar Zaini Md Zain**, *Former Vice-Chancellor, University of Malaya*

### MODERATOR:

**Tee Shiao Eek**, *Presenter/Producer, The Bigger Picture*

3.45 pm

## Stories: Every Child Matters

Raising a child in today's environment is a challenging journey, and parents of children with special needs have more obstacles to navigate. Three parents share their experiences of raising children with unique health challenges.

### SPEAKERS:

**Choo Li-Hsian**, *parent of a child with Down Syndrome*

**Edmund Lim**, *parent of a child with Spinal Muscular Atrophy (SMA)*

**Adli Yahya**, *parent of a child with autism*

4.45 pm

TEA BREAK

5.00 pm

END



# MEET THE MINISTER & THE EMCEE

## Townhall



**YB Hannah Yeoh**  
Deputy Minister of Women,  
Family and Community Development

Hannah Yeoh is the former Speaker of the Selangor State Legislative Assembly and current Member of Parliament for Segambut. She was appointed Deputy Minister of Women, Family and Community Development in July 2018.

PLAYER 1



## Emcee's Profile



**Asha Gill**  
Emcee

Asha Gill is an award-winning television presenter and radio host. She is also co-author of the Eco Kids book series, a columnist, a writer, an activist and an international speaker. Asha has spent over 20 years in the media, and now has her own practice as a life coach and hypnotherapist.

PLAYER 2



# MEET THE SPEAKERS

## Panel 1: The Allergy Epidemic



**Dr Priatharisiny Velayutham**  
**Consultant Paediatric ENT and ENT Specialist,**  
**Sunway Medical Centre**

Dr Priatharisiny obtained her medical degree from Kasturba Medical College in India before specialising in otorhinolaryngology, head and neck surgery in Universiti Malaya. Her passion for treating children drove her to pursue a fellowship in paediatric otorhinolaryngology, which included a year at Boston Children's Hospital. Both the Selangor and Federal Territory Health Departments have awarded her the Service Excellence Award for her commitment to her work and patients.



**Dr Norzila Mohamed Zainudin**  
**Consultant Paediatric Respiratory Physician,**  
**Sunway Medical Centre**

Dr Norzila completed her medical degree and her paediatric specialisation at Universiti Kebangsaan Malaysia, before completing her subspecialty training in paediatric respiratory medicine in Australia. She was formerly the Head of the Paediatric Respiratory Unit in Hospital Kuala Lumpur and the national head for the service in the Ministry of Health. She is currently also an exco member of Mercy Malaysia.



**Dr Heah Sheau Szu**  
**Consultant Paediatric Dermatologist,**  
**Sunway Medical Centre**

A graduate of Universiti Malaya, Dr Heah obtained membership in the Royal College of Paediatrics and Child Health in the UK in 2007. She later completed her subspecialty training in paediatric dermatology in Australia. She was also directly involved in developing the first national Clinical Practice Guidelines in Management of Atopic Eczema, and has been awarded by the Ministry of Health for her excellent service in 2016.

PLAYER 1



PLAYER 2





# MEET THE SPEAKERS



## Panel 2: The Battle Over Vaccination



**Dato' Dr Musa Mohd Nordin**  
**Consultant Paediatrician and Neonatologist,**  
**KPJ Damansara Specialist Hospital**

A 1982 graduate of Cardiff University, Dr Musa is a Clinical Professor of Paediatrics at the KPJ International University College. Since 1999, he has served on various international advisory boards related to vaccines and immunisation, including MIMS Paediatrics. He is also a founding member of both the Asian Strategic Alliance on the Prevention of Pneumococcal Disease (ASAP) and Immunise4Life.



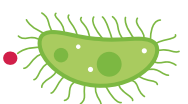
**Dr Karim Bettache**  
**Social Psychologist,**  
**Jeffrey Cheah School of Medicine & Health Sciences,**  
**Monash University Malaysia**

Dr Karim acquired his PhD in Psychology at the Chinese University of Hong Kong, and his BSc and MSc in Psychology at the University of Groningen, the Netherlands. He has also worked as a lecturer for the Education University of Hong Kong, a managing editor for the Asian Journal of Social Psychology, and as a Postdoctoral Fellow at the Chinese University of Hong Kong. His main interests are political psychology, intergroup processes and the psychology of discrimination.



**Chan Li Jin**  
**Health Activist**

Li Jin has vast experience in health communications. She ran Urban Health, a Malaysian health magazine for almost a decade. Concerned about poor health awareness among the Malaysian public, she initiated Myhealth Outreach in 2013 to promote healthy living and a purposeful life. In 2014, she jointly produced the book 'Immunisation Controversies' with Dato' Dr Musa Nordin and Dr Siti Aisyah Ismail to drive awareness on vaccination basics. Li Jin currently works in a Malaysian-based humanitarian organisation, and continues to drive health education through various channels.



