

# When to Worry About Back & Neck Pain?

30 March 2019 (Saturday)  
HDB Hub Convention Centre (Toa Payoh)

Spinal conditions affect many people. The Singapore Spine Society invites a panel of orthopaedic and neurosurgical specialists along with physiotherapists working in public and private hospitals to discuss about the common causes of spinal conditions that lead to neck and back pain, spinal deformities and fractures.

Using their wealth of experiences, these doctors would share signs and symptoms of potentially serious spinal conditions. This is a good opportunity to meet the experts who are active in their field to discuss about the most up-to-date management strategies. Onsite bone mineral density of the heel is also available.



**Free**  
Heel Bone Mineral Density check  
Snacks provided  
Free Goodie Bags

Mandarin Session

9.30am to 12.30pm

English Session

2.00pm to 5.00pm

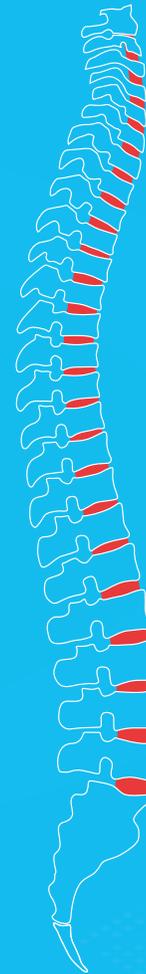
Sponsors:



# 脊柱疾病的警讯

2019年3月30日(星期六)  
HDB Hub 会展中心(大巴窑)

你有被脊柱的疾病困扰吗? 新加坡脊柱协会邀请国内经验丰富的骨科和神经外科专家以及物理治疗师分析造成颈痛, 背痛, 脊柱侧弯和骨折的原因。专家们将以他们丰富的个人与集体经验, 与大家分享最先进的治疗方案。现场会有免费的脚跟骨质密度测试。敬请踊跃参与并借此机会与专家们商讨改善脊柱疾病的情况。



脚跟骨质密度  
**免费测试**  
提供小吃  
免费小礼品

华语讲座

上午9时30分至  
中午12时30分

英语讲座

下午2时至5时

赞助商:



# 脊柱疾病的警讯

## 华语讲座

节目表:

| 时间          | 话题                   | 讲员   |
|-------------|----------------------|--|
| 09:30-09:40 | 序幕词                  |  陈祥明医生<br>Dr Tan Seang Beng<br>骨科外科医生<br>Orthopaedic and Spine Clinic |
| 09:40-10:00 | 我有腰酸背痛 - 该怎么办呢?      |  李永华医生<br>Dr Li Yung Hua<br>骨科外科医生<br>Orthopaedic Associates          |
| 10:00-10:20 | 我的颈部疼痛 可以痊愈吗?        |  林继明医生<br>Dr Ling Ji Min<br>神经外科医生<br>National Neuroscience Institute |
| 10:20-10:40 | 颈部和背部酸痛, 怎样自我保健?     |  黄瑜姮治疗师<br>Ms Ng Tze Siong<br>物理治疗师<br>National University Hospital   |
| 10:40-11:00 | 我的脊柱侧弯 可以修正吗?        |  劉錄霖医生<br>Dr Lau Leok Lim<br>骨科外科医生<br>National University Hospital  |
| 11:00-11:20 | 我变矮小 - 这和骨质 疏松症有关系吗? |  李浩洲医生<br>Dr Lee Haw Chou<br>骨科外科医生<br>Synergy Orthopaedic Group    |
| 11:20-11:50 | 问答和分享环节              |  全体人员   |
| 11:50-12:30 | 脚跟骨质密度 免费测试          |   |

## 公共论坛讲座嘉宾

司仪: 劉錄霖 医生 (Dr Lau Leok Lim)

主席,  
新加坡  
脊柱  
协会

## English Session

Programme:

| Time        | Topic  | Speaker   |
|-------------|--|---|
| 14:00-14:20 | I have back pain – What should I do?             |  Dr Jacob Oh<br>Orthopaedic Surgeon<br>Tan Tock Seng Hospital                        |
| 14:20-14:40 | My neck hurts – Will I recover?                  |  Dr Colum Nolan<br>Neurosurgeon<br>National Neuroscience Institute                   |
| 14:40-15:00 | Physiotherapy for back & neck pain – What works? |  Mr Ringo Yee<br>Physiotherapist<br>Tan Tock Seng Hospital                           |
| 15:00-15:20 | I have scoliosis – Can it be corrected?          |  Dr Dennis Hey<br>Orthopaedic Surgeon<br>National University Hospital                |
| 15:20-15:40 | I am shorter – Is it linked to osteoporosis?     |  Dr Naresh Kumar<br>Orthopaedic Surgeon<br>National University Hospital             |
| 15:40-16:00 | Q & A / Patient Sharing session                  |  All speakers  |
| 16:00-16:10 | Closing  |  陈祥明医生<br>Dr Tan Seang Beng<br>Orthopaedic Surgeon<br>Orthopaedic and Spine Clinic |
| 16:10-17:00 | Free Heel Bone Mineral Density check             |    |

## PUBLIC FORUM Speakers

Master of Ceremony: Dr Tan Seang Beng

President,  
Singapore  
Spine  
Society