



GUT HEALTH DAY 2026

NATIONAL FOUNDATION FOR DIGESTIVE DISEASES



Come join us to understand more about your gut health with **EXPERT TALKS, EDUCATIONAL BOOTHS** and **GOODIE BAGS**

YOUR GUT, YOUR LIFE

19/4 10AM-4:30PM
2026 (SUN) BISHAN COMMUNITY CLUB

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INTRODUCTION AND WELCOME NOTE

A very warm welcome to everyone! We are absolutely delighted to have you join us for **NFDD Gut Health Day 2026**, brought to you in partnership with Bishan Community Centre and our supportive sponsors.

Today is all about the well-being of your gut and liver. Our digestive system is at the heart of how we feel every day, and we want to help you understand it better. Whether you're curious about fatty liver, looking for dietary tips, or interested in learning more about IBS, gut bacteria, women's digestive health, and preventing cancers, we have something for everyone, with our expert talks available in both English and Chinese.

Don't forget to explore our sponsor booths!! Our sponsors have set up some fantastic interactive displays where you can chat, learn, and pick up practical tips for your daily life.

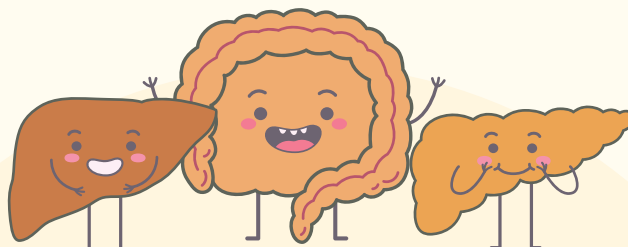
Thank you for spending your day with us. We hope you leave feeling inspired and ready to give your gut the care it deserves.

亲爱的朋友们，欢迎大家！我们非常荣幸能邀请到各位参加“**2026年 NFDD 肠胃健康日**”。本次活动由我们与碧山社区中心以及一众鼎力支持的赞助商联合举办。

今天活动的重点是关注您的肠胃与肝脏健康。消化系统是影响我们每日生活质量的核心，我们希望帮助大家更深入地了解它。无论您是想了解脂肪肝、寻求饮食建议，还是对肠易激综合征（IBS）、肠道细菌、女性消化健康及癌症预防感兴趣，我们精心准备的内容都能让您有所收获。此外，我们的专家讲座会，将分中英两场，方便大家参与。

请记得去参观赞助商的展位！赞助商们准备了精彩的互动展示，您可以在那里交流咨询，并获取实用的日常生活保健小贴士。

非常感谢大家抽出时间与我们共度这一天。希望今天的活动能带给您启发，让您更有信心地呵护自己的肠胃健康。



GUEST OF HONOUR



MS ELYSA CHEN

Elysa Chen is the Grassroots Advisor to Bishan-Toa Payoh GRC. In line with her vision of Beautiful People in Beautiful Homes pursuing Beautiful Dreams, she hopes that each of her residents can enjoy good health, and advocates for preventive care, mental wellbeing, and everyday habits that support long-term physical and mental health.

NFDD PATRON

DR MARIANNE SEAH

Dr Marianne Seah, is the daughter of the late renowned gastroenterologist Professor Seah Cheng Siang. She is continuing the legacy of her father who founded the **National Foundation of Digestive Diseases (NFDD)** to enhance public awareness of gut health and digestive disorders. As patron of the NFDD, Marianne supports the continuing efforts of the NFDD to educate the community on both the prevention of as well as the treatment of gastrointestinal diseases; empowering individuals to lead healthier lives.

JOINT OPENING SESSION

TIME	SESSION	SPEAKER
1000-1010	Welcome Address	Ms Elysa Chen MP, Bishan–Toa Payoh GRC
1010-1030	SEAH CHENG SIANG LECTURE — Silent Liver Diseases on the Rise: What You Should Know	A/Prof George Goh (SGH)

Both English & Chinese audience attend together.

