



**Hong Kong
Primary Care
Conference**

The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026
**Overcoming Challenges for
Sustainable Primary Care:**
Innovation, Collaboration and Leadership
26 – 28 June 2026 (Friday – Sunday)





**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Chairlady's Message

Time flies and it is once again our great pleasure to announce that the Hong Kong Primary Care Conference (HKPCC) 2026, will be held from 26th to 28th June 2026 at the Hong Kong Academy of Medicine Jockey Club Building in Aberdeen, Hong Kong.

This year's theme, "Overcoming Challenges for Sustainable Primary Care: Innovation, Collaboration, and Leadership" could not be more timely. Hong Kong's healthcare system continues to face mounting pressures - an aging population, the rising prevalence of chronic diseases, workforce shortages among doctors and nurses, and an overstretched public sector. These challenges underscore the urgent need for systemic reform, optimal resource allocation and a more holistic approach to healthcare. In response, the Government has demonstrated a strong commitment to healthcare transformation by shifting the focus from a hospital-based, curative model to a community-oriented, preventive care framework as outlined in the Primary Care Blueprint. A key reform initiative is the promotion of the "Family Doctor for All" concept, supported by the Chronic Disease Co-Care (CDCC) Pilot Scheme launched in 2023. This initiative aims to establish a family doctor system, with District Health Centers (DHCs) serving as community hubs to reinforce the primary healthcare network. Family doctors are the cornerstone of primary healthcare, providing community-based, continuous care that adapts to our patients' changing needs. Through innovation, interdisciplinary collaboration, and effective leadership, they are leading the charge towards sustainable, high quality primary care capable of meeting rising demands and complex challenges.

The HKPCC has long been a hallmark event for academic exchange, professional networking, and innovation in primary care. Join us again to get the latest insights in family medicine and primary healthcare through a rich and well-curated scientific program featuring inspiring plenary lectures, interactive forums, hands-on workshops, and engaging seminars. We warmly invite you to submit abstracts for our full research paper, free paper, and clinical case competitions - now open for submission. Stay tuned for more updates and exciting surprises to come!

We look forward to welcoming you all for another insightful and inspiring experience.

Sincerely yours,



Dr. Lorna V. NG

Chairlady, Organising Committee
Hong Kong Primary Care Conference 2026

(Supported by HKCFP Foundation Fund)



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Welcome Message from the President

Welcome to the Hong Kong Primary Care Conference (HKPCC) 2026! The theme of the conference this year is “Overcoming Challenges for Sustainable Primary Care: Innovation, Collaboration and Leadership”.

The HKPCC is an important annual scientific event organised by the Hong Kong College of Family Physicians for family doctors, nurses and allied health professionals. We have invited many local and international experts to share their expertise and experience with us. The Conference serves as a great platform for fostering potential collaborations as well as a valuable networking gateway amongst academics, practising clinicians and management colleagues alike.

The rich scientific programme of the Conference is packed with attractive plenaries and seminar sessions. Hot topics on the menu include the development of primary healthcare system in the Greater Bay Area, safeguarding of vulnerable patients, chronic disease management, update on sexual health, lifestyle medicine, and artificial intelligence (AI) in medical practice in the Asia Pacific region; just to name a few. As with the previous years, there are full research paper competition, clinical case competition, and posters on display. Workshops on non-pharmacological therapies in traditional Chinese medicine, advanced medical directives (AMDs), ultrasound-guided joint injection, cryotherapy for common dermatology lesion, and practical skills on managing back pain in the primary care setting are also on offer.

I look forward to meeting you at the HKPCC 2026 and wish you all a very fruitful Conference ahead!



Dr. David V.K. CHAO

President

The Hong Kong College of Family Physicians



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Organising Committee

Chairlady	: Dr. Lorna V. NG
Advisors	: Dr. David V.K. CHAO Dr. LAU Ho Lim Prof. Samuel Y.S. WONG
Scientific Subcommittee	: Dr. CHIANG Lap Kin (Coordinator) Dr. Eric K.P. LEE (Coordinator) Dr. Linda CHAN Dr. Cecilia S.M. CHEUNG Dr. HO Shu Wan Dr. Dereck M.H. WONG
Allied Health Planners	: Mr. CHENG Wai Chung Ms. Brigitte K.Y. FUNG
Chinese Medicine Planner	: Ms. Ellen K.Y. LI
Dental Planner	: Dr. Yolanda Y.H. LAW
Nurse Planners	: Ms. Kathy Y.H. CHEUNG Dr. Margaret C.H. LAM Dr. Cecilia T.Y. SIT Ms. Tammy T.Y. SO
Clinical Case Presentation Competition	: Dr. YAU Lai Mo (Coordinator) Dr. Kathy K.L. TSIM
Publication Subcommittee	: Dr. Judy G.Y. CHENG (Coordinator) Dr. SHEK Hon Wing Dr. Kathy K.L. TSIM Dr. Aldo C.L. WONG
Business Management Subcommittee	: Dr. Cecilia S.M. CHEUNG (Coordinator) Dr. Aldo C.L. WONG Dr. YAU Lai Mo
Venue	: Dr. Catherine P.K. SZE (Coordinator)
Information Technology	: Dr. Matthew M.H. LUK (Advisor)



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Conference Information

- Date** : 26 – 28 June 2026 (Friday – Sunday)
- Venue** : Hong Kong Academy of Medicine Jockey Club Building,
99 Wong Chuk Hang Road, Aberdeen, Hong Kong
- Official Language** : English
- Academic Accreditation** : Applications are in progress and details will be announced later.
- Organiser** : The Hong Kong College of Family Physicians
- Conference Secretariat** : **Scientific**
Ms. Carol F.K. PANG
- Advertisement & Exhibition**
Ms. Teresa D.F LIU and Ms. Carol F.K. PANG
- Registration**
Ms. Ally L.Y. CHAN and Ms. Nana H.T. CHOY
- Publication**
Ms. Nana H.T. CHOY
- QA Accreditation**
Mr. John M.C. MA
- General**
Ms. Erica M. SO and Ms. Carol F.K. PANG
- Contact Details** : Tel. No. : (852) 2871 8899
Fax No. : (852) 2866 0616
Email : hkpcc@hkcfp.org.hk
- Supported by** : HKCFP Foundation Fund



26 – 28 June 2026 (Friday – Sunday)

More conference details:



Scientific Programme at-a-glance

Date	26 June 2026 (Friday) Pre-conference			
Time				
19:00 - 19:30	Sponsored Dinner Symposium			
19:30 - 20:30	<p>Sponsored Online Seminar [Eli Lilly] Beyond BMI: Integrating GIP+GLP 1 Receptor Agonists into Modern Obesity Management <i>Dr. Ivan M.H. WONG</i></p>	<p>[Boehringer Ingelheim] From Risk to Reality: Managing CKM Progression Through Early Intervention in Primary Care <i>Dr. Victor H.F. HUNG</i></p> <p>Every Breath Counts: Optimizing COPD Management Through Early Detection and Dual Bronchodilation in Primary Care <i>Dr. CHOY Chi Fung</i> (at Cordis Hotel, Mong Kok, Kowloon)</p>	<p>Workshop 1 Non-Pharmacological Therapies in Traditional Chinese Medicine: An Overall Introduction and Hands-on Practice <i>Mr. HO Chin Pong</i></p>	<p>Workshop 2 A Virtual Reality of Choice: A Practical Workshop on Advance Medical Directives (AMDs) and Clinical Scenarios <i>Dr. Nick TSUI</i></p>

Date	27 June 2026 (Saturday) Day 1			
Time				
13:45 - 14:30	Registration and Welcome Drinks			
14:30 - 15:05	Opening Ceremony			
15:10 - 15:40	<p>Plenary I Hong Kong Primary Healthcare Development - A Present Continuous Tense <i>Dr. Cecilia Y.M. FAN, JP</i></p>			
15:45 - 16:15	<p>Plenary II (Putonghua Session 普通話會場) The Development and Future Direction of Primary Healthcare System in the Greater Bay Area/Mainland China 大灣區 / 中國內地基層醫療體制的發展及未來方向 <i>Prof. WANG Jiaji 王家驥教授</i></p>			
16:15 - 16:55	<p>Coffee Break & e-Poster Presentation (Part 1) & e-Poster Speed Presentation (for invited authors)</p>			
16:55 - 18:10	<p>Discussion Forum 1 (Putonghua Session 普通話會場) Greater Bay Area Healthcare System: Collaboration & Implication on Medical Education & Training to Primary Care Providers 大灣區基層醫療：協作及其對基層醫療服務提供者於醫學教育與培訓的影響 <i>Dr. LAM Kuo 林果醫生,</i> <i>Dr. LIANG Jun 梁峻醫生 &</i> <i>Dr. ZHANG Danxia 張丹霞醫生</i></p>	<p>Discussion Forum 2 Safeguarding of Vulnerable Patients - Medical, Legal and Social Aspects <i>Ms. AU YEUNG Wing Yee,</i> <i>Dr. Anna W.F. CHENG,</i> <i>Dr. Mike Y.W. KWAN &</i> <i>Prof. Albert LEE</i></p>	<p>Workshop 3 Ultrasound-guided Joint Injection <i>Dr. Regina W.S. SIT</i></p>	<p>Workshop 4 Cryotherapy for Common Dermatology Lesion <i>Dr. Steven K.F. LOO</i></p>
18:15 - 18:25	<p>Seminar A Sexual Health Updates <i>Dr. Francois Y. FONG</i></p>		<p>Seminar B From Adolescence to Aging: Integrating Lifestyle Medicine for Health Across the Lifespan <i>Prof. Carmen WONG</i></p>	
18:25 - 19:00				
19:05 - 20:35	<p>Sponsored Dinner Symposium [MSD] Pneumococcal Prevention in Primary Care: Implementing Next Generation PCV for High Risk Adults <i>Dr. Herbert W.C. KWOK</i></p> <p>[AstraZeneca] Repositioning Kidney Protection as Core Prevention in Diabetic Kidney Disease <i>Dr. Winston W.S. FUNG</i></p> <p>Asthma Management, with a Focus on Primary Care <i>Dr. Fanny W.S. KO</i></p>			



26 – 28 June 2026 (Friday – Sunday)

