

The 4th MEDICAL FAIR ASIA MEDICINE + SPORTS CONFERENCE



12 SEPTEMBER 2024
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The 4th MEDICAL FAIR ASIA MEDICINE + SPORTS CONFERENCE

The MEDICINE + SPORTS CONFERENCE ecosystem was founded in 2013 at MEDICA, the world's largest medical trade show. The conference has been THE highlight of MEDICA for the past 11 years and will once again be held during MEDICA 2024. In 2016, the leading international platform for innovation and an interdisciplinary dialogue made its way to ASIA. The MEDICAL FAIR ASIA MEDICINE + SPORTS CONFERENCE is the benchmark event for sports medicine and related disciplines in Asia.

The MEDICINE + SPORTS CONFERENCES have been recognized by the medical chambers as advanced training events for 12 years and are associated with the acquisition of advanced training points.

Collaboration partners are Fédération Internationale de Médecine du Sport (FIMS), Asian Federation of Sports Medicine (AFSM), Hong Kong Association for Sports Medicine and Sports Science (HKASMSS), Sports Medicine Association Singapore (SMAS) and Wearable Technologies Group (WT).

Agenda (Status 29 August 2024)

9:00 h	Conference Welcome by Prof Yannis Pitsiladis (Chair of Scientific Commission FIMS) Dr Gary Mak (Treasurer AFSM and former president of HKSMSS) Dr Victor Tan Aik Khien (President SMAS) Gernot Ringling (Managing Director at Messe Duesseldorf Asia)
9:15 h	SESSION 1 – Enhancing superathletes and soldiers of the future – ambition or reality (chair Prof Yannis Pitsiladis) Prof Yannis Pitsiladis – Professor and Head of Department of Sport, Physical Education and Health, Hong Kong Baptist University, Member of International Olympic Committee (IOC) Medical and Scientific Commission, FIMS Chair of Scientific Commission: „Real-time biometric monitoring in the military: real-life versus Hollywood – Mile 22” Dr Suriya Prakaash – Head of Soldier Development Branch, Centre of Excellence for Soldier Performance, Singapore Armed Forces: „Soldier performance in the SAF” Joan Liew – Internationally Certified Personal Coach and Sports Nutritionist (CSCS, CISSN), Author, Singapore's First IFBB Pro Athlete: „Fueling function - Distinguishing performance from physique nutrition”
10:45 h	SESSION 2 – Understanding performance, injury and movement (chair Dr Victor Tan Aik Khien) Prof Antonio H. Castro Neto – Director for Advanced 2D Materials and Graphene Research Center, Chairman of the Board and Founder, 2DM & AM2, Singapore: „Broad range, high accuracy, graphene sensor for non-invasive pre-clinical medical diagnosis” Dr Fadzil Hamzah – Senior Staff Physician; Singapore Sport and Exercise Medicine Centre, Changi General Hospital; Director (Community), SingHealth Duke-NUS Sport and Exercise Medicine Centre; Director (Community Programmes), Exercise Is Medicine Singapore Deputy Director (Health Promotion and Disease Prevention), SingHealth Office of Regional Health: „Revolutionising sport and exercise medicine with shockwave: Insights and updates on extra-corporeal shockwave therapy”

	<p>Prof Anna Khim Leng Tong – Clinical Associate Professor, Senior Consultant cardiologist at the Department of Cardiology in Changi General Hospital: „Sudden cardiac death in athletes – can we prevent it?“</p>
12:30 h	Networking Lunch
13:30 h	<p>SESSION 3 – Energizing the society through sports medicine: active lifestyles, injury prevention and exercise prescription (chair Dr Gary Mak)</p> <p>Dr Gary Mak – Clinical Associate Professor (honorary), Department of Orthopaedics and Traumatology, Faculty of Medicine, The Chinese University of Hong Kong; Director, Pro-Cardio Heart Disease & Stroke Prevention Centre; Treasurer, Asian Federation of Sports Medicine (AFSM); Past President, Sports Medicine and Sports Science Association of Hong Kong, China (HKASMSS): „Building a safety net - Pre-participation cardiac screening for athletes“</p> <p>Dr Kam Ming Mok – Senior Lecturer, School of Interdisciplinary Studies, Lingnan University; Vice-President, Sports Medicine and Sports Science Association of Hong Kong, China (HKASMSS); Co-Op Member, Asian Federation of Sports Medicine (AFSM): „Prevention is better than cure - Injury prevention for soccer players at all age“</p> <p>Dr Samuel Ka-Kin Ling – Assistant Professor (Clinical), Department of Orthopaedics and Traumatology, Faculty of Medicine, The Chinese University of Hong Kong; Scientific & Education Commission Member, Asian Federation of Sports Medicine (AFSM); Sports Medicine Doctors Commission Member, Sports Medicine and Sports Science Association of Hong Kong, China (HKASMSS): „Enhancing an active lifestyle with digital platforms“</p> <p>Prof Moritz Schumann – Professor and Head of Sports medicine and Exercise Therapy, Technical University Chemnitz Germany: „Advancing exercise medicine by wearable technology: live remote exercise prescription as a supportive treatment for chronic diseases“</p>
15:45 h	<p>SESSION 4 – Shark tank of digital innovation in sports and healthcare</p> <p>Valentin Ancuta – CEO & Founder, OxyHelp: „Hyperbaric oxygen therapy - Exploring physiology and trends“</p> <p>Dr Pria Krishnasamy – Consultant in Sport & Exercise Medicine, Honorary Secretary FSEM, UK, Trainer at Doctors Training, Founder at Sounds Ignite Ltd: „Physical Activity and chronic diseases - making a difference. The Why, What and How?“</p>
16:30 h	Summary and Closing Remarks



