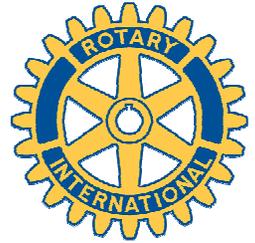




# Rotary Club of Singapore West

Programme Committee 2008/09



## Speaker for Thursday 12 March Dinner Meeting at The Pines



### DR. ARTHUR TJANDRA

MB, MD, ABAARM, ABAM, Dip Aesthetic Med, NASM-PES, NASM-CES, CSN

Consultant Anti-Aging Medicine Physician

Consultant Cosmetic Surgeon

Consultant Sports Medicine Physician & Sports Nutritionist

Arthur Tjandra is a double American Board-Certified Anti-Aging and Aesthetic Medicine Physician and a member of the American Academy of Cosmetic Surgery. A visiting Fellow at the Institute of Plastic Surgery Singapore, he has been trained by world-renowned plastic and oculoplastic surgeons like Prof. Fong Poh Him (Singapore), Dr. Pierre Fournier (France) and Dr. Allen Putterman (USA). He has also gone through internal medicine residency at the SGH. He has been credentialed by the National Academy of Sports Medicine (USA) as a Performance Enhancement Specialist, Corrective Exercise Specialist, as well as a Certified Sports Nutritionist.

Arthur Tjandra has special interest in the field of aging and aging-related illnesses. He believes in prevention and early intervention and a holistic approach in the management of his patients in the practice of anti-aging medicine. He is an anti-aging medicine physician who is also trained in internal medicine, sports medicine, aesthetic medicine and cosmetic surgery and applies what is often a complex combination of those medical specialties to his individual patient's needs.

## Successful or healthy aging -is it possible to achieve?

Successful or healthy aging refers to a process by which deleterious effects on the body and mind are minimised. Anti-aging medicine has been in existence for more than a decade but made headline news again recently by the airing of Oprah Winfrey's show in two back-to-back episodes in January. Many patients and consumers are not aware of the science behind anti-aging medicine and bio-identical hormone replacement therapy. Let Dr. Arthur Tjandra, an American Board-Certified Anti-Aging and Regenerative Medicine Physician and Cosmetic Surgeon, bring you through the journey of aging, and show you how it may be possible to halt or even reverse the aging process.