Scientific Programme at-a-glance

Date	28 June 2026 (Sunday) Day 2				
Time					
08:30 - 09:00	Registration				
09:00 - 09:30	Seminar C Managing Chronic Diseases: Current Insights and Effects of Cancer Medications <i>Dr. Eric K.P. LEE & Dr. SO Tsz Him</i>	Seminar D Precision Medicine <i>Prof. Juliana C.N. CHAN & Dr. Becky M.Y. MA</i>	Seminar E Osteoporosis Screening, Management Cutoff and Dental Assessment before Treatment <i>Dr Yolanda Y.H. LAW & Dr Risa OZAKI</i>	Free Paper - Oral Presentation (Part 1)	Workshop 5 Hands-on Workshops on Upper Back Pain Commonly Seen by Family Physicians <i>Dr. AU Chi Lap</i>
09:30 - 09:45					
09:45 - 10:00					
10:00 - 10:30	Coffee Break Symposium Atopic Eczema: An Update on Treatment & e-Poster Presentation (Part 2) & e-Poster Speed Presentation (for invited authors)				
10:30 - 11:45	Discussion Forum 3 AI in Medical Practice in Asia Pacific Region <i>Dr. Adina Binti ABDULLAH, Dr. Alfred S.K. KWONG & Prof. NG Chirk Jenn</i>	Discussion Forum 4 Updates on Preventive Care <i>Dr. Maria K.W. LEUNG, Prof. Hextan Y.S. NGAN & Dr. Esther Y.T. YU</i>	Clinical Case Presentation Competition and Awards Presentation of Outstanding Poster Presentation Award	Free Paper - Oral Presentation (Part 2) & Full Research Paper Awards Presentation*	
11:50 - 12:20	Plenary III Strong Primary Care: The Future of Our Health Systems <i>Dr. Michael WRIGHT</i>				
12:25 - 13:10	Family Medicine Round Table Discussion 家庭醫學圓桌會議 The Role of FM/GP Training in Primary Healthcare Development 全科／家庭醫學培訓在基層醫療體系發展中的角色與作用				
13:15 - 14:45	Sponsored Lunch Symposium [GSK] Prevention Starts in Primary Care: Optimizing Protection Against Herpes Zoster and RSV in Diabetes <i>Prof. David T.W. LUI</i> [Amgen] Community-based Osteoporosis Screening and Management Framework for Primary Care in Hong Kong <i>Prof. CHEUNG Ching Lung</i>				

*The winner of the Best Research Paper Award will present his/ her work during this session (11:30 - 11:45).

Disclaimer: Whilst every attempt will be made to ensure all aspects of the conference mentioned will take place as scheduled, the Organising Committee reserves the right to make changes to the programme without notice as and when deemed necessary prior to the Conference.



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Saturday, 27 June 2026 · 15:10 – 15:40

Plenary I

Hong Kong Primary Healthcare Development - A Present Continuous Tense



Dr. Cecilia Y.M. FAN, JP

MBBS (HK), FRACGP, FHKCFP, FHKAM (Family Medicine), MPH (CUHK)

Under Secretary for Health

Health Bureau

Government of the Hong Kong Special Administrative Region

Dr FAN has been the Under Secretary for Health of the Hong Kong Special Administrative Region (HKSAR) since 14 July 2025. She served as the Consultant Family Medicine (Elderly Health Service) of the Department of Health (DH) before the current position.

As a specialist in Family Medicine, Dr FAN had been the Head of Professional Development and Quality Assurance Service of the DH since 2014. Apart from administering the operation of family medicine clinics and elderly health centres, as well as professional training, she took part in coordinating medical posts at quarantine centres during multiple epidemics, including the severe acute respiratory syndrome, human swine influenza and coronavirus disease 2019, demonstrating extensive experience in public health management.

In 2023, Dr FAN led the DH's medical team to join the search and rescue team deployed by the HKSAR Government in the frontline search and rescue work at the quake-stricken areas in Türkiye. She was recognised with the National Outstanding Individuals in the Foreign Medical Aid commendation by the National Health Commission.

In response to the healthcare challenges of aging population, rising chronic disease burden, increasing public healthcare expenditure, the overloaded public healthcare services, the Primary Healthcare Blueprint highlights a series of reform initiatives to formulate the direction and strategies of primary healthcare development. The Primary Healthcare Commission is established to oversee the strategic planning and provision, standard setting and quality assurance of primary healthcare services and the training of primary healthcare professionals.

The ongoing primary healthcare development will be advanced through three directions, including (i) launching of Primary Healthcare Co-care Network, which instead of driven by individual disease programmes, would be determined by citizens' personal health conditions and risks, realising the "people-oriented" primary healthcare principle; to provide citizens with more comprehensive and holistic care by expanding disease coverage, e.g. in addition to screening and management services for DM, hypertension, dyslipidaemia and hepatitis B, cover more diseases progressively, such as common conditions among women and elderly; (ii) deepening multi-disciplinary collaboration: District Health Centres coordinate primary healthcare professionals to provide integrated and seamless services to the public; strengthening referral mechanisms between primary and secondary healthcare, and among professionals; (iii) improving medical support and auxiliary services in the community: the implementation of Community Drug Formulary and Community Pharmacy Programme will further support connectivity; and the "eHealth+" system will transform eHealth to a comprehensive healthcare information infrastructure that integrates multiple functions of data sharing, service delivery and care journey management.

The successful development of a robust primary healthcare system requires concerted efforts from all stakeholders, to change people's behaviour from treatment focused to preventive oriented, and to improve overall health of the public and enhance quality of life.



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: Innovation, Collaboration and Leadership

26 – 28 June 2026 (Friday – Sunday)

Saturday, 27 June 2026 · 15:45 – 16:15

Plenary II (Putonghua Session 普通話會場)

The Development and Future Direction of Primary Healthcare System in the Greater Bay Area/Mainland China 大灣區 / 中國內地基層醫療體制的發展及未來方向



Professor WANG Jiaji 王家驥教授

Distinguished Professor, School of Public Health, Guangzhou Medical University

廣州醫科大學公共衛生學院 2 級教授

Principal Expert in General Practice, Seventh Affiliated Hospital of Southern Medical University

南方醫科大學附屬七院全科醫學首席專家

Expert Panel on the Development of Integrated County-level Healthcare Communities, National Health Commission of the People's Republic of China 國家衛健委緊密型縣域醫衛共同體建設專家組成員

Vice President, China Rural Health Association 中國農村衛生協會副會長

Chairman, General Practice Application Society of the China Anti-aging Promoting Association

中國抗衰老促進會全科醫學應用分會會長

Honorary Chairman, Primary Healthcare Education Committee of the Chinese Medicine Education Association

中國醫藥教育協會基層醫藥教育專委會名譽主任委員

Vice President, General Practice Society of the Cross-straits Medicine Exchange Association

海峽兩岸醫藥衛生交流協會全科醫學分會副會長

Vice President, Family Doctor Society of the Chinese Aging Well Association

中國老年保健協會家庭醫生分會副會長

President, Primary Healthcare Association of Guangdong Province 廣東省基層衛生協會會長

Academic Leader, Guangdong Leading Key Discipline of General Practice

廣東省優勢重點學科全科醫學學科帶頭人

Recipient of the State Council Special Government Allowance 國務院政府特殊津貼享受者

This paper systematically reviews the arduous exploration of primary healthcare in mainland China over the past 70-odd years. It outlines four developmental stages, evolving from the initial exploration of low-cost primary health care to intelligent and high-quality development, and summarizes the distinctive practical achievements of primary healthcare in the Guangdong-Hong Kong-Macao Greater Bay Area.

Leveraging the unique strengths of "One Country, Two Systems", the Greater Bay Area has broken down cross-border medical barriers and advanced the connectivity of physicians, medicines and medical devices, health data, and medical payment, making it more convenient for Hong Kong and Macao residents to seek medical treatment in mainland China. It has introduced the service philosophy of Hong Kong family doctors and promoted the localized implementation of Hong Kong-style primary care services in the Mainland. Supported by the "Hundred-Thousand-Ten Thousand Project", a diversified primary healthcare assistance mechanism has been established. The reform of medical insurance payment featuring global budget prepayment, retention of surpluses, and sharing of overspending has boosted the development of close-knit medical communities. Innovative models such as the "N-RCSP" chronic disease management and "Integration of the Six Medical Sectors" have been formed.

At present, primary healthcare in mainland China still faces challenges including unbalanced service capacity, shortage of professional talents, and insufficient integration of medical treatment and disease prevention.

Going forward, it is necessary to uphold government leadership, strengthen talent development, deepen digital and intelligent empowerment, and improve supporting guarantee mechanisms. Efforts will be made to promote high-quality and balanced development of primary healthcare, further deepen cross-border collaboration in the Greater Bay Area, support the construction of a Healthy China and a Healthy Greater Bay Area, and consolidate the grassroots foundation for national health.

本文系統梳理了中國內地基層醫療歷經七十餘年的艱辛探索，從低成本初級衛生保健奠基探索逐步升級為智慧化、高質量發展的四大階段以及粵港澳大灣區別具特色的基層醫療實踐成效。粵港澳大灣區依託“一國兩制”獨特優勢，打破跨境醫療壁壘，推進“醫師通、藥械通、數據通、支付通”建設，提升港澳居民北上就醫便利化水準；借鑒香港家庭醫生服務理念，推動港式服務在內地基層落地；依託“百千萬工程”，建立多元化基層幫扶機制；推行“總額預付、結餘留用、超支分擔”醫保支付方式改革，撬動緊密型醫共體建設，形成了“N-RCSP”慢病管理、“六醫融合”等多元創新實踐模式。

當前，中國內地基層醫療衛生仍面臨服務能力不均衡、人才短缺、醫防融合不足等挑戰。未來，需堅持政府主導，強化人才建設、深化數智賦能、完善保障機制，推動基層醫療優質均衡發展，深化大灣區跨境協同，助力健康中國與健康灣區建設，為全民健康築牢基層根基。



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Sunday, 28 June 2026 · 11:50 – 12:20

Plenary III

Strong Primary Care: The Future of Our Health Systems



Dr. Michael WRIGHT

MBBS, MSc, PhD, FRACGP, FAICD

President, Royal Australian College of General Practitioners

Associate Professor, International Centre for Future Health Systems, University of New South Wales

Dr Michael Wright is a general practitioner (GP), health economist and health services researcher based in Sydney, Australia. Michael combines clinical practice with strategic appointments and academic research analysing the effects of health policy on the quality and performance of primary care. Michael is the President of the Royal Australian College of General Practitioners, Associate Professor at the International Centre for Future Health Systems at the University of New South Wales and is in clinical practice in Woollahra. Michael's previous appointments include Chief Medical Officer of Avant Mutual, chair of RACGP's Reference Expert Committee on Funding and Health System Reform, and Board Chair of Central and Eastern Sydney Primary Health Network.

