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2018 MASERATI PERTH WOMEN'S HEALTH SYMPOSIUM

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Click here to register for the 2018 Maserati Perth Women's Health Symposium
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Ghibli



The 2018 Maserati Perth Women's Health Symposium is the start of a privately funded community program to encourage health and wellness for women in the Perth Community.

This symposium has come to fruition only through the common synergies of like minded health professionals who have joined together to carry this vision of health and wellness.

I am indebted to the social consciousness of companies like our naming rights sponsor Barbagallo Maserati, supporting sponsors Byfields Business Advisers, Reliance Insurance South Perth, our eminent venue sponsor Central Park, and our catering sponsor Cherry's Catering. Without their direct contribution, resources and support this symposium would not be possible.



Some might say that it is unusual for a man to create such a forum for women, and in my defence I can say that it is because of the women who surround me in my life, from my wife Lucy to my two daughters, to the very capable staff at Perth Integrated Health Group of Companies, as well as the many women who have invested their health and wellness in my professional life – that this symposium has been created. It is for them and for women out there in need of answers, a proper vision of health, fitness and wellness.

The symposium will showcase an amazing talent of presenters, the majority of whom are women from various sectors of health industry. We are privileged to have many who also have national and international credentials at our symposium, and an amazing array of MCs who represent women from different walks of life and disciplines. Please take time to read their profiles, and appreciate their talents and contributions by registering for this symposium.





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Last but not least, my mission is not complete if this symposium did not have a charitable cause. To that end, I am pleased to announce the practical and real medical research contribution undertaken by the Ladybird Foundation as they represent the needs of women with breast and gynecological conditions. Your support and your contribution will make a difference to women here in Western Australia who will benefit from clinical research and trials.



Please network this forum with your colleagues who work in your office, in the field, or even at home, and yes, mums and bubs are very welcome to attend this symposium as it is also about their needs!

I look forward to welcoming you to the 2018 Maserati Perth Women's Health Symposium!

Ian Wee

- Ian Wee
- @perthintegrated
- ianwee@pihc.com.au
- Perth Integrated Health

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MARIA VANESSA ATIENZA-HIPOLITO

Vanessa completed her radiology training overseas and undertook sub-specialty fellowship training in breast imaging at Royal Perth Hospital and Sir Charles Gairdner Hospital, musculoskeletal imaging at Royal Perth Hospital, interventional and vascular radiology at Sir Charles Gairdner Hospital and paediatric radiology at Princess Margaret Hospital. She worked for BreastScreen WA Bunbury Assessment Clinic and BreastScreen WA East Perth head office from 2014 up to March 2017. Currently, she is leading the team at Women's and Breast Imaging in Cottesloe as the clinical director and principal breast imaging specialist.

She is also married with a boy and a girl in the family.



JOYCE CHONG

Joyce is director and clinical psychologist at The Skill Collective. She has a keen interest in wellbeing, mental health, and performance, helping individuals build skills to improve all aspects of their lives. She particularly enjoys the areas of mindset, perfectionism, stress, anxiety, and burnout. Joyce is also director and clinical psychologist at Perquiro, where she provides consultation to organisations in the areas of wellbeing and mental health. Her experience across both populations (individuals and organisations) provides her with unique insight into how to maximise individual and collective wellbeing.



LINDA FRIEDLAND

A physician with twenty years experience in clinical medicine (oncology, renal medicine and women's health) combined with strategy expertise and governance, Dr Linda Friedland consults internationally to healthcare, biotech, corporate and financial institutions. Linda is the chief scientific officer for Wyal Health Sciences Inc USA, the senior consultant to TargImmune Therapeutics (Basel, Switzerland), and clinical and scientific advisor to Shanghai based Joint US China Clean Energy Commission (JUCCCE). She has developed and implemented numerous public health and disease management programs throughout Asia, USA, Australia, Africa and the UK where she continues to travel and lecture. An author of seven health and medical bestsellers, with a long career in television and radio, Linda is a highly regarded international keynote speaker. She is also a graduate of the Australian Institute of Company Directors (GAICD) and a non-executive director.

Linda, a mother of five and grandmother of three is married to Professor Peter Friedland and resides in Perth.