# MEET THE SPEAKERS

## Panel 3: The Dilemma of Modern Childhood



**Dr Cindy Chan**  
**Consultant Developmental Paediatrician,**  
**Hospital Kuala Lumpur**

A 2000 graduate of Universiti Kebangsaan Malaysia, Dr Cindy completed her training in paediatrics in 2007. She then sub-specialised in developmental paediatrics at Hospital Kuala Lumpur and the Child Development Centre in UKMMC. She also completed a fellowship in Community Child Health and Developmental Medicine at the Royal Children's Hospital in Melbourne, Australia. Her areas of interest include learning differences, autism spectrum disorder, ADHD and complex physical disabilities.



**Tan Cheng Yi**  
**Chartered Educational Psychologist,**  
**Oasis Place**

Cheng Yi is a chartered educational psychologist licensed by the Health and Care Professional Council in the UK. A mother of three, she works at Oasis Place, where people with developmental and learning differences come to relate, restore, and refresh. Her passion is working with individuals and the community on a range of developmental, learning, and behavioural issues. She believes in the value of a diverse society, and that parenting is a full-time job that deserves recognition.



**Professor Dato' Dr Anuar Zaini Md Zain**  
**Former Vice-Chancellor,**  
**University of Malaya**

Dato' Anuar graduated from University of Malaya (UM) with an MBBS in 1973. His postgraduate qualifications include MRCP (UK), FRCP (Edin), FRACP (Australasia) and Fellow of Academy of Science, Malaysia. He was appointed as Dean of the Medical Faculty, University of Malaya (1986-2000) and also concurrently as Director of University Malaya Medical Centre (UMMC) from 1998 to 2000. He became Vice-Chancellor of UM between 2000 and 2003. After leaving UM in 2005, he was appointed as Professor of Internal Medicine, Senior Consultant Endocrinologist and Foundation Head of Jeffrey Cheah School of Medicine and Health Sciences, Monash University Malaysia. Dato' Anuar is currently involved in academia, research and clinical practice.



# MEET THE SPEAKERS

## Stories: Every Child Matters



**Choo Li-Hsian**  
Parent of a child with Down Syndrome

Li-Hsian left a career in corporate communications to become a freelance writer and full-time mum to twins. She contributes regularly to parenting magazines like makchic.com and other lifestyle publications, and has co-written three children's picture books. She is also the co-facilitator of the Art Discovery Tours for Kids and coordinator of children's programmes at the ILHAM Gallery in KL.



**Edmund Lim**  
Parent of a child with Spinal Muscular Atrophy (SMA)

Edmund's family is affected by spinal muscular atrophy (SMA), a genetic neuromuscular disorder that is progressive and disabling. Although Malaysia's health system currently fails to provide needed life-saving medicines for SMA, the family strives to strengthen their well-being, resilience and optimism, so that their children can keep discovering their interests and find success. Edmund is the founder of Persatuan WeCareJourney, which strives to help families with SMA and disabilities to live active, engaged, and hopeful lives today.



**Adli Yahya**  
Parent of a child with autism

Adli, 54, was a former executive director in the corporate sector when his son, Muhammad Luqman Shariff, 20, was diagnosed with autism. After his corporate career ended, he started The Autism Cafe project to train youths with special needs, allowing them to earn an income. The cafe pairs individuals with high-functioning autism together with individuals who have high needs, in order to build their confidence and become independent adults.

PLAYER 1



# MEET THE MODERATORS

## Townhall



### Meera Sivasothy

**Presenter, Health & Living | General Manager, BFM89.9**

Meera pursued a degree in business, majoring in accounting. First working in investor relations and business development, she kicked off her career in media at BFM89.9 in 2008. Starting off with the news team, she then anchored *The Bigger Picture*, before becoming the station's head of operations in September 2016. Meera is now BFM 89.9's general manager, while still hosting *Health & Living*.

## Panel 1: The Allergy Epidemic



### Sharmilla Ganesan

**Presenter/Producer, The Bigger Picture**

Sharmilla Ganesan is with BFM89.9's *The Bigger Picture*, where she produces and presents *Front Row*, *By the Book*, and *The Daily Digest*. She is also a writer and culture critic, with over a decade of experience as a features journalist with a national daily newspaper.

