

Curriculum vitae : Dr. Sylvester Yong

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Clinic 10

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Dr. Sylvester Yong, age 62 years,
Married with 2 children age 32, 36 years of age.

1969. M.B.B.S (S'pore) University of Singapore

1974 MRCP (U.K.)

1975.- present: Private practice since,

1984 Founder President Gerontological society of Singapore

1994 Founder President Holistic Society of Singapore

1996 I-ACT :International Association of Colon Hydrotherapy (I-ACT) member

1998 Certified Instructor in colon hydrotherapy

2006 President Society for Integrative Medicine Singapore

2007 I-ACT Board member

In the initial years upon return, clinical activities centered around Geriatric medicine. Dr. Yong was the founder president of the Gerontological Society of Singapore, established in and has been supporting the development of the society and its activities for many years. He is also actively involved with various professional and educational activities related to the elderly over the years. He was the Singapore representative to the Asean World Congress of Gerontology for a number of years and support the work of the Sandoz Foundation of Gerontological Research in Singapore over the years. He has been invited to sit on various advisory groups on the elderly by the Ministry of Community Development as well as the National Council of Social Services.

Dr. Yong developed an interest in the field of Holistic Medicine in the early 90's. He established the Holistic Health Society of Singapore in 1994 and was founder president of the society. The society serves to bring together both medical and alternative health practitioners to promote a greater understanding of the various health practices and to encourage education and exchange among practitioners.

Dr. Yong adopted colon hydrotherapy in his practice since 1997 and remain active in clinical practice.

Besides his medical practice, Dr. Yong is also very active in various professional and community groups and sits on the committee of a number of voluntary and charitable organisation. These includes:

- Past President of the Rotary Club of Tanglin (1986 –1987)
- Past National President of the Association of Apex Clubs of Singapore
- Honorary Life Member of the Association of Apex Clubs of Singapore
- Member Board of Trustee, Chinese Development Assistance Council (1994 – 1999)
- Chairman, Bukit Batok Senior Health Care Center (2000 – 2003)
- Founder President, Gerontological Society, Singapore 1984
- Representative to Sandoz Foundation of Gerontological Research – early 1990's
- Founder President, Holistic Health Society, Singapore 1995
- Board Member, Retired and Senior Volunteers Program (1998 – 2004)
- Asian Regional Rep, International Association of Colon Therapist (I-ACT)
- President – Society for Integrative Medicine Singapore 2006 – present
- I-ACT Board member 2007

Academic and professional activities :

During his previous period of work with Sandoz Pharma, Dr. Yong has served as member of Regional Advisory Board and chair various scientific and medical meetings related to marketing activities for new products such as DynaCirc, Lescor, Lamisil, Sandimun, Sandostatin as well as for other established products of Sandoz Pharma.

Contribution of articles to various magazines such as Medical Progress, Health Digest, Gerontological Society Bulletin, RSVP (Retired Senior Volunteers Program) newsletter and I-ACT newsletter.

Organising Chairman of conferences and congress – last major congress held in 1997 – Satellite Symposium of the World Congress of Gerontology – in Singapore

Invitation to chair medical and health conferences : Chaired symposium on : Integration of Traditional and Modern Medicine in care of the Elderly – at the World Congress of Gerontology held in Vancouver July 2 – 6, 2001.

Regular invitation to speak on various conferences and public talks on topics of Gerontology, Holistic Health, Detoxification and Colon Health.