Health systems around the world are facing increasing pressure due to demographic changes, including population ageing, the increasing prevalence of chronic health conditions and growing rates of multi-morbidity. These pressures are increasing costs and demands on health systems, particularly for countries focused on hospital-centric care.

International evidence shows that health systems orientated around strong primary care perform better against all major dimensions, including health outcomes, cost and equity. Investing in high-quality primary care is increasingly seen as the best value investment in the health of our populations.

This presentation will discuss the value of comprehensive primary care, and discuss ways to further strengthen primary care, improve health system sustainability and thereby increase the productivity of individuals and communities.



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: Innovation, Collaboration and Leadership

26 – 28 June 2026 (Friday – Sunday)

Saturday, 27 June 2026 · 16:55 – 18:10

Discussion Forum 1 (Putonghua Session 普通話會場)

Greater Bay Area Healthcare System: Collaboration & Implication on Medical Education & Training to Primary Care Providers

大灣區基層醫療：協作及其對基層醫療服務提供者於醫學教育與培訓的影響



Dr. LAM Kuo 林果醫生

MFM (Monash), MPhil in Paediatrics (CUHK)

Specialist Consultant in Family Medicine, Health Bureau of the Macao Special Administrative Region Government Secretary-General and Chairman, Education Committee, The Macao Academy of Medicine

Dr. Lam Kuo is a Specialist Consultant in Family Medicine at the Health Bureau of the Macao Special Administrative Region Government. She serves as Secretary-General and Chairman of the Education Committee of the Macao Academy of Medicine. She also leads the Training and Documentation Section of the Community Healthcare Department under the Health Bureau, and is an Editorial Advisor for the Macao Medical Journal. She was formerly an Honorary Clinical Assistant Professor in Family Medicine at The Chinese University of Hong Kong and holds a Master of Family Medicine from Monash University, Australia, as well as a Master of Philosophy in Paediatrics from The Chinese University of Hong Kong.

This presentation explores the evolving landscape of primary care in the Greater Bay Area and its implications for medical education and training. Against a backdrop of gradual regional collaboration and varying healthcare systems, the talk highlights shared challenges such as ageing populations and chronic disease management. While differences across the region remain, the growing need for cross-border interaction and workforce development is becoming increasingly evident. The discussion will touch upon current efforts in policy, service delivery, and training, with a focus on how medical education may need to adapt in response to regional trends. The development of primary care professionals in the future will likely require broader perspectives and more flexible training approaches to meet changing healthcare demands.



Dr. ZHANG Danxia 張丹霞醫生

Chief Physician, Eighth Affiliated Hospital, Sun Yat-sen University

President, Family Doctor Branch of Guangdong Provincial Primary Healthcare Association

Vice President, General Practice Branch of Cross-Straits Medicine Exchange Association

Standing Committee Member, General Practitioner Branch of Chinese Medical Doctor Association

Deputy Director, Family Doctor Branch of Chinese Aging Well Association

President, Primary Care Physicians Branch of Shenzhen Medical Doctor Association

中山大學附屬第八醫院主任醫師，廣東省基層衛生協會家庭醫生分會會長

海峽兩岸醫藥衛生交流協會全科醫學分會副會長，中國醫師協會全科醫師分會常委

中國老年保健協會家庭醫生分會副主任委員，深圳市醫師協會基層醫師分會會長

This presentation focuses on primary healthcare collaboration in the Greater Bay Area and its impact on the medical education and training of primary healthcare practitioners. Guangdong, Hong Kong and Macao each have distinctive strengths in their primary care systems, with increasingly close cooperation in policy alignment, service integration and talent exchange. Such collaboration has facilitated the in-depth integration of general practice concepts, aligned training standards with international norms, and enabled the sharing of high-quality resources including faculty, curricula and clinical platforms, effectively enhancing primary care physicians' core competencies in chronic disease management, elderly care and cross-border services. Challenges remain, such as systemic differences, qualification mutual recognition and balanced resource allocation. Going forward, we will further enhance institutional connectivity, promote credit transfer, expand training coverage and innovate training models to jointly build a high-level talent base for primary healthcare in the Healthy Greater Bay Area.

本次演講圍繞大灣區基層醫療協作及其對基層醫務人員教育培訓的影響展開。粵港澳三地基層醫療體系各具優勢，在政策銜接、服務協同、人才交流等方面合作日趨緊密。協作推動全科醫學理念深度融合，促進培訓標準與國際接軌，實現師資、課程、臨床平台等優質資源分享，有效提升基層醫生慢病管理、老年照護、跨境服務等核心能力。當前仍面臨制度差異、資質互認、資源均衡等挑戰。未來將深化機制對接、推進學分互通、擴大培訓覆蓋、創新培養模式，攜手共建健康灣區基層醫療人才高地。



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Saturday, 27 June 2026 · 16:55 – 18:10

Discussion Forum 1 (Putonghua Session 普通話會場)

Greater Bay Area Healthcare System: Collaboration & Implication on Medical Education & Training to Primary Care Providers

大灣區基層醫療：協作及其對基層醫療服務提供者於醫學教育與培訓的影響



Dr. LIANG Jun 梁峻醫生

MBChB(Glasg), DCH(Lond), DRCOG(Lond), DFFP(Lond), Dip Derm(Lond), MRCGP(UK), FHKAM(Family Medicine), FRCGP(UK)

Consultant, Department of Family Medicine & Primary Health Care, New Territories West Cluster, Hospital Authority, Hong Kong

Dr. Jun Liang is Consultant of Family Medicine & Primary Health Care, NTW Cluster, Hospital Authority, Hong Kong. He also serves as Honorary Clinical Associate Professor at HKU and CUHK. A graduate of the University of Glasgow, he has extensive family medicine experience in both the UK and Hong Kong. He established territory wide diabetes complication screening programmes, led chronic disease service audits, and integrated primary mental healthcare into general practice. Actively involved in GBA cross border healthcare coordination, he advocates for unified family medicine training standards and sustainable primary care workforce development across the Greater Bay Area.

The Guangdong-Hong Kong-Macao Greater Bay Area faces rising demand for seamless cross-border primary care, yet misaligned family medicine training, assessment and accreditation remain a key barrier. Divergent regulations, limited clinical exchanges, qualification recognition hurdles and fragmented digital health and AI training further constrain progress. Hong Kong, Mainland China and Macao possess complementary strengths – Hong Kong’s international standards and CBME expertise, Guangdong’s scale and policy support, and Macao’s bridging role and small-system agility. Solid collaboration foundations already exist, including joint specialist training centres, RCGP-accredited GOLD™ programmes, and cross-border care mechanisms.

This talk proposes three systemic interventions: a unified six-domain core competency framework for family physicians (clinical care, patient-centred communication, population health, professional governance, interdisciplinary leadership, and digital health literacy with cross-border awareness); an interconnected training system featuring mandatory cross-border rotations, joint faculty development, and shared digital portfolios; and a long-term guarantee mechanism with dedicated governance, sustainable funding (insurance levy, government matching, institutional contributions), and joint quality assurance.

A phased roadmap to 2030 aligns training standards, expands cross-border exchanges, and explores mutual recognition mechanisms without full qualification commitment. This practical model aims to harmonise family medicine education and strengthen the primary care workforce across the GBA.



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Saturday, 27 June 2026 · 16:55 – 18:10

Discussion Forum 2

Safeguarding of Vulnerable Patients - Medical, Legal and Social Aspects



Ms. AU YEUNG Wing Yee

*Senior Social Work Officer, Family and Child Protective Services Unit (Kwun Tong),
Social Welfare Department, Government of the HKSAR*

Ms AU YEUNG is a dedicated social worker with over 20 years of experience in the Social Welfare Department. Throughout her extensive career, she has worked in various settings, including the Family and Child Protective Services Unit, Child and Adolescent Mental Health Centre, Integrated Family Service Unit, and the Probation Community Service Orders Office. Additionally, she has served as a Training Officer in the Staff Development and Training Section. Ms AU YEUNG has developed a strong expertise in handling child cases, significantly impacting the lives of many young individuals and their families.

This presentation will provide a structured overview of mandatory reporting of child abuse under the new legal framework. It will illustrate how to distinguish between urgent and non-urgent cases and clarify both individual and group reporting methods. The Mandatory Reporting Platform will be introduced, with an emphasis on essential points for compliance and effective application. Participants will be guided by decision trees for triaging suspected cases, reinforcing consistency and accountability in practice. The speaker will demonstrate the decision process through practical examples and, by sharing scenarios encountered since the commencement of the laws, will highlight important reminders that strengthen ethical responsibility and promote cross-sector collaboration in safeguarding child protection.



Professor Albert LEE

**MB BS (Lond), LLB (Hons-Lond), LLMArbDR (Distinct-CityUHK), MPH(CUHK), DCH (Irel),
DMed (NUI), MD (CUHK), GDLP (Aus.Coll.Law), FCIArb (UK), Accredited Mediator (CEDR-UK),
FRCP (Lond & Irel), FHKAM(FamMed), FCLM (US), FACLM (Aus), HonFFPH(UK)**

*Emeritus Professor of JC School of Public Health and Primary Care, The Chinese University of Hong Kong
Senior Research Fellow of Centre for Medical Ethics and Law, The University of Hong Kong
Vice President (Asia), World Association for Medical Law and Editor-in-Chief of Medicine and Law*

Professor Albert Lee is duly qualified as a medical doctor (registered as a specialist in Family Medicine/GP in HK and Australia) and lawyer (Australia and New Zealand and registered foreign lawyer in HK). He possesses higher doctoral degrees in Medicine from the National University of Ireland (DMed) and CUHK (MD), Master of Law with distinction in Arbitration and Dispute Resolution from the City University of Hong Kong, Fellow of the Chartered Institute of Arbitrators (UK), Accredited Mediator (CEDR-UK), and Fellow of Australasian and American College of Legal Medicine.