## Panel 2: The Battle Over Vaccination



### Sumitra Selvaraj

**Presenter/Producer, The Bigger Picture**

Sumitra Selvaraj is a Producer and Presenter on BFM's *The Bigger Picture*, where she enjoys having conversations on topics ranging from actuarial science to zoology. She began her broadcasting career as a national news anchor and then moved on to helming television talk shows and current affairs programmes.

## Panel 3: The Dilemma of Modern Childhood



### Tee Shiao Eek

**Presenter/Producer, The Bigger Picture**

Tee Shiao Eek is with BFM89.9's *The Bigger Picture*, where she produces and presents *Health & Living*. She also presents the daily current affairs show, *The Daily Digest* on *The Bigger Picture*.

# COME JOIN US

Please complete this form and email to [events@bfm.my](mailto:events@bfm.my) or fax to +603-7733 2100 for manual processing.

## REGISTRATION FEE PER DELEGATE (Please tick one box only)

 REGULAR TICKET:  
RM 50

 GROUP TICKET (4 PAX & MORE) :  
RM 45

\*Ticket prices are EXCLUSIVE of 6% SST • \*Each delegate must complete a separate registration form • \*Tickets are NON-REFUNDABLE

## DELEGATE INFORMATION (Please type or write in block letters)

|                    |                      |
|--------------------|----------------------|
| FULL NAME* : _____ | COMPANY* : _____     |
| NRIC* : _____      | DESIGNATION* : _____ |
| EMAIL* : _____     | DATE : _____         |
| MOBILE* : _____    | SIGNATURE** : _____  |

\*Compulsory fields. Must be completed. • \*\* This form is NOT valid without a signature.

## METHODS OF PAYMENT (Please tick only one box)

 BANK TRANSFER

 CHEQUE

\*Full payment is required prior to the event • \*\*Confirmation of participation will only be made AFTER full payment is made prior to the event.  
• \*\*We reserve the right to refuse admission if payment is not received on time.

## ADMISSION DETAILS

### BFM HEALTH AND LIVING JUNIOR 2019

**DATE :** 5th October 2019 (Saturday) **TIME :** 10.00 am – 5.00 pm (Registration starts at 9.00 am)

**VENUE :** Connexion@The Vertical, Bangsar South, No. 8, Jalan Kerinchi, 59200 Kuala Lumpur.

\*Fee includes admission to the BFM Health and Living Junior 2019 event, access to materials and meals provided at the event.  
• The fee does not include any travel expenses local or international, accommodation and other incidentals.

FOR ENQUIRIES & GROUP REGISTRATION PLEASE CONTACT :

**Claire Goh** | Tel: **+6017-201 6018** | Fax: **+603-7733.2100** | Email: **events@bfm.my**

\*Delegates may wish to note that all payments received are processed by BFM Media Sdn Bhd

## TERMS AND CONDITIONS

1. Payment Terms: **Following completion and return of the registration form, full payment is required within 7 working days from receipt of invoice.** We reserve the right to refuse admission if payment is not received on time. Payment must be made in Malaysian Ringgit.
2. Cancellation/Substitution: Provided the total fee has been paid, substitutions are allowed 10 working days before BFM Healthy & Living Junior 2019 commences. Otherwise, all bookings carry a 100% cancellation liability immediately after a completed registration form has been received by BFM Media Sdn Bhd. By completing this registration form, the delegate agrees that in case of dispute or cancellation of this contract, BFM Media Sdn Bhd will not be able to mitigate its losses for any less than 100% of the total contract value. If for any reason beyond its control, BFM Media Sdn Bhd decides to cancel or postpone the event, it will not be responsible for covering airfare, hotel or any other travel costs incurred by the Client.
3. Copyright etc: All intellectual property rights in all materials produced or distributed by BFM Media Sdn Bhd in connection with this event is expressly reserved and any unauthorised duplication, publication or distribution is prohibited.
4. Important note: While every reasonable effort will be made to adhere to the advertised package, BFM Media Sdn Bhd reserves the right to change event dates, sites or location or alter the content and timing of the programme or the speakers without penalty and in such situations, no refunds shall be made. In the event that BFM Media Sdn Bhd permanently cancels the event for any reason whatsoever (including, but not limited to, any force majeure occurrence), the Client shall receive a credit note for the amount that the Client has paid to such permanently cancelled event, valid for up to one year to be used at other products or services of BFM Media Sdn Bhd.
5. Governing law: This Agreement shall be governed and construed in accordance with the law of Malaysia and the parties submit to the exclusive jurisdiction of the Malaysian Courts. However, only BFM Media Sdn Bhd is entitled to waive this right and submit to the jurisdiction of the courts in where the Client's office is located.