JILL HUNTER

Jill Hunter graduated from Curtin University in 1999 and has worked in a variety of fields. She has always been interested in sports and has worked with various football, soccer and rugby clubs around Perth. She specialises in biomechanical podiatry and is one of the few podiatrists in Perth who use myofascial therapy to treat various foot conditions.

Jill balances her professional life with two kids that she and her partner dote on.



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LUCY LIONGUE

Lucy is a Director at Perth Integrated Health Clinic. She specialises in the treatment of neuromuscular conditions in women and children to improve function, energy and posture. She has featured on Channel 7 media for her ground-breaking bra research and its impact on the spinal muscular systems.

Lucy also has extensive corporate experience in workplace ergonomics. Recent clients include Department of Water and National Trust. On a personal level, Lucy is happily married with an adorable one year old daughter who keeps her busy!



IAN WEE

Ian Wee is managing director for Perth Integrated Health with an extensive clinical and sports medicine portfolio spanning over 30 years. He is also director for Sports Medicine Australia and a fellow with the Australian Institute of Management and is also chairman of the Maserati Perth Women's Networking Forum. His current sports medicine research into biometrics and the proper use of technology to train, is cutting edge and extensively used by cyclists, runners, swimmers and triathletes. He is also director for the Perth Integrated Health Trisports Group and has been sports medicine director for iconic events such as the World Masters Athletics Champions, World Masters Cycling Championship, Telstra and Sunsmart Triathlon series to name a few.



BLUE MARINES

Sports Medicine Run and Walk Techniques Program for developing and experienced runners and walkers



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- Biomechanical
- Biometric
- Physiological
- Group centred with
- Individual needs

For more information please contact:

Kim Krivan Sports Medicine Analyst on 9240 5266 or email biometrics@pihc.com.au



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Click here to register for the 2018 Maserati Perth Women's Health Symposium
<https://www.registernow.com.au/secure/Register.aspx?E=31161>





SARAH BROWNHILL

Sarah is the senior remedial massage therapist at Perth Integrated Health.

She is also a qualified social worker with a successful career in a variety of roles from child protection to medical, to acquired brain injury rehabilitation. In 2012 Sarah first developed an interest in massage therapy, studying a Certificate IV in Massage Therapy, worked part time in social work and massage therapy and upon successful completion of her Diploma in 2016, Sarah commenced employment with Perth Integrated Health.

Sarah is legally blind and is accompanied by her faithful guide dog Honey. She is a keen horse rider, having two horses of her own, an amateur artist, and is passionate about getting out and having a go at various different sporting activities including walk/run events and triathlons.



PAMELA HENDRY

Pamela Hendry is the chairperson of The Ladybird Foundation. Her personal experience as a breast cancer survivor led to her involvement in the establishment of The Ladybird Foundation in 2014. A UWA graduate, she is a medical practitioner of many years' experience in General Practice, with a keen interest in teaching and research.





CATHY FOGLIANI

Cathy Fogliani is one of Australia's leading event organisers and it is a privilege to have her on board. She is all about developing strong working relationships, building trust and a solid brand and reputation for delivering amazing events. Cathy loves working in the industry and thoroughly enjoys working with clients to deliver the ultimate experience for her guests.



From a degree at Curtin University, Cathy went on to a position as event manager with National Australia Bank. She then spent several years as a business development manager, director of events and general manager of corporate theatre productions. A shorter stint at Guru Productions for Channel 9 was her final position before starting out on her own in 2015.

FIONA GRIERSON

Fiona Grierson is the NDIS manager at Perth Integrated Health.

Fiona Grierson began as a public servant who worked across a number of state government agencies in senior management roles throughout Western Australia. In 2000 she was diagnosed with Multiple Sclerosis and after 20 years of living in Port Hedland, her family relocated back to Perth in 2009. Fiona has been operating her own successful community development consultancy business servicing regional and remote areas of WA, and has recently joined the team at PIHC. Her understanding of government processes, community engagement strategies and the challenges faced by people with disabilities from a personal perspective will prove invaluable in assisting people with disabilities access a range of clinical and support services on offer to improve wellbeing and independence.



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LEANNE OLIVER

Leanne Oliver is a director of Byfields Business Advisers, in charge of the audit division where she is also a registered company auditor and SMSF auditor. As an integral part of Byfields for over 20 years she has extensive experience working in both tax and business services, as well as audit.