He is the Emeritus Professor of Public Health and Primary Care of CUHK, Senior Research Fellow of the Centre for Medical Ethics and Law of the University of Hong Kong, and Vice President (Asia) of the World Association for Medical Law and Editor in Chief of the official Journal. He has co-edited four books on primary health care and a book on "Healthcare Law and Ethics" published in 2023 with renowned healthcare lawyers and medico-legal experts including three King's Counsels as contributors for different chapters.

Upholding the Health and Justice of Vulnerable Group with Close Intersection of Medical, Legal and Social Sectors

Although reaching 'full age' is defined as person attaining age of 18 in Hong Kong (HK) and the common law defines children as person not reaching 'full age', there is no unified definition of age which a person becomes adult. The tendency of the modern law is to recognize children being people with rights and not property of parents. The United Nations Convention on the Rights of the Children (UNCRC) was extended to HK in 1994. The UNCRC proclaims and reaffirms the rights of children protection, and is also a fundamental tool in development and understanding of the common law. Articles 3 and 6 of the UNCRC concerns children's right to life, care and protection; and Article 24 affirms the children the right to the enjoyment of the highest possible attainable standard of health. In HK, the 'Welfare Principle' in Article 3(1) of the UNCRC about the importance of considering the best interests of the child implies the obligation under s. 8 (Article 20) of the HK Bill of Rights Ordinance (Cap 383). Issues related to vulnerability requires intersection of legal, health, social, education and economic and cultural perspectives with a wider and boarder lens to uphold justice and equity. Health-in-all-policies approach is not enough to shed light on the place of law in a social determinant framework to set and defend the norms and standards of good health, and hold actors and institutions accountable.



26 – 28 June 2026 (Friday – Sunday)

Saturday, 27 June 2026 · 16:55 – 18:10

Discussion Forum 2

Safeguarding of Vulnerable Patients - Medical, Legal and Social Aspects



Dr. Anna W.F. CHENG

MBChB (CUHK), MRCP (UK), MRCPCH, FRCPCH, FHKAM (Paed), FHKCPaed, MPH (CUHK)

Specialist in Paediatrics

Clinical Associate Professor (Honorary), Department of Paediatrics and Adolescent Medicine, The Chinese University of Hong Kong

Clinical Assistant Professor (Honorary), Department of Paediatrics and Adolescent Medicine, The University of Hong Kong

Dr. Cheng is the Executive Committee Member and Honorary Consultant of Against Child Abuse (ACA), the Honorary Consultant (Children and Family Service) of the Hong Kong Young Women's Christian Association (YWCA). She has been serving as the Executive Committee Member and Honorary Medical Advisor and Member of Child Safeguarding Academy Advisory Panel, Hong Kong Society for the Protection of Children (HKSPC) since 2023. Dr. Cheng is also the steering Committee Member of Early Childhood Intervention, The Boys' and Girls' Club Association (BGCA) of Hong Kong. Dr. Cheng was the Member (2019-2025) and Convenor of Medical Group (2022-2025) in Child Fatality Review Panel, Social Welfare Department, HKSAR.



Dr. Mike Y.W. KWAN

MBBS (HK), MRCP (UK), MRCPCH, FHKAM (Paed), FHKCPaed, PDipID (HK), MSc (Applied Epidemiology) CUHK, PDip Health Informatics (University of Bath, UK)

Paediatric Immunology, Allergy and Infectious Diseases Specialist

Clinical Associate Professor (Honorary), Department of Paediatrics and Adolescent Medicine, The Chinese University of Hong Kong

Clinical Associate Professor (Honorary), Department of Paediatrics and Adolescent Medicine, The University of Hong Kong

Dr. Kwan is the President of the Asian Society for Pediatric Infectious Diseases (ASPID) and serves as the Board Member representing ASPID in the World Society for Pediatric Infectious Diseases (WSPID). He is also the Standing Committee Member representing East Asia in the Asia Pacific Pediatric Association (APPA).

He was elected Honorary Life Member (2025) of the Hong Kong Paediatric Society and serves as one of the Directors of the Hong Kong Society for AIDS Care (HKSAC). He has been serving as the Medical Advisor of the Hong Kong Society for Protection of Children (HKSPC) since 2023. Dr. Kwan has been appointed as a medical expert witness in child abuse cases.

Multidisciplinary Co-operation for Safeguarding Children from Maltreatment

An overview of the current child abuse situation in Hong Kong and the importance of multidisciplinary collaboration in handling different types of child abuse (physical, sexual, psychological and child neglect) will be discussed.

The study on adverse childhood experiences (ACE) will be used to illustrate the long-term consequences of child abuse, including physical health, mental health and society burden. Toxic stress in related to ACE in childhood would resulting in physiological disruption in neurodevelopmental, immune, metabolic and neuroendocrine systems.

The Mandatory Reporting on Child Abuse Ordinance was in effect on 20th January 2026, which aims to cast a wide and effective protection web for children through mandating professionals of social welfare, education and healthcare sectors to report suspected child abuse cases reaching the threshold of serious harm or having real risk of serious harm, the case scenarios in the guide for mandatory reporters will be used to illustrate in making a reporting decision.



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Discussion Forum 4

Sunday, 28 June 2026 · 10:30 – 11:45

Updates on Preventive Care



Dr. Maria K.W. LEUNG

MBBS (UK), PG DOM (CUHK), Pg DipPD (Cardiff), MFM (Clin) (Monash), MRCGP, FHKFP, FRACGP, FHKAM (Family Medicine)

Chief Manager (Primary and Community Services), Division of Strategy and Planning, Hospital Authority

Dr Maria Leung is a family medicine specialist. Currently, she is the Chief Manager in Primary and Community Services, Hospital Authority. She is also the Honorary Clinical Associate Professor of both the Chinese University of Hong Kong and the University of Hong Kong, as well as the Council Member of the Hong Kong College of Family Physicians.

She oversees the primary and community healthcare services at corporate wide level and she has been involved in the planning and implementation of preventive care services in family medicine clinics in Hospital Authority. Dr Leung is also a member in the Steering Committee of Viral Hepatitis and has participated in the preparation of the protocol of "Management of adult with chronic hepatitis B virus infection in primary care".

Preventive Care Programme on Hepatitis B Infection

Hepatitis B virus (HBV) infection is a significant health issue globally and locally. According to the Population Health Survey (PHS) 2020-22, about 5.6% of the Hong Kong population, which is about 410 000 people, have hepatitis B. In order to meet the goal set by the World Health Organization (WHO) to eliminate viral hepatitis as a public health threat by 2030, the Government of the Hong Kong Special Administrative Region launched the Hong Kong Viral Hepatitis Action Plan 2020 - 2024 in October 2020, setting out a comprehensive strategy with specific actions by the Department of Health (DH), the Hospital Authority (HA) and other stakeholders to reduce transmission of viral hepatitis, as well as related morbidity and mortality. One of the goals would be to early identify and manage people with chronic hepatitis B (CHB). To support this goal, the Primary Healthcare Commission (PHC Commission) under the Health Bureau has launched the Hepatitis B Co-care Scheme on February 7 2026, targeting at high-risk groups of CHB and providing assessment and screening at District Health Centres (DHCs) for the affordable groups. Family Medicine Clinics (FMCs) in HA also play an important role in early identification and management of CHB for the underprivileged groups in the society.



Professor Hextan Y.S. NGAN

MBBS(HK), MD(HK), FRCOG(UK), FHKCOG(HK), FHKAM(O&G), Cert RCOG(Gynae Onc)
Chair Professor, Department of Obstetrics and Gynaecology, The University of Hong Kong (HKU)
President, The Family Planning Association of Hong Kong (FPA)
IGCS Global Curriculum Trainer, The University of Hong Kong–Shenzhen Hospital (HKU-SZH)
Advisor, Hong Kong Society of Gynaecological Oncology (HKSGO)

Professor Ngan formerly served as Head of the Department of Obstetrics and Gynaecology at HKU (2009-2021) and was an Honorary Consultant & past Chief-of-Service at the at Queen Mary Hospital (2009-2015). She is the Chief-of-Service (2012-2024) and an IGCS global curriculum trainer at HKU-SZH (2019-). She is an Advisor to the HKSGO, President of the International Society for the Study of Trophoblastic Diseases (2022-2024). Her past leadership roles include presidencies at the HK College of Obstetricians and Gynaecologists (2010-2012), the Hong Kong Society for Colposcopy and Cervical Pathology (2001-2004), and the Asia-Oceania Research Organization in Genital Infection and Neoplasia (2010-2012). She also chaired the Oncology Committee of the International Federation of Gynecology and Obstetrics (FIGO) (2000-2006).

Updates on Preventive Care in Women's Health

Women's health is a big topic and as a gynaecological oncologist, my focus would be on prevention of women's cancer. The most 3 common gynaecological cancers are cancer of endometrium, ovarian cancer and cervical cancer. If we wish to prevent cancer, we need to understand the underlying risk factors, course of development, any preinvasive stage, any preventive measures such as life style modification, vaccination or screening.

Among the three gynaecological cancers, cervical cancer which is HPV associated is the most promising that can be prevented by vaccination, screening and change in life style. WHO has pledged for the elimination of cervical cancer by 2030. Endometrial cancer is estrogen related. Apart from avoidance of intake of unopposed estrogen, most of the risk factors are beyond control. It is unfortunate that there is no evidence based effective screening available. Ovarian cancer has less specific causative factors, most probably associated with ovulation and estrogen. It shares some of the risk factors as endometrial cancer where the majority cannot be prevented. For women who has hereditary ovarian cancer syndrome, oral contraceptive and screening can be considered.