Christian Stammel

Moderator

Christian Stammel is founder and CEO of WT Wearable Technologies Group and Navispace AG. Born in 1969, he successfully enables innovation and cooperation in the Internet of Things and wearables sector. Christian had already founded his first IT company during his university years, which went public in 2000. He is one of the digital pioneers with a track record of over 20 years in IoT and has created some world's firsts including an ECG shirt in 2002. He advises some of the biggest tech companies and organizes with his teams important networking platforms in the US, Europe, Asia and Australia.

SPEAKERS & EXPERT COMMITTEE



Ass Prof Dr Gary Mak

Chair + Speaker

Dr Gary Mak is a Clinical Associate Professor (honorary) at The Chinese University of Hong Kong. He serves as the Director of the Pro-Cardio Heart Disease & Stroke Prevention Centre. Additionally, Dr. Mak holds the position of Past President at Sports Medicine and Sports Science Association of Hong Kong, China and the board member of the Hong Kong Paralympic Committee. With over 20 years of experience, he serves as the Consultant Cardiologist at the Hong Kong Sports Institute, providing medical care to elite athletes.



Prof Yannis Pitsiladis

Chair + Speaker

Prof Dr Yannis Pitsiladis, a Professor of Sport and Exercise Science at Baptist University Hong Kong, has a notable research background in lifestyle and genetics for human health and performance. He created the largest DNA biobank from world-class athletes during his 15 years at the University of Glasgow, Scotland. A member of several scientific commissions, including the IOC Medical and Scientific Commission and the Executive Committee of the International Federation of Sports Medicine (FIMS), he has published over 180 peer-reviewed papers, written and edited several books, and featured in numerous research documentaries and popular books.



Dr Victor Tan Aik Khien

Chair

Dr Victor Tan Aik Khien is the President of the Sports Medicine Association Singapore and a Consultant in Sport & Exercise Medicine and Internal Medicine at Changi General Hospital.



Valentin Ancuta

Speaker

Valentin Ancuta – from criminal investigator to wellness guru, Ancuta Valentin's journey is extraordinary. At 26, he moved to Tokyo, spending 14 years immersed in Japanese culture, shaping him into a detail-oriented, considerate, and resilient leader. Known for his honesty, humility, and innovative thinking, Valentin blends humor and sophistication to captivate audiences. With 11 years of personal HBOT experience and insights from thousands of users, he embodies its transformative power. When not revolutionizing wellness, he enjoys motorcycling, airplanes, and culinary adventures. Discover biohacking secrets and guess his real age from the vitality he exudes on stage!



Prof Antonio Castro Neto

Speaker

Prof Antonio Castro Neto, also known as the "godfather of graphene", is a Distinguished Professor in the Departments of Materials Scientists Engineering and Physics and Director of two research institutes at the National University of Singapore, the Centre for Advanced 2D Materials (CA2DM) and the Institute for Functional Intelligent Materials (IFIM).

SPEAKERS & EXPERT COMMITTEE



Dr Fadzil Hamzah

Speaker

Dr Fadzil Hamzah practises at the Department of Sport and Exercise Medicine in Changi General Hospital and leads the Singapore Sport and Exercise Medicine Centre at Singapore General Hospital. He oversees the health of Team Singapore athletes and is a visiting clinician at the Singapore Sports Institute. Dr. Fadzil is Director of Community Programmes for Exercise is Medicine Singapore (EIMS) and Deputy Director for Health Promotion and Disease Prevention in SingHealth's Office of Regional Health. He also holds key roles in various health organisations, including MHPA, M3, Yellow Ribbon Singapore, and MTFA Dialysis Centre. Passionate about social prescription, he serves on the Health Coaching Chapter of the Society of Behavioural Health Singapore (SBHS).



