

## **Qualities of Life 2011 – “Allergy Answers”**

Organisers: Asthma & Allergy Association and Sneezywheezy.com

Date/Time: 2 October (Sun), 11.00AM – 13.00PM

### **Food allergy seminar (40mins)**

1100-1110 **The Mom's Perspective**

A personal view of a parent (challenges allergy moms face in schools, at restaurants, on airplanes etc in Singapore, drawing on personal experience and anecdotes shared by our readers) plus what sneezywheezy offers to help parents out.

[Cris Prystay & Vicky Henniker, sneezywheezy.com]

1110-1130 **Food Allergies in Singaporean Children**

A talk by a paediatric allergist on what is food allergy, and the scale & scope of food allergies in Singapore. What tests should parents get to diagnose an allergy – and what tests are marketed in Singapore but don't actually work, from a medical standpoint.

[Dr Liew Woei Kang, Paediatric Allergist and Immunologist, SBCC Baby and Child Clinic, Mount Elizabeth Medical Centre]

1130-1140 Q&A

### **Eczema seminar (40mins)**

1140-1200 **Itchy Scratchy Eczema - All That You Are Itching to Know**

Talk by a dermatologist on atopic eczema and treatment updates. Practical tips on how to make sense of the dermatological products on the market; how to choose the right ones.

[Dr Chan Yun Chew, Consultant Dermatologist, Dermatology Associates, Gleneagles Medical Centre]

1200-1210 **Mind Versus Itch**

Talk by a psychologist regarding psychological and social problems faced by eczema patients. How behavioral therapy can be used to reduce the excoriations and skin damage in eczema.

[Ms Frances Yeo, Principal Psychologist, Thomson Paediatric Centre, The Child Development Centre]

1210-1220 Q&A

### **Asthma seminar (40mins)**

1220-1240 **Living With Asthma - Take Control**

A talk by a respiratory physician on what is asthma and what are common asthma triggers. The talk will also include tips on how a patient can take control of their asthma with medications and by modifying their home and work environment.

[Dr Kenneth Chan, Consultant respiratory physician, Respiratory Medical Associates, Gleneagles Medical Centre]

1240-1250 **Active Living & the Asthmatic Patient**

Talk by an asthma nurse on active living with asthma: how patients can continue to pursue sports if treatment is optimal. Tips on how family members can be involved, and the importance of smoking cessation.

[Asthma educator, Karen Tan, Singapore General Hospital]

1250-1300 Q&A