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Discussion Forum 4

Sunday, 28 June 2026 · 10:30 – 11:45

Updates on Preventive Care



Dr. Esther Y.T. YU

MB BS (HK), FHKAM(Family Medicine)

*Consultant (Service Standards and Research Management),
Primary Healthcare Commission, Health Bureau, Government of the HKSAR*

Dr. Esther Yu is a Specialist in Family Medicine, currently serving as the Consultant (Service Standards and Research Management) in the Primary Healthcare Commission of the Health Bureau. Her main responsibilities include ensuring the quality and standards of primary healthcare services by overseeing the Expert Panel on Hong Kong Primary Healthcare Reference Framework (HKPRF), developing evidence-based recommendations and cross-disciplinary collaborative care pathways and model for primary healthcare service, as well as informing training needs of primary healthcare professionals.

Prior to her service at the Health Bureau, Dr. Yu held the position of Clinical Assistant Professor at the Department of Family Medicine and Primary Care, the University of Hong Kong between 2012 and 2022. Her main research interest was the development and implementation of primary healthcare service, focusing on multi-disciplinary management of chronic diseases such as hypertension, diabetes and prediabetes.

Risk-based Multi-disciplinary Service Model for Intrinsic Capacity Optimization of Older Adults in the District Health Network

Hong Kong became a super-aged society in 2024, with >23% of residents aged ≥65 years. Preventive care for older adults is crucial to optimise their health outcomes and well-being, as well as reduce healthcare burden. The World Health Organisation (WHO) proposes the Integrated Care for Older People approach (ICOPE) to engage various community stakeholders and healthcare providers to provide patient-centred, community-based assessment and optimisation of intrinsic capacity (IC), with the aims to reduce, delay or prevent care-dependency.

Based on the ICOPE and built on capacity and availability of local primary healthcare providers, the Primary Healthcare Commission is co-developing a four-tier risk-based multi-disciplinary service model with local academic, field experts and community stakeholders, feasible for implementation in the District Health Network. The model consists seven IC domains, namely Cognition, Psychological capacity, Mobility, Vitality/Nutrition, Vision, Hearing, and Urinary problem, and four tiers of care, basic screening, in-depth assessment, multi-disciplinary cross-sectoral intervention with family doctor assessment and management, and specialist care. This initiative aims to guide cost-efficiency care of older adults and facilitate medico-social collaboration in local community setting to tackle potential societal impact of our rapidly ageing population.



26 – 28 June 2026 (Friday – Sunday)

Saturday, 27 June 2026 · 18:15 – 19:00

Seminar A

Sexual Health Update



Dr. Francois Y. FONG

MBBS(Monash), MFM(Clinical)(Monash), FRACGP

CMO in private sexual health centre

Honorary Clinical Assistant Professor, The University of Hong Kong

Honorary Clinical Assistant Professor, The Chinese University of Hong Kong

Dr Francois Fong is the Founder and CMO of Neo-Health Group, Hong Kong's first integrated sexual health centre. He holds a Master in Family Medicine (Monash University) and a Master in Health Science (Sexual Health) from the University of Sydney, and is a Fellow of the Royal Australian College of General Practitioners. Dr Fong serves as an Honorary Clinical Assistant Professor at both The University of Hong Kong and The Chinese University of Hong Kong. A clinician specialising in sexual health, he is also a passionate community advocate for sex education in Hong Kong and an accomplished researcher in the field of sexually transmitted infections and sexual dysfunction.

Recent advances in sexual health offer new opportunities for primary care providers to enhance prevention and treatment for patients across Hong Kong.

STI Prevention: PrEP and Doxy PEP.

HIV pre-exposure prophylaxis (PrEP) is over 99% effective when taken as prescribed, yet Hong Kong currently lacks a public PrEP programme, with access limited to private clinics at a significant cost. Primary care physicians play a crucial role in bridging this gap by providing risk assessment, prescribing, and ongoing monitoring for appropriate candidates. Meanwhile, doxycycline post-exposure prophylaxis (Doxy PEP)—a single 200 mg dose taken within 24 to 72 hours after condomless sex—has demonstrated efficacy in reducing chlamydia and syphilis incidence among men who have sex with men and transgender women. However, clinicians must balance STI prevention benefits against concerns regarding antimicrobial resistance.

Novel ED Therapies.

Beyond conventional PDE5 inhibitors, several regenerative and non-invasive treatments are gaining attention for erectile dysfunction (ED). Low-intensity shockwave therapy (LiSWT) may improve both short term penile rigidity and long term erectile function with a favourable safety profile. Pulsed electromagnetic field (PEMF) therapy, another micro energy modality, enhances pelvic circulation and has shown early promise for vascular related ED. More advanced regenerative strategies—including adipose derived stem cell (ADSC) therapy and exosome based treatments—are currently under investigation in clinical trials. These cell free approaches aim to reverse underlying vascular and neural degeneration rather than merely providing symptomatic relief.

This session will provide a practical, evidence based update to empower primary care clinicians in implementing these emerging strategies within the Hong Kong context.



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Saturday, 27 June 2026 · 18:15 – 19:00

Seminar B

From Adolescence to Aging: Integrating Lifestyle Medicine for Health Across the Lifespan



Professor Carmen WONG

BSc(UK), MBBCh(UK), MRCGP(UK), MEd(UK), FHEA

*Clinical Professional Consultant and Associate Professor,
Practice in Family Medicine and Medical Education (by courtesy),
JC School of Public Health and Primary Care, Faculty of Medicine,
The Chinese University of Hong Kong*

Dr. Carmen Wong is a trained family physician and a member of the Royal College of General Practitioners (UK). She is currently a Clinical Professional Consultant and an Associate Professor of Practice in Family Medicine and Medical Education (by courtesy) at the JC School of Public Health and Primary Care at Faculty of Medicine, The Chinese University of Hong Kong.

Dr. Carmen Wong is an associate member for the Hong Kong College of Family Physician and the Deputy Editor of the Hong Kong Practitioner. Dr. Wong is a medical educationalist and a fellow of the higher education academy (FHEA) and received the prestigious University Grants Council (UGC) Education award in 2020 for her work in family medicine, social responsibility and design thinking. Dr. Wong is an IBLM Diplomate and an IBLM Certified Lifestyle Medicine Physician since December 2021 and has been integrating a lifestyle medicine approach to her family medicine practice, community projects and undergraduate education.

Lifestyle medicine offers a practical, evidence-based framework to address the root causes of chronic disease through the therapeutic use of nutrition, physical activity, sleep, stress management, social connection, and reduction of risky substances. In the context of primary care, it complements conventional approaches by empowering both clinicians and patients to co-create sustainable health behaviors that improve outcomes and reduce system burden.

This presentation will explore the fundamentals of lifestyle medicine and its alignment with sustainable primary care. It will discuss the translation of core principles into everyday practice, including tailored interventions across the age span: from adolescents navigating habits that shape lifelong physical and mental health trajectories, to patients with diabetes for whom lifestyle interventions remain the cornerstone of prevention and management and individuals with early dementia for whom lifestyle modification supports cognitive resilience and quality of life.

Through the evidence base and collaborative care models, we will examine how interventions, interdisciplinary teamwork, and leadership in lifestyle medicine can enhance patient engagement, and foster a more sustainable, preventive care paradigm across all stages of life.



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: Innovation, Collaboration and Leadership

26 – 28 June 2026 (Friday – Sunday)

Sunday, 28 June 2026 · 09:00 – 10:00

Seminar C

Managing Chronic Diseases: Current Insights and Effects of Cancer Medications



Dr. Eric K.P. LEE

MBBS(HKU), FHKCFP, FRACGP, FHKAM (Family Medicine), MSc EBHC (Oxon), MSc Mental Health (CUHK), DPD (Cardiff), Dip Med (CUHK)

Clinical Associate Professor, The Chinese University of Hong Kong

Member, European Society of Hypertension Working Group on Blood Pressure Monitoring and Cardiovascular Variability

Dr. Lee completed his medical education at the University of Hong Kong in 2007 and obtained his specialist qualification in Family Medicine in 2016. He holds a Master's degree in Mental Health from the Chinese University of Hong Kong (2014) and a Master's degree in Evidence-Based Health Care from the University of Oxford (2020). He is currently a Clinical Associate Professor at the Chinese University of Hong Kong. His research focuses on blood pressure measurement, nocturnal hypertension, and lifestyle interventions, with findings incorporated into international guidelines. He also serves on the European Society of Hypertension Working Group and the IMACE (Hong Kong) expert panel on hyperlipidemia.

Chronic non-communicable diseases continue to impose a substantial burden on primary care. This presentation will provide an evidence-based update on three major conditions—hypertension, diabetes, and dyslipidemia—with emphasis on recent international guidance and its relevance to local clinical practice.

For hypertension, emerging guidelines increasingly recommend routine evaluation for primary aldosteronism among patients with hypertension, particularly those with resistant or early onset disease. This session will review the supporting evidence and discuss practical approaches to screening. In parallel, we will revisit contemporary management of resistant hypertension, including the role of newer mineralocorticoid receptor antagonists that offer improved tolerability profiles.

For diabetes, we will examine the evolving role of the oral glucose tolerance test (OGTT) in diagnosing prediabetes and diabetes, alongside findings from our recent study on the proportion of prediabetes and diabetes in the local population.

Regarding lipid management, updates will include the clinical implications of emerging biomarkers such as lipoprotein(a), comparisons of cardiovascular risk assessment models and their applicability to Hong Kong patients, and the latest evidence on triglyceride lowering therapies, including marine derived omega 3 fatty acids.

These updates aim to equip primary care physicians with practical insights to enhance chronic disease detection, risk stratification, and management.



Dr. SO Tsz Him

MBBS, FRCR, FHKCR, FHKAM (Radiology)

Specialist in Clinical Oncology

Honorary Clinical Assistant Professor, Department of Clinical Oncology, The University of Hong Kong

Honorary Clinical Assistant Professor, Department of Clinical Oncology, The Chinese University of Hong Kong

Consultant in Clinical Oncology, CUHK Medical Centre

Dr SO Tsz Him is currently an Honorary Clinical Assistant Professor in Clinical Oncology in both HKU and CUHK, and an adjunct assistant professor in Chinese Medicine at CUHK. He graduated with both a Bachelor of Chinese Medicine (BChinMed) and a Bachelor of Medicine and Bachelor of Surgery (MBBS) from the HKU and he was the top graduate in both degrees.

