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Health news

Asia HealthPartners at 'Don't Die Summit', Singapore 2024

19 Sept 2024

Surbana Jurong Campus, Singapore

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Written by: Dr Chrystal Fong, Family Physician at Asia HealthPartners

Our family physician, Dr Chrystal Fong, was recently present at the 'Don't Die Summit' Singapore 2024 held on 19.9.24 at Surbana Jurong Campus, Singapore, organized by Nas Daily social media company with the founder of Don't Die, a global movement for human, planetary and AI alignment, Bryan Johnson.

The visionary behind the Don't Die Summit is dedicated to a new era of human flourishing where death is no longer inevitable.

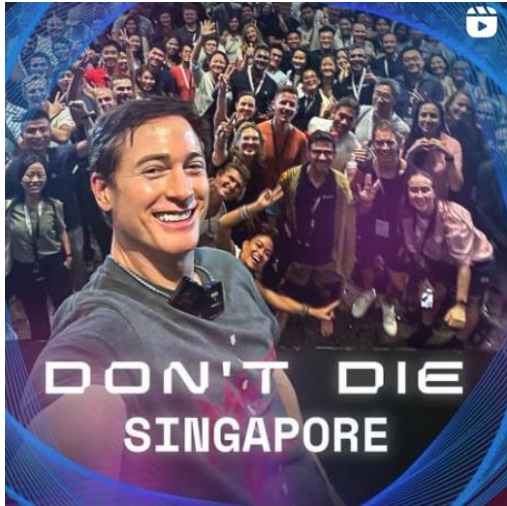
The inaugural summit tour of 2024 covered Singapore as the second out of 10 cities, with 1000 pre-selected health industry leaders as attendees.

The summit brought together pioneers and innovators from around the globe to explore the frontiers of longevity, health, and the future of humanity.

The day allowed the engagement with top longevity experts pushing boundaries in medical research, bioengineering, AI, and more. Attendees learnt practical strategies for enhancing longevity and well-being and explored new experiences and therapies that are shaping the future of healthcare and longevity.

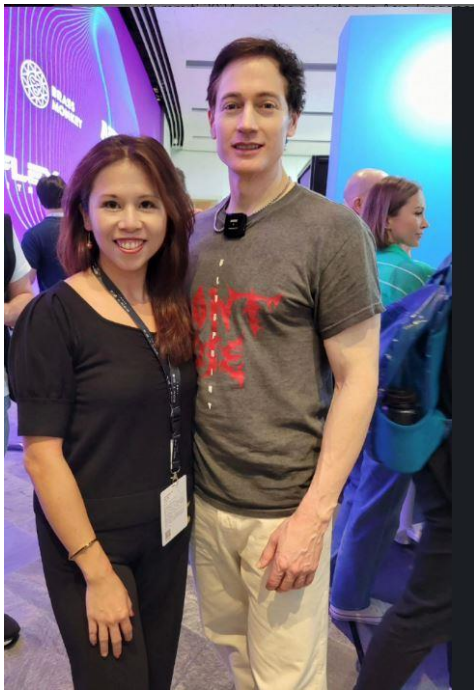
Here's the link to the recent event for your interest.

<https://www.instagram.com/dontdiesummit/reel/DALhSVAY-Wg/>

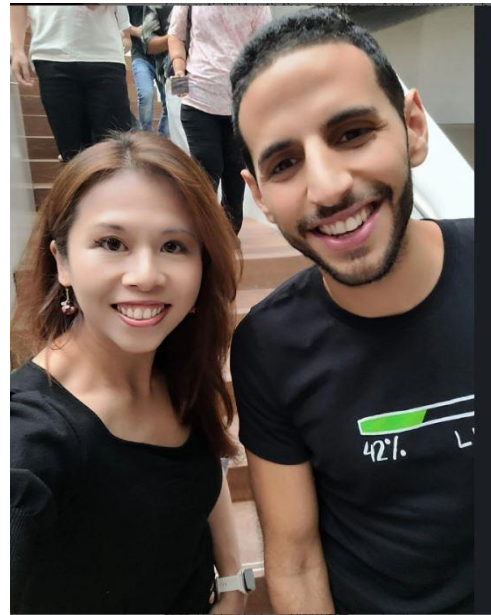


Media coverage of the event:

