



6TH

MALAYSIAN LIFESTYLE
MEDICINE CONFERENCE



 Berjaya Times
Square Hotel

 24TH - 26TH
OCT 2026

Lifestyle Medicine:
The Foundation Of
Longevity Medicine

CONFERENCE SCHEDULE

24TH OCTOBER 2026

TIME	TOPIC	SPEAKER
8.00 - 8.30 am	Registration	
8.30 – 9.00 am	Decoding Ageing: How and Why We Grow Older	Prof. Brian Kennedy Distinguished Professor of Biochemistry & Physiology, Yong Loo Lin School of Medicine, National University of Singapore (NUS) Director, Centre for Healthy Longevity, National University Health System
	Opening Ceremony	
9.00 – 9.10 am	National Anthem: Negara Ku	
9.10 – 9.20 am	Welcome Address	Adj. Prof. Dr. Siva Poobalasingam Chair, Advisory Board, Lifestyle Medicine Global Alliance Founder and President, Malaysian Society Of Lifestyle Medicine
9.20 - 9.45 am	Inauguration And Opening Address	Guest Of Honour
9.45 - 10.25 am	Keynote Address: Advancing Healthy Ageing Through Prevention, Equity, and Evidence-Based Lifestyle Medicine	Dr. Rabindra Abeyasinghe WHO Representative to Malaysia, Brunei Darussalam and Singapore
10.25 - 10.55 am	Tea Break / Networking	
10.55 - 11.25 am	The Longevity Blueprint: Lifestyle Medicine in the 21st Century	Dr. Ravinder Mamtani Vice Dean For Population Health And Lifestyle Medicine,Weill Cornell Medicine-Qatar Vice Chair,Advisory Board,Lifestyle Medicine Global Alliance
11.25 - 11.55 am	The Future Of Longevity: Transforming Lifespan Into Healthspan	Prof. Andrea B Maier Co-Founder and Director, NUS Academy for Healthy Longevity, National University of Singapore Founding President, Healthy Longevity Medicine Society
11.55 am - 12.25 pm	Happiness and Longevity: The Science of Well-Being and Lifespan	Dr. Liana Lianov Founding President, Global Positive Health Institute Assistant Professor, Center for Positive Health Sciences, Royal College of Surgeons Ireland – RCSI University of Medical and Health Sciences.
12.25 - 12.45pm	Lifestyle Medicine in the Age of AI: Personalised Prevention, Trustworthy Data, and the New Cybersecurity Frontier	Dr. Kamalanathan Kandasamy Asst Prof,Amrita Center For Cyber Security Systems And Networks Amrita University

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12.45 - 1.00 pm	Healthy Longevity for Everyone: A Way of Life — A Medical Professional's Perspective	Dr. Tim Shi President, Asia Pacific Longevity Medicine Society
1.00 – 2.00 pm	Lunch and Networking Break	
2.00 – 2.30pm	The Global Lifestyle Medicine Competency and Certification Framework	Mr. Stephan Herzog Executive Director, International And American Boards Of Lifestyle Medicine
Symposium: World Health Organisation		
2.30 – 4.30 pm	Building Health Where Life Happens — Advancing Lifestyle Medicine Approaches in Healthy Settings through the Life Course.	Dr. Rabindra Abeyasinghe WHO Representative to Malaysia, Brunei Darussalam and Singapore Dr. Isabel C Espinosa Technical Officer, WHO Office for Malaysia, Brunei Darussalam and Singapore Dr. Ruben Ramakrishnan Technical Officer, WHO Office for Malaysia, Brunei Darussalam and Singapore Dr. Deepa Gamage Team Leader, WHO Office for Malaysia, Brunei Darussalam and Singapore
4.30 – 4.45 pm	Tea Break / Networking	
4.45 - 5.15 pm	Menopause A Window to Longevity: A Lifestyle Medicine Approach To Mitigate Biological Ageing	Dr. Tashiya Miranda Menopause Lead & Lifestyle Medicine Co-Lead, Osler Health Group, Singapore
5.15 - 5.30 pm	Beyond Standard Panels: Essential Biomarkers for Longevity in Lifestyle Medicine	Dr. Edward Chan Lab Director And Principal Consultant,Well Lab Malaysia
5.30 - 5.45 pm	The Story Of Our Wild Amla	Mr. Caitanya D Thialan Chief Operations Officer, Thiallan Bioherbs BSc. Nutrition, Dietetics
5.45 - 6.00 pm	Age Strong With Cellular Intelligence	Ms. Julie Watts Integrative & Functional Medicine Educator, ASEA Brand Partner & Trainer
6.00 - 6.15 pm	Stem Cells As Risk Modifiers in Lifestyle Medicine	Mr. Jason Lam Chung Liang, Regenerative Medicine Specialist, My Cytohealth Sdn Bhd