He was awarded the Pong Ding Yuen Prize in Chinese Medicine and John Anderson Gold Medal on graduation. He previously worked in the Department of Clinical Oncology at HKU and at Queen Mary Hospital. He was awarded the Frank Doyle Medal and the Gold Award for his outstanding performance in the fellowship examination of the Royal College of Radiologists.

He is now a clinical oncologist in private practice.

Navigating Cancer Medication Effects in Primary Care

As cancer care in Hong Kong shifts toward a chronic disease model, family physicians (FPs) are increasingly the first point of contact for patients experiencing the side effects of modern oncology treatments. This session provides a practical overview of the "Effects of Cancer Medications" specifically tailored for the primary care setting.

The presentation covers the three main pillars of treatment: cytotoxic chemotherapy, targeted therapies, and immunotherapy. We will focus on identifying acute "red flags"—such as febrile neutropenia and immune-related adverse events (irAEs)—that require urgent triage. Additionally, we will address the management of long-term survivorship issues, including cardiotoxicity and bone health, alongside potential drug-drug interactions with common medications for chronic comorbidities.

By bridging the gap between specialized oncology and community medicine, this talk aims to empower FPs to safely manage treatment toxicities and improve long-term outcomes for cancer survivors within the local healthcare landscape.



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: Innovation, Collaboration and Leadership

26 – 28 June 2026 (Friday – Sunday)

Sunday, 28 June 2026 · 09:00 – 10:00

Seminar D

Precision Medicine



Professor Juliana C.N. CHAN

MBChB, MD, FHKAM, FHKCP, FRCP

*Professor of Medicine and Therapeutics, Faculty of Medicine and Director,
Hong Kong Institute of Diabetes and Obesity,
The Chinese University of Hong Kong, The Prince of Wales Hospital*

Dr Juliana Chan is Professor of Medicine and Therapeutics and Director, Hong Kong Institute of Diabetes and Obesity at The Chinese University of Hong Kong. She is a diabetologist and clinical pharmacologist with interest in epidemiology, genetics, clinical trials and care models. Since the 1990s, she has trained a multidisciplinary team and set up the diabetes clinical trial unit and participated in landmark studies in diabetes and kidney disease as a lead investigator and a member of steering committee. She translated the findings from clinical trials to establish the Hong Kong Diabetes Register and biobank which evolved to become the web-based Joint Asia Diabetes Evaluation (JADE) Platform to implement pragmatic trials and data-driven care creating real-world evidence and discovering biomarkers for precision medicine. She has published 900 articles and 30 book chapters and serves on advisory boards of multinational companies and committees of practice guidelines.

Precision Medicine in Diabetes

Precision medicine advocates using a personalized approach to understand the unique genetic, life-course, biomedical-psychosocial-behavioral attributes of an individual to inform shared decision-making and achieve positive outcomes. Diabetes is a leading cause of hospitalizations, morbidities and premature death. The ultimate goal of early diagnosis, treatment and control of diabetes is dependent on awareness, self-management and patient-provider relationship. In most clinical settings, one in five adult patients had young-onset diabetes (YOD) diagnosed before the age of 40 with a 4-9-fold higher risk of death than their peers without diabetes. In the PRISM-RCT, we evaluated the impacts of a collaborative care model in which we used biogenetic markers and patient-reported outcomes (PROM) to implement algorithm-guided intervention and holistic care versus usual care. In these 884 patients with YOD who reported a myriad of life-course events, 5% had positive GAD antibodies, 2% had monogenic diabetes and 70% had prior cardiovascular-renal-cancer events and/or cardiovascular-kidney-metabolic (CKM) risk factors. In the Precision Prevention Program on Young-Onset Diabetes (PPYOD) which recruited 9,000 adults (18-44), we used biogenetic markers to identify 30% participants who had >30-50% 10-year risk of incident diabetes followed by annual oral glucose tolerance test to detect diabetes and impaired glucose tolerance, complemented by a 2-year risk-based multicomponent prevention and care program. In this era of artificial intelligence, innovative data-driven care models led by physicians with integrated knowledge of human biology, clinical medicine and evidence-based intervention is key to success to value-based care with quality and precision to make health care sustainable.

Reference: O CK et al Precision Medicine to Redefine Insulin Secretion and Monogenic Diabetes-Randomized Controlled Trial (PRISM-RCT) in Chinese patients with young-onset diabetes: design, methods and baseline characteristics. *BMJ Open Diabetes Res Care.* 2024;12(3).
<https://jc-pppyod.adf.org.hk/>



Dr. Becky Mingyao MA

MBBS (HK), MRCP (UK), FHKCP, FHKAM (Medicine), PDipID (HK)

Clinical Assistant Professor, Department of Medicine, School of Clinical Medicine, The University of Hong Kong

She underwent her training in Nephrology at Queen Mary Hospital, and has been awarded Distinguished Young Fellow by the Hong Kong Academy of Medicine. She undertook postdoctoral research fellowship in Precision Medicine at Columbia University Center. She was awarded the Hong Kong Health and Medical Research Fund Research Fellowship Grant, Hong Kong College of Physicians-Hong Kong Genome Institute Training Grant and Hong Kong Academy of Medicine-Hong Kong Genome Institute Research Excellence Grant. She established a local cohort of genetic kidney disease at Queen Mary Hospital. Becky received the Early Career Researcher Award by the International Society of Nephrology.

Precision Medicine in Nephrology

Chronic kidney disease constitutes a major public health challenge, given the markedly increased risks of morbidity and all-cause mortality. Studies have shown that monogenic causes are responsible for a significant proportion of chronic kidney disease in the adult population. Establishing a genetic diagnosis is vital to guide management, inform prognosis, including the risk of post-transplant recurrence, the risk of occurrence in offspring and it enables cascade testing to identify other affected family members early. For example, in patients with Autosomal Dominant Polycystic Kidney Disease, genetic data can provide prognostic information, allow early diagnosis when imaging is yet to be revealing and help to identify suitable living-related kidney donor. With rapid advancement in sequencing technologies at an affordable cost, genetic diagnostics are increasingly integrated into daily practice. We have established a Genetic Kidney Disease Clinic at Queen Mary Hospital, which helps patients with suspected monogenic kidney disease with genetic evaluation and cascade testing. Pre-test genetic counselling highlighting the indication of testing, potential benefits and risks is important to guide informed decision-making. A multi-disciplinary team is instrumental in the correct interpretation of genetic testing results in complicated cases. Physicians play an important role in early identification of these patients who may benefit from genetic testing.



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Sunday, 28 June 2026 · 09:00 – 10:00

Seminar E

Osteoporosis Screening, Management Cutoff and Dental Assessment before Treatment



Dr. Yolanda Y.H. LAW

BDS (HK), FCDSHK (OMS), FHKAM(OS), FDS RCSEd, FDS RCPS(Glasg), FRACDS, MOMS RCSEd

Specialist in Oral and Maxillofacial Surgery

Dr. LAW Yee Hung, Yolanda becomes an oral and maxillofacial surgeon after graduating from the University of Hong Kong (HKU). She attained fellowships including FCDSHK (OMS), FHKAM(OS), FDS RCSEd, FDS RCPS(Glasg) and FRACDS. Her global training included the University of California, San Francisco, the University of Miami, and an AO CMF Fellowship in Germany. With over 20 years of practice, she is experienced in trauma, pathologies, and dento-alveolar surgery. She also holds a Master in Health Leadership from the University of British Columbia. Dr. Law now works in private practice while serving as a part-time lecturer at HKU. She is Censor-in-Chief of the CDSHK and was awarded Distinguished Young Fellow of the HKAM in 2025.

Osteoporosis Therapy: A Healthy Jaw is Your First Prescription

Before initiating antiresorptive or antiangiogenic pharmacotherapy for osteoporosis, a comprehensive dental assessment is paramount to mitigate the risk of Medication-Related Osteonecrosis of the Jaw (MRONJ). MRONJ is a rare but severe adverse event characterized by exposed, non-healing bone in the maxillofacial region, which can be challenging to manage and significantly impair the quality of life of patients.

The primary goal of the pre-treatment dental evaluation is to establish a state of excellent oral health to eliminate the need for future invasive dental procedures, which are the most common precipitating events for MRONJ. By clinical and radiographic examination, active dental problems like unrestorable teeth, hypermobile teeth or teeth with infections and poor prognosis should be identified and eliminated. Ill-fitting dentures and other local factors that can cause mucosal trauma should be corrected. Prevention is the key principle to prevent the need for invasive dental procedures and minimize the risk for MRONJ.

Regular review appointments and dental care are crucial for long-term MRONJ prevention. These recall visits allow the reinforcement of meticulous oral hygiene, professional cleaning, and early detection of potential issues, thereby minimizing the risk of spontaneous osteonecrosis or complications arising from newly developed dental disease. This integrated, multidisciplinary approach, combining rigorous pre-treatment preparation with sustained surveillance, ensures that the iatrogenic risk of MRONJ is minimized, allowing for the safe continuation of essential osteoporosis treatment. This seminar provides an overview for medical practitioners on the dental management for patients with osteoporosis and the MRONJ.



Dr. Risa OZAKI

MB ChB (Sheff), FHKAM(Medicine)

*Consultant Endocrinologist and Clinical Head of Endocrine Team,
Division of Endocrinology & Diabetes, Department of Medicine & Therapeutics, The Prince of Wales Hospital*

Dr. Risa Ozaki is a Consultant Endocrinologist and the Clinical Head of Endocrine Team at the Prince of Wales Hospital. Her team has promoted the development of multidisciplinary team care approach in the delivery of osteoporosis care at the Prince of Wales Hospital. In July 2021, a successful Annual Plan bid led to the set-up of an osteoporosis service nurse-led clinic which provided a much-needed structured patient education program to give patients a better understanding of osteoporosis, treatment options and lifestyle modifications to optimize patient outcome.

Updates on Osteoporosis Screening and Management

Osteoporosis is a skeletal disorder characterized by low bone mass and architectural deterioration of bone tissue, resulting in increased bone fragility and susceptibility to fracture. It is the devastating consequences of fractures leading to morbidity and mortality that make osteoporosis an important healthcare issue. Osteoporosis is a growing health problem worldwide as a rising trend is observed with increasing life-expectancy and subsequent ageing of the population. It has been projected that half of all fractures in the world amounting to 3250 million cases would occur in Asia, and mostly in China, by the year 2050.