ENGLISH TRACK (Room A)

THEME 1 — EVERYDAY DIGESTIVE HEALTH

1030-1050	Why Your Gut Reacts to Stress: Bloating, Pain & IBS Explained	A/Prof Reuben Wong (Gutcare)
1050-1055	Q&A	
1055-1115	Women’s Digestive Health: Hormones, Gallstones & More	Dr Valerie Yeap (SGH)
1115-1120	Q&A	
1120-1140	The Gut Longevity Blueprint: Thriving from Within	Dr Ng Shu Ee (NUH)
1140-1145	Q&A	
1145-1205	Digestive Cancers: What You Can Prevent, Detect Early & Treat	A/Prof Stephen Tsao (Aliveo medical)
1205-1210	Q&A	
1210-1300	Morning/ Noon Break	

THEME 2 — FOOD, NUTRITION & LIVER HEALTH

1300-1320	Eating for a Healthy Gut & Liver: What Really Works	Dr Alvin Wong (CGH)
1320-1325	Q&A	
1325-1345	Fatty Liver Disease Explained: Causes, Risks & Recovery	Dr Marianne Anastasia De Roza (Gut Care)
1345-1350	Q&A	
1350-1410	What Alcohol Really Does to Your Gut, Liver & Brain	Dr Benjamin Nah (Alexandra Health)
1410-1415	Q&A	Panel
1415-1435	Common Medications and Their Hidden Effects on Your Gut & Live	Mr Samuel Rocky Candra (SGH)
1435-1440	Q&A	
1440-1500	Afternoon Break 20 minutes	

THEME 3 — THE FUTURE OF GUT HEALTH (MC: Z)

1500-1520	Your Gut Bacteria: Why They Matter More Than You Think”	Dr. Jonathan Lee (NUH)
1520-1525	Q&A	
1525-1545	Smart Tech for a Smarter Gut: Apps, AI & the Future of Digestion	Dr. Jonathan Kuang (TTSH)
1545-1550	Q&A	
1550-1610	Endoscopy 2.0: AI, Capsule & The Future of Detection	Dr Calvin Koh (The Gastroenterology Group)
1610-1615	Q&A	
1615-1635	Why Your Mood, Sleep & Stress Affect Your Gut	A/Prof Andrew Ong (SGH)
1635-1640	Q&A	
1645	END	



CHINESE TRACK 华语讲座 (Room B)

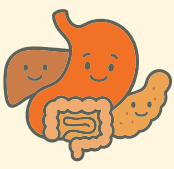
主题 1：肠脑、便秘与女性消化健康

1030-1050	肠道为什么这么“敏感”?压力、腹胀与肠易激综合征	颜秀娟医生 Dr Yan Xujuan (NUS)
1050-1100	问答环节	
1100-1120	从荷尔蒙到肠道：女性消化健康的关键	黄韵倩医生 Dr Ng Yunn Cheng (TTSH)
1120-1130	问答环节	
1130-1150	便秘全解析：原因、误区与真正有效的解决方法	谢天浩教授 A/Prof Kewin Siah (NUH)
1150-1200	问答环节	
1200-1250	茶歇	

主题 2：大肠癌、肝病与 肠肝营养

1250-1310	预防大肠癌：了解 FIT 筛查、息肉与常见误解	林小晖医生 Dr Frances Lim (Colorectal Clinical Associates)
1310-1320	问答环节	
1320-1340	吃得聪明，活得健康：肠肝营养指南	张华芯 Courtney Chong (NUH)
1340-1350	问答环节	
1350-1410	肝病新趋势	李黄欢医生 Dr Li Huanghuan (SKH)
1410-1420	问答环节	
1420-1440	茶歇	
1440-1500	这些“气”，正常吗？腹胀、打嗝、放屁全面解析	郑伟荣医生 Dr Benjamin Tay (NTFGH)
1500-1510	问答环节	
1510-1530	中医如何改善 IBS 与功能性肠胃病？ 现代科学与传统医药的结合	林伟正先生 Mr Lam Wai Ching (NTU)
1530-1540	问答环节	
16:30	结束	





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NATIONAL FOUNDATION
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BOOTH FLOOR PLAN

Level 1



 Registration booth

- 1 Yakult
- 2 DKSH
- 3 Fresenius Kabi
- 4 VisoPro
- 5 Health promotion board
- 6 365 Cancer prevention society
- 7 SNDA

NFDD NFDD booth - collect your stickers here!

