

# Women's Health In Twilight Years

Public Forum

Women today are overwhelmed with various challenges and daily demands to meet. As their role constantly changes, many women tend to neglect their health.

A large number of women suffer silently from 'pelvic floor problem' due to pregnancy and child birth. It is estimated that 1/3 of adult women are affected by urinary incontinence, anal incontinence or pelvic organ prolapse.

Studies revealed that women have higher life expectancy than men but unequal access to information, care and basic health practices increases their health risks.

**Date** : 2<sup>nd</sup> August 2009 (Sunday)  
**Venue** : Auditorium, Level 1,  
 Prince Court Medical Centre  
**Time** : 9am - 1pm



**FREE  
ENTRY**

Organised by:



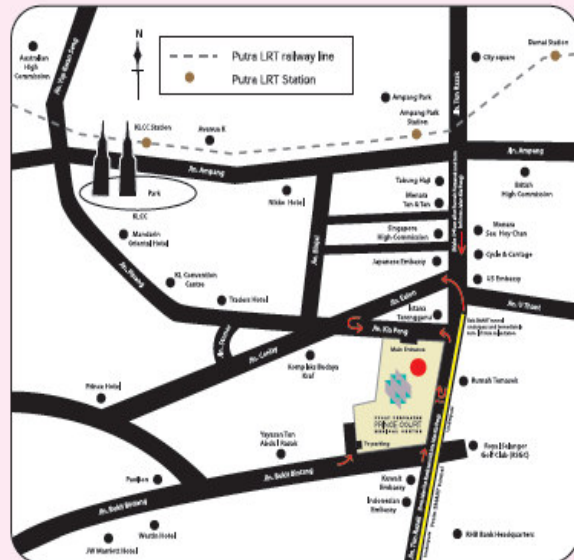
Main Sponsor:



For registration, please contact  
 03-2160 0000 ext.1108/2282 or email  
 nanthani.shunmugam@princecourt.com  
 Kindly RSVP by 29<sup>th</sup> July 2009 (Wednesday)

## Program Schedule

- |                   |  |
|-------------------|--|
| 09.00am - 09.30am | <b>Registration</b>  |
| 09.30am - 09.35am | <b>Welcome Note</b><br><i>Datuk Dr. Abdul Aziz Yahya,</i><br>Clinical Director CoE Women and Children  |
| 09.35am - 10.00am | <b>Menopause and Treatment Options</b><br><i>Dr. Seri Suniza Sufian</i><br>Consultant Obstetrician & Gynaecologist   |
| 10.00am - 10.30am | <b>Post Menopause and Emotional Health</b><br><i>Dr. Hariyati Sharima</i><br>Consultant Clinical/Health Psychologist   |
| 10.30am - 11.00am | <b>Screening and treatment of<br/>gynaecological cancer</b><br><i>Datuk Dr. Abdul Aziz Yahya</i><br>Consultant Obstetrician & Gynaecologist                    |
| 11.00am - 11.15am | <b>Break</b>   |
| 11.15am - 11.45am | <b>Pelvic Floor Problems (Urinary<br/>Incontinence and Prolapse) Amongst Women</b><br><i>Dr. Seri Suniza Sufian</i><br>Consultant Obstetrician & Gynaecologist |
| 11.45am - 12.15pm | <b>Pelvic Floor Muscle Exercise - Correct and<br/>Effective Technique</b><br><i>Neng Shahidah Sabullah</i><br>Physiotherapist                                  |
| 12.15pm           | <b>Lunch / Demo activities continue</b>  |
| 01.00pm           | <b>Adjourned</b>   |



PCMC Directional Map

**PRINCE COURT MEDICAL CENTRE**  
 39, Jalan Kia Peng, 50450 Kuala Lumpur  
 Hotline : 03 2160 0000 Fax : 03 2160 0010  
[www.princecourt.com](http://www.princecourt.com)