Treatment is generally recommended in post-menopausal women who have a bone mineral density (BMD) T score of -2.5 or less, a history of spine or hip fracture, or a Fracture Risk Assessment Tool (FRAX) score indicating increased fracture risk. Management of osteoporosis includes non-pharmacological treatment (diet, exercise and lifestyle modifications) as well as pharmacological treatment. The recommendations and practical approach to both pharmacological and non-pharmacological treatments will be covered in this talk.



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

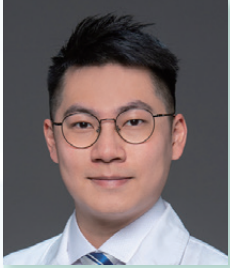
Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Friday, 26 June 2026 · 19:00 – 20:30

Workshop 1

Non-Pharmacological Therapies in Traditional Chinese Medicine: An Overall Introduction and Hands-on Practice



Mr. HO Chin Pong

BCM (GZUCM), MCM(HKBU)

Registered Chinese Medicine Practitioner

Mr. Ho obtained his Bachelor of Chinese Medicine from Guangzhou University of Chinese Medicine, and subsequently earned his Master of Chinese Medicine (Acupuncture) from Hong Kong Baptist University. He currently serves as the Deputy Secretary-General of the Hong Kong Registered Chinese Medicine Practitioners Association. His professional and academic interests include Chinese Medicine Orthopaedics and Acupuncture. His research experience includes participation in clinical studies on Parkinson's disease and stroke. His current research interest focuses on Chinese Medicine Orthopaedics.

Physicians in Hong Kong frequently encounter patients who are either receiving or considering Chinese medicine treatments. Beyond oral prescriptions, many patients also seek therapies from Chinese medicine practitioners, such as cupping, acupuncture, and bone setting. A solid understanding of how these therapies work can help physicians feel more confident and open to recommending integrative approaches.

This workshop will introduce a range of traditional Chinese medicine therapies, including cupping, seven-star needle techniques (a form of acupuncture), and bone setting for fractures. Using a distal radius fracture as a case example, the bone setting section will demonstrate how Chinese medicine practitioners perform closed reduction and splint immobilization, with pre- and post-reduction X-rays provided for better illustration. Participants will also have hands-on opportunities to observe and practice selected techniques.

By the end of the workshop, participants will gain a deeper understanding of the principles and practical applications of common Chinese medicine therapies, fostering more informed communication and collaboration in patient care.



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Friday, 26 June 2026 · 19:00 – 20:30

Workshop 2

A Virtual Reality of Choice: A Practical Workshop on Advance Medical Directives (AMDs) and Clinical Scenarios



Dr. Nick TSUI

MB ChB (CUHK), FHKCA, FHKAM (Anaesthesiology)

*Specialist in Anaesthesiology
CEO & Co-founder of Alongside*

Dr Nick Tsui is a Specialist in Anaesthesiology in private practice, an examiner of the Hong Kong College of Anaesthesiologists, and CEO & Co-founder of Alongside. He holds an LLM in Medical Laws and Ethics from the University of Edinburgh. Dr Tsui has been at the forefront of Advance Medical Directive (AMD) education and service development in Hong Kong, having supported the completion of over 165 AMDs for the general public. He pioneered the Advance Medical Directive Simulation Workshop and the VR-based "Final Choices" initiative, supported by the HKEX Foundation and SIE Fund respectively, to advance public and professional understanding of end-of-life decision-making.

This workshop offers family physicians an immersive and practice-oriented introduction to Advance Medical Directives (AMD) in the context of the upcoming Advance Decisions on Life-Sustaining Treatment Ordinance. It begins with a VR experience filmed in a cinematic style, allowing participants to step into the first-person perspective of an individual facing serious illness and end-of-life decisions. Through an interactive narrative, participants will be invited to make choices at key moments, experiencing not only the clinical implications of such decisions, but also the emotional weight, uncertainty, vulnerability, and values that often shape them.

By placing medical professionals in the point of view of a member of the general public, the workshop aims to deepen understanding of why individuals may make different end-of-life choices, and how those choices are often influenced by fear, dignity, family dynamics, autonomy, and personal beliefs rather than medical facts alone. This perspective-taking exercise is intended to enrich communication, empathy, and shared decision-making in clinical practice.

The immersive component will be followed by a lecture and discussion on the Advance Decisions on Life-Sustaining Treatment Ordinance, with particular focus on its implications for clinical practice and AMD implementation in Hong Kong. Drawing on Alongside's frontline experience in supporting AMD services for the general public, the session will also share practical insights into common concerns, misconceptions, and barriers encountered in real-life cases. Importantly, the discussion will highlight that AMD is not only relevant to persons with terminal illness, but a broader advance care planning tool under the new legal framework.



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Saturday, 27 June 2026 · 16:55 – 18:25

Workshop 3

Ultrasound-guided Joint Injection



Dr. Regina W.S. SIT

MD (CUHK), MBBS (HK), DCH (HK), DPD (Cardiff), PDip Community Geriatrics (HK), DipMed (CUHK), FRACGP, FHKCFP, FHKAM (Family Medicine)

*Associate Professor (Clinical),
Director,
Primary Care Clinical Trial Unit,
JC School of Public Health and Primary Care,
The Chinese University of Hong Kong*

Dr. Regina Sit is an Associate Professor (Clinical) at the Jockey Club School of Public Health and Primary Care, The Chinese University of Hong Kong. She obtained her MBBS from the University of Hong Kong and later became a Family Medicine Specialist, earning her Doctor of Medicine (MD) research degree at CUHK. Alongside her specialist training, she developed expertise in pain management and is a Certified Interventional Pain Sonologist with the World Institute of Pain. As a clinician-scientist, her work focuses on chronic musculoskeletal pain in primary care. Dr. Sit now serves as the Director of the School's Primary Care Clinical Trials Unit, where she aims to extend high-calibre clinical research into the community and develop the Unit into a leading hub for primary care clinical trials in Asia.

In this 90-minute workshop, we will demonstrate two evidence-based injection approaches supported by high-quality randomized controlled trials. The first evaluates the efficacy of dextrose prolotherapy for knee osteoarthritis using an intra-articular injection approach¹. The second focuses on dextrose prolotherapy for recurrent ankle sprains targeting the anterior talofibular ligament². Both approaches provide evidence-based options for clinical practice.

The workshop will begin with the fundamentals of ultrasound guidance, including probe handling, image optimization, key anatomical landmarks, followed by needling technique under ultrasound guidance. Participants will then learn step-by-step injection techniques for these conditions. If time permits, we will also briefly review ultrasound-guided injection techniques for the hip and shoulder joints.

1. Sit RWS, Wu RWK, Rabago D, et al. Efficacy of Intra-Articular Hypertonic Dextrose (Prolotherapy) for Knee Osteoarthritis: A Randomized Controlled Trial. *The Annals of Family Medicine* 2020; 18(3): 235-42.
2. Sit RW-S, Wu RW-K, Reeves KD, et al. Dextrose Prolotherapy injection improves dynamic postural balance and reduces risk of recurrent sprains in Chronic Ankle Instability: A one-year randomized placebo-controlled trial. *Archives of Physical Medicine and Rehabilitation* 2025.



26 – 28 June 2026 (Friday – Sunday)

Saturday, 27 June 2026 · 16:55 – 18:25

Workshop 4

Cryotherapy for Common Dermatology Lesion



Dr. Steven K.F. LOO

MBChB (CUHK), MRCP (UK), FHKCP, FHKAM (Medicine), MEDM(CUHK), MSc (Genomics and Bioinformatics) (CUHK), FRCP (Edin), FRCP (Glasg)

Consultant Dermatologist, CUHK Medical Centre

Honorary Clinical Assistant Professor, The Chinese University of Hong Kong

Specialist in Dermatology & Venereology

Dr. Steven Loo is currently in private practice. He serves as a Consultant Dermatologist at the CUHK Medical Centre, and an Honorary Clinical Assistant Professor at the Chinese University of Hong Kong (CUHK).

He graduated with distinctions from the Faculty of Medicine, CUHK, in 2002 and obtained Membership of the Royal College of Physicians (MRCP), United Kingdom, in 2005. He subsequently undertook fellowship training in dermatology and immunology at the Baylor Research Institute, Dallas, Texas (2008) and Salford Royal Hospital, University of Manchester, United Kingdom (2009). He holds three Master of Science degrees from CUHK — in Endocrinology, Chinese Acupuncture, and Genomics — and completed his PhD in atopic dermatitis at CUHK in 2026.

Dr. Loo was elected Fellow of the Hong Kong Academy of Medicine (FHKAM), Fellow of the Hong Kong College of Physicians, and Fellow of the Hong Kong College of Dermatologists in 2010. In recognition of his outstanding clinical and academic achievements, he was elected Fellow of the Royal College of Physicians of Edinburgh (FRCP Edin) and Fellow of the Royal College of Physicians of Glasgow (FRCP Glas) in 2018.

His research interests include the immunology of atopic dermatitis, the role of gut microbiota in allergic diseases, and the application of traditional Chinese medicine in integrative disease management.

Cryotherapy remains one of the most versatile and cost-effective treatment modalities in outpatient dermatology. Using liquid nitrogen at -196°C , cryotherapy induces controlled tissue destruction through rapid freezing and thawing, making it suitable for a wide spectrum of benign, premalignant, and selected malignant skin lesions. For family physicians who encounter skin conditions daily, a solid working knowledge of cryotherapy principles and techniques is invaluable for timely patient care.

This lecture aims to provide a practical, evidence-based overview of cryotherapy as applied in routine dermatological practice. Key topics include the mechanism of cryonecrosis, device selection (spray versus probe versus cotton-tip applicator), appropriate freeze-time parameters, and lesion-specific treatment protocols. Common indications, including viral warts, actinic keratoses, seborrhoeic keratoses, skin tags, and superficial basal cell carcinomas, will be discussed alongside their expected clinical outcomes and cure rates.