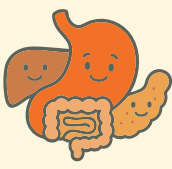
 Toilet

 Lift

 Baby Changing Room

 Water Cooler

 Singpost Office



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BOOTH FLOOR PLAN

Level 4



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DOCTORS BIO



A/PROF GEORGE GOH

A/Prof George Goh is a Senior Consultant at SGH and Clinical Associate Professor at Duke-NUS and NUS. He directs SGH's Clinical Trials Research Centre and leads the Fatty Liver Clinic. A prominent researcher and Principal Investigator for pharmaceutical interventional trials, he specializes in fatty liver, cirrhosis, and liver transplantation. Dr. Goh is an invited speaker at international conferences and serves on the editorial boards of prestigious journals, including Clinical Gastroenterology & Hepatology and Alimentary Pharmacology & Therapeutics.



A/PROF REUBEN WONG

A/Prof Reuben Wong is a Senior Consultant Gastroenterologist at Gutcare and Associate Professor at NUS. Subspecializing in neurogastroenterology and motility, he treats conditions ranging from reflux and nausea to dyspepsia, chronic diarrhea, and IBS. A leading expert, he has authored international guidelines for swallowing disorders and constipation. Beyond his clinical work and extensive research publications, Prof Reuben is a dedicated educator and shares public health insights through regular TV and radio interviews.



DR VALERIE YEAP

Dr Valerie Yeap is an Associate Consultant in Gastroenterology & Hepatology at Singapore General Hospital. A 2016 University of Southampton graduate, she completed her specialist training with SingHealth in 2024. As a general gastroenterologist, her clinical and academic interests focus on gastrointestinal dysmotility and disorders of gut-brain interaction. Beyond her clinical practice, Dr. Yeap is deeply committed to clinical research, medical education, and the mentorship of junior trainees, contributing to the development of the next generation of doctors.

DOCTORS BIO



DR NG SHU EE

Dr Ng Shu Ee is a Senior Consultant in Geriatric Medicine at NUH and Assistant Professor at NUS. A pioneer of the NUHS Home Care program, she directs the Silver Care and Frailty workgroup, focusing on high-quality "aging in place." Dr Ng has spent her career tackling the complexities of frailty and knows firsthand that maintaining cognitive and functional independence is pivotal in ensuring good quality of life in the golden years of our seniors.



A/PROF STEPHEN TSAO

A/Prof Stephen Tsao is a Senior Consultant Gastroenterologist at AliveoMedical, Mount Elizabeth Hospital. Formerly at TTSH, he specializes in advanced therapeutic endoscopy (EMR, ESD, POEM) and directed the hospital's endoscopy services. Having undergone further training in Japan, he leads the SIATEC advanced endoscopy course. A/Prof Tsao is the immediate Past President of GESS, Chairman of the Chapter of Gastroenterologists, and served as Conference President for APDW 2025 in Singapore.



DR ALVIN WONG

Dr Alvin Wong is a Senior Principal (Clinical & Research) and the Research Lead (Academic Medicine), Allied Health Division, at Changi General Hospital (Singapore). He has clinical interests in parenteral and enteral nutrition support in critical care, digestive & metabolic diseases, and wound management. His research is dedicated to merging clinical efficacy with economic sustainability, and championing the cause of informed healthcare decisions rooted in robust data analysis.

DOCTORS BIO



**DR MARIANNE
ANASTASIA DE ROZA**

Dr De Roza (MBBS, MMed) is a Consultant Gastroenterologist and an Assistant Professor with Duke-NUS and NUS. She founded the hepatology service at Sengkang General Hospital and pioneered the PEACE liver supportive care program. A leader in clinical education, she served as Site Director for the SingHealth Senior Residency Programme. She continues to contribute as a visiting consultant and is an active researcher in multi-center collaborations. She is currently with Gutcare and has clinics at Mt Alvernia and Mt Elizabeth Novena Hospital.



DR BENJAMIN NAH

Dr Benjamin Nah, a 2017 NUS graduate, completed his specialist training in Gastroenterology & Hepatology in 2025, serving as Chief Resident at NUHS. Currently an Associate Consultant at Alexandra Hospital and National University Hospital, he provides holistic care in general hepatology and liver transplantation. His key interests include fatty liver and alcohol-related liver disease. Dr. Nah emphasizes integrated, multidisciplinary models of care, linking hepatology with addiction medicine and community partners to improve patient outcomes and prevention.