Dr Samuel Ka-Kin Ling

Speaker

Dr Samuel Ling, an Orthopaedic Surgeon, heads the Foot and Ankle Surgery team at the Prince of Wales Hospital at the Chinese University of Hong Kong. He is a core CUHK sports medicine team member led by Prof Patrick Yung, who looks after most HK athletes. His research focuses on innovative Foot and Ankle Surgery and Regenerative Technologies. He has received prestigious awards and training worldwide. Dr. Ling holds significant leadership positions, has presented extensively at international conferences, and published numerous articles and textbook chapters.



Dr Pria Krishnasamy

Speaker

Dr Pria Krishnasamy is a Consultant in Sport & Exercise Medicine. She completed her medical degree at Queen's University Belfast in 2002 and her training in Sport & Exercise Medicine in the UK in 2012. She is a Fellow of the Faculty of Sport & Exercise Medicine (UK) and holds a Master's in Sport & Exercise Medicine from the University of Nottingham and an MPhil in Medicine from the University of Sydney. Dr. Krishnasamy previously worked at Tan Tock Seng Hospital and National University Hospital in Singapore and joined the University Hospitals of Leicester in 2019. She is dedicated to promoting physical activity in both wellness and chronic disease management and has collaborated with elite sports teams nationally and internationally.



Joan Liew

Speaker

Joan Liew is a multifaceted figure in fitness, excelling as a strength and conditioning coach, sports nutritionist and IFBB Pro League bodybuilder. Starting her fitness journey at age 8 and training intensively by 17, she won the Women Physique title in 2014 and 2016, becoming the first Singaporean to earn an IFBB Pro Card in 2017. In 2005, Joan founded Fitness Factory, a gym focused on preventive healthcare through personalized fitness. Her commitment extends to professional certifications and her self-authored book, *The Skinny Sumo Wrestler*. Her latest venture, the JOANTalks podcast, launched in 2024, covers topics from skeletal muscle to women's health, reaching a broad audience across various platforms.



Dr Kam-Ming Mok

Speaker

Dr Kam-Ming Mok is a Senior Lecturer at the School of Interdisciplinary Studies at Lingnan University, Hong Kong, China. He carries out research projects regarding Sports Injury Biomechanics and Motion Analysis, especially focusing on ACL injury risk screening. Dr. Mok published over 30 articles in peer-reviewed international journals, and contributed to 4 book chapters.

SPEAKERS & EXPERT COMMITTEE



Dr Suriya Prakaash

Speaker

Dr Suriya Prakaash, a graduate of Yong Loo Lin School of Medicine and a specialist in Sports Medicine, is the head of the Soldier Development Branch at the Centre of Excellence for Soldier Performance. He oversees exercise physiology, nutrition, and performance in the heat for soldiers. An avid long-distance runner and former national champion, he has represented Singapore in various competitions and pursued further specialization in Sports Medicine, including an IOC Diploma in 2015.



Prof Moritz Schumann

Speaker

Prof Moritz Schumann leads the Department of Sports Medicine and Exercise Therapy at Chemnitz University of Technology, Germany. He received his PhD in Biology of Physical Activity from the University of Jyväskylä, Finland, and did post-doctoral studies at Shanghai Jiao Tong University, China. In 2016, he joined the German Sport University Cologne, completing his habilitation and receiving the *venia legendi* in Clinical Exercise Physiology in 2022. Dr. Schumann co-founded the European INTERLIVE®-Network, developing standards for wearable device validation. He is involved in EU-funded projects enhancing wearable technology in sports and healthcare. He has authored over 90 peer-reviewed publications, seven textbooks, and more than 70 conference abstracts.



Prof Anna Tong Khim Leng

Speaker

Clinical Associate **Prof Anna Tong Khim Leng** is a Senior Consultant cardiologist at Changi General Hospital (CGH), echo director, and leads the cardiac screening program for the Ministry of Home Affairs (MHA). She chairs the Echo Chapter of the Singapore Cardiac Society. From 2012 to 2019, she was Chief of Cardiology at CGH and ex-Director of the Coronary Care Unit. Prof. Tong earned her MBBS from the National University of Singapore and trained at the University of Virginia. Her interests include contrast echocardiography and sports cardiology. She was a finalist for the Young Investigator Award in the American Society of Echocardiography and the Samuel A. Levine Young Investigator Award.

PARTNERS



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