"While this role keeps me out of trouble most of the time, I also have four children ranging in ages from 13 through to four, who keep me on my toes.

I am proud to be part of the Byfields group, we provide exemplary service in business advisory, taxation, SMSF, agribusiness and auditing."



KELLY PARKER

Kelly is an owner of Murfett Legal, a leading commercial law firm. As a team of specialists, they are renowned for their business acumen and results, ensuring clients get the best results. Kelly is sought by business owners and advisers for her legal perspective, especially during times of growth or distress.

Kelly has two boys with her partner Jonathan.



JESSICA RADNY

Jessica works as an architect, and her recent studies in social impact refined her practice human-centred design.

Her design approach to projects is founded on being 'for humanity', and bringing life through co-created spaces. Jessica's experience in the aged care, disability and affordable housing space drives her desire to seek better futures in these areas.



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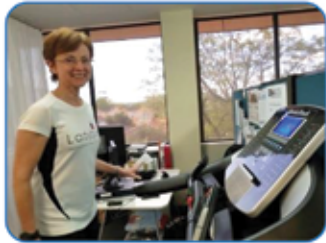
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9240 5266 / 9364 8626 or email biometrics@pihc.com.au

KIMBERLY KRIVAN

Kimberly is the sports medicine analyst and a clinical assistant at Perth Integrated Health.

Kimberly grew up in New Zealand and began a career in the oil and gas industry, during which time she moved to Perth in 2007 to join the Australian division of Sperry Drilling Services and later worked as a Wellsite Geologist for QCG. After a downturn in the industry, Kimberly started working with Perth Integrated Health using her research and reporting skills as the sports medicine analyst. Kimberly is also involved with Perth Integrated Health's own events doing event preparation and timing.

Kimberly is a keen triathlete, recently returning to training after having a baby daughter with her partner Darren.

She is contactable via: biometrics@pihc.com.au



ANN MURRAY

Ann is the training coordinator and a clinical assistant at Perth Integrated Health.

She moved from Ireland to Perth in 2009. Ann has an extensive 30 year career in banking with Ireland's leading financial institution. She has held senior management positions in many areas of banking such as retail, strategic development, marketing, network development strategy, property services, ATM Strategy and management and merchant services.

Ann is a keen golfer with her beloved Sapphires Golf Club.

She is married to Chris, has two step daughters and two wonderful grandchildren.



SYMPOSIUM
STAFF PROFILES



MONDAY 10 SEPTEMBER LUCY LIONGUE

YOUR INHERITED POSTURE – CAN YOU CHANGE IT?

As females, we tend to put our own needs on the back burner as we prioritise looking after our loved ones. This workshop will explore the trends observed over the last 13 years from treating in the clinical setting and resulting from Lucy's ground breaking study, which featured in the media, investigating the link between correctly fitted bras and the presence of back and neck conditions. The knowledge gained will empower women to be proactive about their neuromuscular health.



TUESDAY 11 SEPTEMBER IAN WEE

EMBRACING TECHNOLOGY IN HEALTH AND FITNESS

In the era of apps, smart watches and smartphones – the end user is often confused as to how to tap into these emerging health technologies and apply it to their daily lives. Ian Wee has been studying the medical application of Biometrics for the past ten years, employing practical applications and the adoption of proper technology for his patient health and fitness.

With eminent names like Dimension Data and Polar International in his portfolio – this is a session not to be missed if you are an early or late adopter of technology in health.



WEDNESDAY 12 SEPTEMBER MARIA VANESSA ATIENZA-HIPOLITO

THE IMPORTANCE OF BREAST SCREENING AND TECHNOLOGICAL DEVELOPMENTS

Vanessa will be presenting on breast imaging updates, and what kind of breast cancer screening should you get. She will also be discussing what Australian women need to know about breast density and its importance.