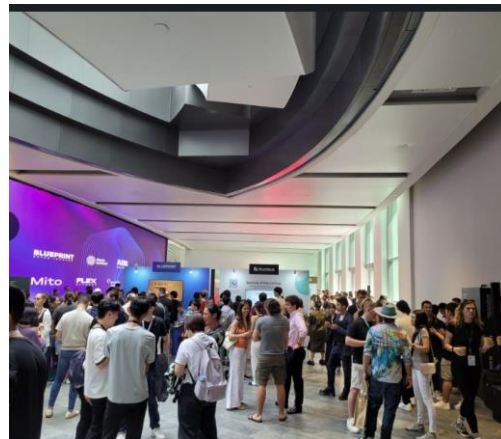




Dr Chrystal with the world's most measured human-Bryan Johnson



With Nuseir Yassin of Nas Company





Dr Chrystal Fong has a strong interest in preventive and longevity health care and is constantly engaging in continuous learning on a background of Family Medicine as a specialist Family Physician on the Singapore Medical Council.



Dr Chrystal Fong's interest in Longevity Medicine accreditations

Health tips:

Surround yourself in a conducive healthy living environment.

Be mindful of the physical and digital environments you surround yourself in. Spend more time engaging with health seeking behaviour activities and communities to inspire and motivate your fitness journey.

Engage with your doctor and health professionals regularly.

Schedule regular health checks with your doctor, health coach and other health professionals.

Food for thought:

Be thankful for a day to make a difference to your health while you are healthy and safe.

Never take for granted your health when healthy.

Make improvements if you are not.

Develop a healthy relationship with healthy food and exercise. It is the best thing you can do for yourself.

Explore areas of your lifestyle to improve on: Food, exercise, sleep, stress management, maintaining healthy social connections, avoidance of risky substances.

Do something today that your future self will thank you for.

The best day to start making healthy lifestyle changes is today.

Final Thoughts:

The next time you have your health screening done, spare a moment to reflect on your lifestyle habits and discuss with your doctor on ways to improve the above towards a better and healthier you and our planet.

‘Towards better health outcomes’



Dr Chrystal Fong provides comprehensive health screening and GP services to suit your individual needs.

Visit our website: <http://www.asiahealthpartners.com/>

We hope to be of service in improving your health and well-being.

About the author:

Dr Chrystal Fong Chern Ying (MBBS Melbourne, FRACGP) is currently practicing as a family physician at Asia HealthPartners under the subsidiary of Singapore Institute of Advanced Medicine (SAM) Holdings, located at Lucky Plaza, Orchard, Singapore.

Dr Chrystal Fong is listed on the editors list of health screening providers on Health365, a healthcare, wellness and aesthetic medicine publishing agency in Asia. She has a special interest in health prevention and incorporates sports psychology and lifestyle medicine principles in her health screening and advocacy in health promotion.

She will be featured in the Britishpedia's upcoming 6th edition of 'Successful People in Malaysia and Singapore'.

She is an active sports person who has keen interests in lifestyle medicine, medical technology and longevity themed medical care. She takes personal pride in living the lifestyle medicine pillars herself and advocating through her sports communities and social media platforms.

Her personal mantra being 'The world is changed by your example, not your opinion.'

Being certified in Wellness and Behaviour modification with International Sports Academy, her consultations incorporate health coaching methods.

She is a member of the Singapore College of Family Physicians, Singapore Medical Association, Singapore Society of Behavioural Health, Singaporean Society of Lifestyle Medicine, HIMSS (Healthcare Information and Management Systems Society).