MR SAMUEL ROCKY CANDRA

Rocky is an experienced clinical pharmacist at Singapore General Hospital. An NUS graduate with a Master of Clinical Pharmacy, he specializes in gastroenterology and hepatology, collaborating with specialists to optimize drug dosing for liver disease patients. Since late last year, Rocky has led the SGH Liver Pharmacy Service. He also serves on the SGH Pharmacy Medication Safety Committee and is dedicated to mentoring future pharmacists, ensuring high standards of patient safety and education within the pharmacy division.

DOCTORS BIO



DR JONATHAN LEE

Dr Jonathan Lee is a Senior Consultant and Director of the IBD Unit at NUH, specializing in complex Crohn's disease and ulcerative colitis. A 2026 Singapore Health Quality Service Star Award winner, he serves as Assistant Professor at NUS and Director of Research. Dr. Lee pioneers AI in endoscopy for cancer detection and leads the FMT clinical service. His global training includes fellowships at the Broad Institute (USA) and Kyushu University (Japan). He holds a PhD and Master of Clinical Investigation.



DR JONATHAN KUANG

Dr Jonathan Kuang is a consultant Gastroenterologist at Tan Tock Seng Hospital. He completed a one year fellowship training at the Massachusetts General Hospital in Boston, USA and is currently the head of the Neurogastroenterology and Motility Service at TTSH.



DR CALVIN KOH

Dr Koh Jianyi, Calvin is a Gastroenterologist with The Gastroenterology Group. An NUS graduate, he completed specialist training at NUH, where he previously served as Senior Consultant and Director of Endoscopy. Following an Advanced Endoscopy Fellowship at the University of Florida, he specializes in gastroscopy, colonoscopy, and advanced procedures like EUS and ERCP. With over 50 academic publications, Dr. Koh focuses his research on early gastric cancer detection, colon screening, and the integration of AI in endoscopy.

DOCTORS BIO



A/PROF ANDREW ONG

Dr Andrew Ong is an Associate Professor at Duke-NUS and Senior Consultant at SGH Gastroenterology. Specializing in functional gastrointestinal disorders, he leads the SGH IBS and pelvic floor clinics, collaborating with multidisciplinary teams for complex constipation and GERD cases. He chairs the national committee for GERD evaluation and contributes to international diagnostic standards. A leader in medical education, Dr. Ong serves as the SingHealth Gastroenterology Residency Program Director and works with the Ministry of Health on professional training and standards.



DR YAN XIUJUAN
颜秀娟医生

Dr Yan Xiujuan is an Associate Chief Physician in the Division of Gastroenterology and Hepatology at Renji Hospital, Shanghai Jiao Tong University School of Medicine. Currently a Visiting Scholar at the National University of Singapore, Dr. Yan specializes in the diagnosis and management of digestive diseases, with a dedicated research focus on functional gastrointestinal diseases.

教育背景: 医学博士

工作经历: 副主任医师, 消化科, 上海交通大学医学院附属仁济医院, 中国上海。

新加坡国立大学, 访问学者。

专科: 消化系统疾病的诊治, 功能性胃肠疾病为主。



DR NG YUNN CHENG
黄韵倩医生

Dr Ng Yunn Cheng graduated from the University of Aberdeen, United Kingdom in the year 2011 and obtained her Master of Medicine (Internal Medicine) and MRCP (UK) in 2014. She completed her specialist training in Gastroenterology and Hepatology in 2020 and is now a Consultant in Tan Tock Seng Hospital. Her main interests include Clinical Nutrition and Medical Education.

黄韵倩医生2011年毕业于英国阿伯丁大学, 并于2014年获得内科硕士学位和英国皇家内科医师学会会员资格(MRCP)。她于2020年完成胃肠病学和肝病学专科培训, 目前是陈笃生医院的顾问医生。她的主要兴趣包括临床营养和医学教育。

DOCTORS BIO



A/PROF KEWIN SIAH
谢天浩教授

Dr Kewin Siah is a Senior Consultant Gastroenterologist and Associate Professor at NUH and NUS, Singapore. An international expert in functional GI disorders and motility, he directs NUH's Gastro-Motility Laboratory. As a clinician-scientist and Associate Editor for the Journal of Neurogastroenterology & Motility, he holds leadership roles in the Rome Foundation, ANMA, and APAGE. He remains a dedicated mentor and contributor to global clinical guidelines and research.