FRIDAY 14 SEPTEMBER LINDA FRIEDLAND

LIVING WITH VITALITY, PASSION AND PURPOSE

This motivating and thought-provoking talk is for all women: professionals, mums, executives and women in leadership striving for work-life balance, trying to balance all the balls in the air at the same time, as well as a successful career, healthy relationships, family and a meaningful life. With an unrelenting pace and demanding busy life, your energy levels drop, your stress levels increase, and you may push yourself beyond your physical capacity. You may become depleted physically and emotionally. It turns out that most of the factors which affect our wellbeing, are due to our personal life choices. Interestingly, healing may also take place as a direct result of the passion and purpose with which we live. It fires up the immune system, motivates and energises. You will leave this talk inspired with some thought provoking questions. It includes some common-sense tools for enhancing your health at all levels, nurturing yourself, relieving stress, and achieving tranquility, clarity, and meaning. This presentation's purpose is to incorporate strategies to optimise personal wellbeing and live with greater resilience and energy.



TUESDAY 18 SEPTEMBER JOYCE CHONG

WHAT DOES BEING FEMALE MEAN FOR WELLBEING AND MENTAL HEALTH?

Being female has implications for your wellbeing and mental health, namely higher levels of overall psychological distress as well as poorer mental health outcomes compared to males. Why is this the case? Transitions through various life stages and roles, facing gender-based social issues, and experiencing unique physical health challenges, all bring about a degree of adjustment, and it is this adjustment process that yields challenges for your wellbeing and mental health. In this presentation we'll look in greater detail at:

- What unique challenges face women (e.g. the different life stages and roles, gender-based social issues, physical health challenges)? How do these challenges impact on women's identity, wellbeing, and mental health?
- What is the psychological impact of navigating through these challenges – that is, the impact on women's wellbeing and mental health? What does research tell us, and what does our clinical experience tell us?
- How can we improve outcomes for women's wellbeing and mental health? We'll focus on practical tips to help you with steadying the ship through challenging times, drawing on the basic building blocks for good mental health and looking at mindset shifts.



WEDNESDAY 19 SEPTEMBER JILL HUNTER

SOLE SISTERS – A PRACTICAL JOURNEY OF DEALING WITH FEET COMPLAINTS IN WOMEN

A dissection of the 10 most common foot complaints suffered by women.

Jill will be looking at what causes them, how to avoid them and the best treatment plans available to allow women to keep pushing themselves to stay active and strong.

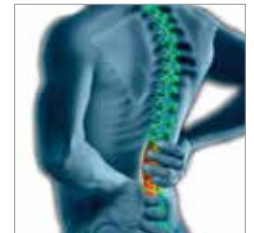


THURSDAY 20 SEPTEMBER IAN WEE

IS YOUR OFFICE AND HOME ERGONOMICS WORKING FOR YOU?

Office ergonomics remains a challenge, especially if the workplace has a fixed type of ergonomics. The understanding and application of ergonomics at home and in the workplace really depends on your understanding how to apply your own body mechanics and posture to these environments and not merely the equipment.

Come and participate in this practical session, of which ongoing application and research has spanned over 30 years, with national based results and outcomes.



Click here to register for the 2018 Maserati Perth Women's Health Symposium

<https://www.registernow.com.au/secure/Register.aspx?E=31161>





Central Park Theatrette

Central Park

First Floor 152-158 St Georges Terrace PERTH WA 6000

Symposium sessions start at 1230pm to 130pm.

Please be seated by 1220pm so we can commence promptly.

Access to the Theatrette is via stairs. There are lifts adjacent also for those who require this option.

Central Park have a no food and drink policy within their Theatrette.

Symposium topics

Ian Wee
Chairperson
ianwee@pihc.com.au
08 9364 8626

Symposium logistics

Annie Murray
Symposium Manager
training@pihc.com.au
08 9240 5266



The Symposium is held on the first floor of Central Park Theatrette which is located at the apex corner of St Georges Terrace, Hay Street and William Street in the Perth CBD.

There are many converging methods to get there, and for those working in the Perth CBD the RED CAT transport system is the best. For those working along St Georges Terrace or coming in from the suburbs, the bus link to Stand A-F is appended here:

<https://transitfeeds.com/p/transperth/2/latest/stop/10118>

The CAT network within the Perth CBD including feeder services from the Train Stations is also appended.

Please give yourself sufficient time to get to the Symposium with each session commencing on time at 1230pm on the nominated days of the event.

Click here to register for the 2018 Maserati Perth Women's Health Symposium

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