



## The Institution of Engineers, Malaysia

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### Talk on Diet, Nutrition and Heart Health for Engineers

Organised by : Seniors Special Interest Group, IEM

BEM Approved CPD/PDP Hours: Ref No: NO CPD

Date : 22<sup>nd</sup> November 2018 (Thursday)  
Time : 5.30pm – 7.00pm (Refreshments will be served at 5.00pm)  
Venue : TUS and C&S Lecture Room, 2<sup>nd</sup> Floor, Wisma IEM, Petaling Jaya  
Speaker : **MS YY Seow**

#### SYNOPSIS

Ageing gracefully with proper diet, nutrition and healthy lifestyle, together with the help of medical technical device 'External Counter Pulsation 'machine (ECP) to prevent cardiovascular illnesses among Malaysian.

Ageing is an inevitable fact for everyone, the speaker is going to share with you on choosing the right diet and lifestyle to prevent cardiovascular illnesses among professionals. All chronic illnesses can be prevented by the proper intake of nutrition, balance emotion, regular exercise and sufficient rest. Prevention is always better than cure.

On the other hand, the speaker will explain on the beneficial of ECP therapy on anti-aging purposes as well as prevention of cardiovascular illnesses among professionals. The FDA of United States of America has approved the use of ECP as qualified therapy in the treatment of acute angina/ refractory angina.

#### BIODATA OF SPEAKER

YY Seow graduated in MMU in year 2003 with Bachelor Honor Degree in Information Technology Software Engineering. Then took up a post graduate study in Nutritional Medication of Plaskett's college in London at year 2009 and graduated in 2012. She is currently working as Nutritional Therapist and consultant at Vectolab Sdn Bhd, which operating ECP services. She is also a qualified HDRF Train the Trainer (TTT) trainer.

*Ir. Frankie Chong*  
*Chairman*  
*Senior Special Interest Group*

#### ANNOUNCEMENT TO NOTE

##### EFFECTIVE 1<sup>st</sup> OCTOBER 2017

**FEES FOR TALKS**  
**Members**  
Registration Fee  
Free of Charge - FOC

**Administrative Fee**  
**Online** - RM15.00  
**Walk In** - RM20.00

**Non-Members**  
Registration Fee:  
RM50.00  
Administrative Fee:  
RM20.00

Limited seats are available on a "first come first served" basis (maximum 100 participants).

**To secure your seat, kindly register online at**  
**[www.myiem.org.my](http://www.myiem.org.my)**

#### PERSONAL DATA PROTECTION ACT

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