谢天浩医生是新加坡国立大学医院 (NUH) 高级顾问肠胃科医生、新加坡国立大学副教授，也是国际知名的功能性胃肠疾病与肠胃动力学专家。他领导国立大学医院肠胃动力实验室及肠脑互动疾病 (DGBI) 专科门诊，专注于复杂胃肠功能紊乱的诊治。谢医生长期活跃于国际学术领域，担任《神经胃肠病学与动力学杂志》副主编，并在罗马基金会、亚洲神经胃肠与动力学学会 (ANMA) 及亚太胃肠病学会 (APAGE) 等国际组织担任重要职务，积极推动亚洲及国际临床指南与专家共识的制定。



DR FRANCES LIM
林小暉医生

Dr Frances Lim Sheau Huei is double board-certified General Surgeon and Colon & Rectal Surgeon with international training and experience with over two decades of clinical expertise. Currently practicing at Colorectal Clinic Associates in Novena, she is widely recognized for her specialized focus on inflammatory bowel disease (IBD), colorectal cancer, and minimally invasive surgical techniques.

Frances Lim 是一位双板认证的普通外科医生和结直肠外科医生。她擅长各种结直肠和普通外科手术，但她的主要研究兴趣在于炎症性肠病，结直肠癌和微创手术。

她拥有二十多年的临床经验，在其杰出的职业生涯中，曾担任多个重要职位，包括新加坡国家癌症研究所以及新加坡国立大学医院 (NUHS) 结直肠外科部高级顾问，她也以国际知名医师的身份在亚洲内镜腹腔镜外科医师学会至美国结直肠外科医师学会等多个学术会议上发表过演讲与论文



MS COURTNEY CHONG
张华芯

Courtney is a Dietitian at the National University Hospital (NUH) with three years of clinical experience. She has a special interest in gastrointestinal nutrition, particularly in the dietary management of Irritable Bowel Syndrome (IBS) and Inflammatory Bowel Disease (IBD). Through her clinical practice and education initiatives, she is passionate about translating evidence-based nutrition into practical strategies. Courtney aims to empower individuals with the knowledge and tools to make sustainable food choices that support digestive wellness and overall health.

华芯是新加坡国立大学医院 (NUH) 的一名营养师，拥有三年的临床经验。她对胃肠道营养特别感兴趣，尤其关注肠易激综合征 (IBS) 和炎症性肠病 (IBD) 的饮食管理。通过临床实践和健康教育，她致力于将循证营养知识转化为实用的饮食策略，帮助大众建立可持续的健康饮食习惯，从而促进肠道健康和整体健康。

DOCTORS BIO



DR LI HUANGHUAN
李黄欢医生

Dr Li Huanghuan is a Consultant Gastroenterologist and Hepatologist at Sengkang General Hospital, Singapore. Accredited in 2023, she manages diverse digestive and liver conditions, specializing in metabolic dysfunction-associated steatotic liver disease (MASLD) and liver cirrhosis. Beyond clinical practice, Dr. Li is dedicated to medical education and community outreach. She is passionate about empowering the public with practical strategies to prevent liver disease and enhance long-term health through proactive medical knowledge.

李黄欢医生是新加坡盛港综合医院的胃肠与肝脏专科顾问医生，并于2023年取得胃肠与肝脏病学专科资格认证。她主要诊治各类消化系统及肝脏疾病，尤其关注代谢相关脂肪性肝病 (MASLD) 以及肝硬化。李医生积极参与医学教育及社区健康推广，致力于将医学知识转化为大众易于理解和实践的健康理念，帮助公众预防肝病并提升整体健康水平。



DR. BENJAMIN TAY
郑伟荣医生

Dr Benjamin Tay graduated top of his class in Gastroenterology in 2023, earning the prestigious distinction of Valedictorian for the National University Health System (NUHS) cohort that year. He currently practices at Ng Teng Fong General Hospital, specializing in intestinal and hepatopancreatobiliary (liver, pancreas, and biliary system) health. Having grown up in Bishan, Dr. Tay is deeply grateful for the opportunity to share his insights on digestive health with his local community.