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8.30 – 9.00 am	Exercise as Medicine: Boosting Lifespan and Healthspan	Dr. Edward M Philips Director, Institute Of Lifestyle Medicine, Spaulding Rehabilitation Hospital, Harvard Medical School
9.00 – 9.30 am	Social Connections, Happiness and Longevity: Lessons from The Harvard Grant Study	Dr. Elizabeth Frates Director Of Lifestyle Medicine And Wellness, Massachusettes General Hospital, Harvard Medical School, Past President American College Of Lifestyle Medicine
9.30 – 10.00 am	Dietary Strategies for Longevity: Insights from Global Traditional Diets	Dr. Uma Naidoo Director Of Nutritional & Lifestyle Psychiatry, Massachusetts General Hospital. Harvard Medical School
10.00 – 10.15 am	Tea Break / Networking	
10.15 – 10.45 am	The Science Of Brain Longevity	Dr. Nadir Bilici MD, DipIBLM Assistant Clinical Professor of Neurology, Mount Sinai Health System Director, Preventive Neurology and Lifestyle Medicine Clinic
10.45 - 11.15 am	Chronobiology and Longevity: Optimizing Your Internal Clock	Assoc. Prof. Fadzillah Hanum Primary Care Consultant, University Malaya
11.15 - 11.45 am	Hidden Years Lost: The True Cost of Smoking and Alcohol	Prof. Dr. Faridah Mohd Zin Deputy Dean, Graduate School Of Medicine, KPJ Healthcare University
11.45 am - 1.00 pm	The Stress–Longevity Connection: How Resilience Shapes Lifespan	Adj. Prof. Dr. Siva Poobalasingam Chair, Advisory Board, Lifestyle Medicine Global Alliance Founder and President, Malaysian Society Of Lifestyle Medicine Nisha Lakshmanan Director, Mind Body Medicine, Amrita Integrative And Lifestyle Medicine Centre Ivana Saldanha Mindfulness Instructor, Amrita Integrative And Lifestyle Medicine Centre

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1.00 – 2.00 pm	Lunch and Networking Break	
2.00 – 2.30 pm	Rejuvenating mitochondria function a potential tool against ageing	Dr. Vincenzo Sorrentino Assistant Professor, Department of Biochemistry & Healthy Longevity
2.30 – 3.30 pm	Free Paper: Oral Presentation	
3.30 – 4.00 pm	Dance Exercise & Zumba	Posh Fazlin
4.00 – 4.15 pm	Tea Break / Networking	
4.15 – 4.45 pm	Key Connection Between Microbiome And Healthspan	Dr. Siobhan McCormack Lifestyle Medicine Physician
4.45 – 5.45 pm	Convocation Ceremony Diplomates In Lifestyle Medicine	
	Closing Ceremony	
5.45 - 6.00pm	Closing Remarks	Adj. Prof. Dr. Siva Poobalasingam Chair, Advisory Board, Lifestyle Medicine Global Alliance Founder and President, Malaysian Society Of Lifestyle Medicine

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Organized by:







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POST-CONFERENCE
workshops & JOINT SYMPOSIUM

26TH OCTOBER 2026

8.00 - 8.30am	Registration	
Workshop 1		
8.30 - 10.30am	Workshop 1 : Positive Psychology Strategies For Healthy Ageing	Dr. Liana Lianov Founding President, Global Positive Health Institute Assistant Professor, Center for Positive Health Sciences, Royal College of Surgeons Ireland – RCSI University of Medical and Health Sciences.
10.30-11.00am	Tea Break / Networking	
Workshop 2		
11.00am - 1.00pm	Workshop 2: From Cancer Survival to Longevity: The Role of Lifestyle Medicine in Survivorship Care	Dr. Zainab Wassim Oncology Specialty Doctor and Lifestyle Medicine Physician, Princess Alexandra Hospital, UK
1.00 - 2.00 pm	Lunch	
Joint Symposium		
Weill Cornell Medicine-Qatar & Malaysian Society Of Lifestyle Medicine		
Leading the Future of Healthcare: Integrating Lifestyle Medicine into Health Systems and Medical Education		
2.00 - 2.05pm	Introduction	MC
2.05 - 2.10pm	Opening Remarks - Malaysian Society Of Lifestyle Medicine	Adj. Prof. Dr Siva Poobalasingam Chair, Advisory Board, Lifestyle Medicine Global Alliance Founder and President, Malaysian Society Of Lifestyle Medicine
2.10 - 2.15pm	Opening Remarks - Weill Cornell Medicine-Qatar	Dr. Ravinder Mamtani Vice Dean For Population Health And Lifestyle Medicine,Weill Cornell Medicine-Qatar Vice Chair,Advisory Board,Lifestyle Medicine Global Alliance
2.15 - 2.45pm	Dean's Distinguished Lecture: Global Perspectives In Lifestyle Medicine: Pioneering Role Of Weill Cornell Medicine - Qatar	Dr. Javed I. Sheikh Dean and Professor of Psychiatry and Population Health Sciences at Weill Cornell Medicine-Qatar
2.45 - 3.45pm	Expert Panel Discussion: Lifestyle Medicine: The New Frontier In Healthcare	Dr. Javed I.Sheikh Dr Rabindra Abeyasinghe Datuk Dr.Thirunavukarasu Dr. Tim Shi <i>Moderator:</i> <i>Adj. Prof. Dr Siva Poobalasingam</i>
3.45 - 3.55pm	Interactive Questions And Answers	
3.55 - 4.00pm	Closing Remarks	Adj. Prof. Dr Siva Poobalasingam Chair, Advisory Board, Lifestyle Medicine Global Alliance Founder and President, Malaysian Society Of Lifestyle Medicine
4.00 - 4.30	Tea Break / Networking	

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