



Persatuan SLE Malaysia

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## Pain Management & Bone Health in SLE

Public Forum  
Sunday, 24 October 2010

Auditorium, 5th Floor, Tun Hussein Onn National Eye Hospital  
No. 2, Lorong Utara B, Off Jalan Utara, 46200 Petaling Jaya

### Programme

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| 12:00 noon   | Registration starts. Free blood sugar, blood pressure and body mass index tests will be provided by Columbia Asia Extended Care Hospital. Light lunch will be served.  |
| Note: BM/English session will be in the Auditorium. Mandarin session will be in the Annexe Room. |  |
| 2:00 p.m.  | Welcome address by Dr Yeap Swan Sim, Vice-President, Persatuan SLE Malaysia  |
| 2:10 p.m.<br><i>BM/Eng<br/>Mandarin</i>  | <b>Pain Management in SLE</b><br>Learn how joints and muscles can be involved in SLE and how to manage joint pain.<br><i>by Dr Yeap Swan Sim, Consultant Rheumatologist<br/>by Dr Loo Kok Lim, Consultant Rheumatologist</i> |
| 2:50 p.m.<br><i>BM/Eng<br/>Mandarin</i>  | <b>Bone Health in SLE</b><br>Be aware of bone health and how SLE patients can take care of their bones.<br><i>by Dr Yeap Swan Sim, Consultant Rheumatologist<br/>by Dr Loo Kok Lim, Consultant Rheumatologist</i>            |
| 3:20 p.m.<br><i>BM/Eng<br/>Mandarin</i>  | <b>Taking Care of Yourself</b><br>SLE patients have to learn to take care of their own health.<br><i>by Dr Cheah Tien Eang, Lecturer, Universiti Malaya Medical Centre<br/>by Dr Loo Kok Lim, Consultant Rheumatologist</i>  |
| 3:50 p.m.  | Refreshments served in the foyer.<br><i>Note: Mandarin session participants to join the BM/Eng session in the Auditorium.</i>  |
| 4:20 p.m.<br><i>BM/Eng/<br/>Mandarin</i>   | <b>Nutrition &amp; Massage Therapy in SLE</b><br>Understand how nutrition and massage therapy can benefit SLE patients.<br><i>by Ms. Megan Tan, Naturopath</i>   |
| 5:20 p.m.<br><i>BM/Eng</i>   | <b>Exercises to Relieve Pain</b><br><i>By a Physiotherapist</i>  |
| 6:00 p.m.  | End  |

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