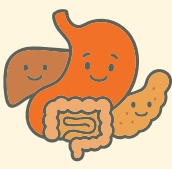
郑医生于2023年以胃肠病学专科第一名的成绩毕业，并荣获当年国大医学组织毕业生代的殊荣。现于黄廷方综合医院执业，专注于肠道及胰胆系统健康领域。郑医生在碧山长大，如今非常感谢能回到熟悉的社区，帮助大众守护肠胃健康。



MR WAI CHING LAM
林伟正

Wai Ching Lam is a PhD candidate at NTU and a Harvard Master of Public Health graduate. Trained in Chinese Medicine, he bridges TCM and biomedical science. His research focuses on gut health and IBS and currently leads a clinical trial on acupuncture for constipation-predominant IBS, using metagenomic and metabolomic analysis to study how traditional therapies affect the gut-brain axis. Mr Lam has published his work in international journals and serves as a reviewer for peer-reviewed medical journals.

林伟正 (Wai Ching Lam) 是南洋理工大学 (NTU) 的博士候选人，并拥有哈佛大学公共卫生硕士学位。他受过中医专业训练，致力于搭建中医与生物医学之间的桥梁。其研究方向侧重于肠道健康与肠易激综合征 (IBS)，目前正领导一项关于针灸治疗便秘型 IBS 的临床试验，通过宏基因组学和代谢组学分析，研究传统疗法如何影响“肠-脑轴”。林先生的研究成果已发表于多家国际期刊，并担任多份同行评审医学期刊的审稿人。



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Ng Yunn Cheng (TTSH)

Valerie Yeap (SGH)

Hazel Yeong (KTPH)

Gabriel Cher (KTPH)

Garrett Kang (SKH)

Kristie Fan (NUH)

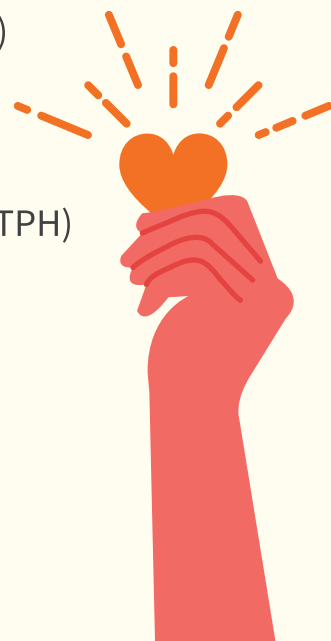
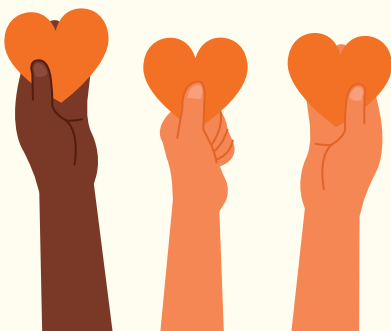
Chew Wei Da (TTSH)

R Rajesh (SGH)

Kenny Sze Ching Pan (KTPH)

Qiu Tian Yu (CGH)

All Volunteers





**GUT
HEALTH
DAY 2026**

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Gold Tier



Silver Tier



Bronze Tier



WITH SUPPORT FROM



PUBLIC PERCEPTIONS OF ARTIFICIAL INTELLIGENCE IN GASTROENTEROLOGY AND HEPATOLOGY CARE SURVEY

YOU ARE INVITED TO PARTICIPATE IN A RESEARCH STUDY.

This study is conducted by the following institutions:
Alexandra Hospital, Changi General Hospital, Khoo Teck Puat Hospital,
National University Hospital, Singapore General Hospital,
Tan Tock Seng Hospital (main site), and Woodlands Hospital.



Main site address

Tan Tock Seng Hospital
11 Jalan Tan Tock Seng, Singapore 308433

Eligibility

Members of the public aged 21 years or older

What participation involves

Online survey via QR code or web link
Takes approximately 4 to 6 minutes
Participation is voluntary and anonymous
No personally identifiable information will be collected

**SCAN QR CODE
TO PARTICIPATE**

Why your participation matters

Your views will help inform the responsible and ethical use of AI in healthcare.

Enquiry Contact

Dr Yew Kuo Chao Tel: +65 6357 7897



ECOS Ref No.: 2026-0079 AI_Healthcare_Survey_Recruitment (ENG) | Version 2.0 | [25Mar2026]



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