Particular emphasis will be placed on practical decision-making: identifying which lesions are suitable for cryotherapy versus those requiring biopsy or referral, optimising freeze-thaw cycles for different anatomical sites, managing patient expectations regarding post-treatment blistering and dyspigmentation, and recognising contraindications such as cold-sensitive conditions and lesions with uncertain diagnoses. Pearls for pain minimisation and techniques to improve cosmetic outcomes will also be shared.

When applied with proper patient selection and technique, cryotherapy offers family physicians a safe, efficient, and highly effective office-based procedure. This lecture will equip attendees with the confidence and practical skills to expand their use of cryotherapy in primary care dermatology.



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Sunday, 28 June 2026 · 09:30 – 11:45

Workshop 5

Hands-on Workshops on Upper Back Pain Commonly Seen by Family Physicians



Dr. AU Chi Lap

MBBS (QLD), FRACGP, FHKCFP, FHKAM (Family Medicine)

Chairman, Board of Diploma in Family Medicine, The Hong Kong College of Family Physicians

Dr. Au graduated from the University of Queensland in 1992. He was initially trained in traditional manual therapy with a Chinese doctor.

He later pursued further studies in musculoskeletal medicine and musculoskeletal ultrasound at the Hong Kong Institute of Musculoskeletal Medicine. Over years of practice, Dr. Au has developed useful manual skills to treat musculoskeletal pain commonly encountered in medical practice. Dr. Au is the chairman of the Board of the Diploma in Family Medicine at HKCFP. He is also a speaker for three musculoskeletal workshops within the Diploma.

As family physicians, we encounter many cases of musculoskeletal pain every day. This presents a significant challenge for frontline physicians, especially when dealing with chronic pain.

Like most medical conditions, musculoskeletal pain typically follows a developmental process. It may begin as a mild issue, but without appropriate treatment and preventive measures, it can progress over time and significantly impact the patient's daily life.

As gatekeepers in healthcare, our understanding of the early stages of pain and our ability to assist patients with treatment and prevention can help reduce or slow the progression of these conditions.

This workshop consists of three parts: the first part explains the relationship between human anatomy and musculoskeletal pain; the second part includes a hands-on session to practice simple manual therapies; and the third part shares preventive exercises aimed at reducing the occurrence of pain. I hope family doctors will find this workshop useful and will be able to apply this knowledge in their daily practice.



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Coffee Break Symposium

Sunday, 28 June 2026 · 10:00 – 10:30

Atopic Eczema: An Update on Treatment



Dr. CHENG Hok Fai

MBBS (HK), MRCP (UK), FHKCP, FHKAM (Medicine), PGDipClinDerm (Lond), PDipMDPath, DipMed (CUHK), Dip Geri Med RCPS (Glasg), PdipCommunityGeriatrics (Hong Kong), DCH (Sydney)
Dermatology Specialist in private practice

Dr Cheng graduated from The University of Hong Kong in 2002. Before committing to a career in dermatology, he spent his early years in the discipline of anatomical pathology. Upon completion of his dermatology fellowship, he followed his passion and pursued further overseas training in skin cancer surgery and nail surgery. His solid laboratory experience enabled him to contribute regularly to local dermatopathology conferences. Dr Cheng currently works in the private sector. He is actively involved in both local and overseas clinical dermatology conferences, and is passionate in coaching and sharing of professional knowledge with his peers.

Atopic eczema is a highly prevalent condition, with most patients seeking medical attention early on from primary care physicians. In recent decades, advances in scientific research have led to substantial transformations in the therapeutic landscape. This presentation aims to provide a quick overview of the medical condition, and to examine the latest treatment strategies.



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Friday, 26 June 2026 · 19:00 – 20:30

Sponsored Dinner Symposium

From Risk to Reality: Managing CKM Progression Through Early Intervention in Primary Care



Dr. Victor H.F. HUNG

MBCbB (CUHK), FRCP (Edin, Glasg, Lond), FHKCP, FHKAM (Medicine)

*Clinical Endocrinologist,
Consultant Physician and the Head of Endocrine Unit and Diabetes Centre,
Department of Medicine & Geriatrics, Princess Margaret Hospital
Clinical Associate Professor (honorary), Department of Medicine and Therapeutics,
The Chinese University of Hong Kong*

Dr Hung graduated from the Chinese University of Hong Kong. He underwent post-graduate Internal Medicine and Endocrinology training in Princess Margaret Hospital and Queen Mary Hospital, and he had his overseas training as postdoctoral research fellow under the mentorship of Professor G Michael Besser at the Endocrine Unit of St. Bartholomew's Hospital, London, United Kingdom. He is a specialist in Endocrinology, Diabetes & Metabolism. He is also the fellow of Royal College of Physicians of Edinburgh, London and Royal College of Physicians and Surgeons of Glasgow.

Dr Hung is a clinical endocrinologist, and he is currently the Consultant Physician and the Head of Endocrine Unit and Diabetes Centre, Department of Medicine & Geriatrics, Princess Margaret Hospital. He is the immediate Past President of the Hong Kong Society of Endocrinology, Metabolism and Reproduction (HKSEMR). He is the committee member of the Central Committee on Diabetic Service and Quality Assurance Subcommittee, Hospital Authority (HA). He is one of the contributing authors of the HA Clinical Practice Guidelines for Management of Type 2 DM. He is currently the Chairman of Basic Physician Board of the Hong Kong College of Physicians.

He has participated in clinical research involving diabetes, thyroid, and adrenal diseases. He is also journal and abstract reviewer of Hong Kong Medical Journal, Respiratory Case Reports, and International Diabetes Federation Congress. He has written a textbook chapter in Endocrinology in Clinical Practice and has recent publications in peer-reviewed journals.

Cardiovascular-kidney-metabolic (CKM) syndrome represents a unified framework highlighting the interconnected progression from cardiometabolic risk factors through chronic kidney disease (CKD), cardiovascular disease (CVD), and end-stage complications. Early recognition of CKM progression in primary care settings enables timely intervention to halt advancement, optimize cardio-kidney-metabolic protective therapies, and improve long-term patient outcomes.

This lecture will explore practical strategies for risk stratification and early management of CKM syndrome progression in general practice. We will review the latest evidence on identifying high-risk patients using simple tools such as eGFR, urine albumin-to-creatinine ratio (uACR), and established risk calculators. Conventional gluco-centric approach has put much emphasis on managing diabetes by using insulin sensitizers, secretagogues, and other glucose-lowering medications. Contemporary management strategies would involve early initiation of cardio-renal protective agents on top of medications for glucose, blood pressure, lipid control and weight management. The key focus of this lecture will be placed on actionable interventions including the expanding role of medications with pleiotropic effects such as SGLT2 inhibitors across diverse populations—beyond diabetes to include patients with CKD and heart failure.

Recent guideline recommendations emphasize early, holistic pharmacotherapy alongside lifestyle modification to prevent CKD progression and CVD events. The lecture will address implementation challenges faced by family physicians, including patient identification, therapy initiation, safety monitoring, clinical inertia and appropriate specialist referral timing. Through clinical cases relevant to Hong Kong primary care, attendees will gain confidence in translating CKM syndrome concepts into daily practice.



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Friday, 26 June 2026 · 19:00 – 20:30

Sponsored Dinner Symposium

Every Breath Counts: Optimizing COPD Management Through Early Detection and Dual Bronchodilation in Primary Care



Dr. CHOY Chi Fung

FRCP (Edinburgh), FHKAM, MRCP (UK)

Consultant, Department of Medicine, Tseung Kwan O Hospital, Hospital Authority

Dr Frankie Choy is Consultant in the Department of Medicine at Tseung Kwan O Hospital and Team Head of Respiratory Medicine. His clinical interests include COPD, chronic respiratory disease care, and ambulatory respiratory service development. He is also interested in interventional bronchoscopy and respiratory service innovation, and is actively involved in respiratory professional society work, medical education, and service development.

Chronic obstructive pulmonary disease (COPD) is highly prevalent yet remains underdiagnosed and sub-optimally managed, despite its progressive nature and major impact on patients' functional capacity, quality of life, and long-term outcomes. In the primary care setting, physicians play a critical role in identifying at-risk individuals, recognising early clinical signs, and initiating timely intervention. This frontline responsibility is vital in shaping disease trajectory and preventing irreversible decline. Building on this pivotal role, a structured and proactive approach that combines accurate diagnosis, routine spirometric evaluation, and personalised therapeutic planning can help strengthen disease control and care continuity. The integration of early recognition with targeted long-term management enables meaningful improvements in patient outcomes and reduces overall healthcare burden.

Within this continuum of care, dual bronchodilation with a long-acting beta agonist (LABA) and a long-acting muscarinic antagonist (LAMA) represents the cornerstone of maintenance therapy, offering sustained bronchodilation, improved symptom control, and reduced exacerbation risk. The efficacy of this combination has been consistently demonstrated in large-scale clinical trials and endorsed by international treatment guidelines. This lecture will explore practical methods for COPD detection and assessment in primary care, review the evidence supporting early initiation of dual bronchodilation, and discuss strategies for selecting optimal inhaler based on patients' abilities and adherence patterns. Through these insights, participants will gain practical guidance to translate clinical evidence into effective, patient-centred strategies that enhance everyday COPD care and empower primary care physicians to ensure that, for every individual living with COPD, every breath truly counts.



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Saturday, 27 June 2026 · 19:05 – 20:35

Sponsored Dinner Symposium

Pneumococcal Prevention in Primary Care: Implementing Next Generation PCV for High Risk Adults



Dr. Herbert W.C. KWOK

MBBS (HK), MD (HK), MRCP (UK), FHKCP, FHKAM, FRCP(Glasg)

Specialist in Respiratory Medicine

Clinical Assistant Professor, The University of Hong Kong

Dr Herbert Kwok is the Clinical Assistant Professor at the Department of Medicine, the University of Hong Kong. Dr Kwok's research interests include airway diseases including asthma, bronchiectasis and chronic obstructive pulmonary diseases. Lung cancer is another area that Dr Kwok is actively working on. He was awarded the Li Shu Fan Fellowship for Internal Medicine to support his study in phenotyping and therapeutics of airway diseases. He was also awarded competitive research grant to support his research in respiratory medicine, namely Health and Medical Research Fund, Pneumoconiosis Compensation Fund Board (PCFB) Research Fund, Hong Kong Lung Foundation Research Grant, Hong Kong College of Physicians Young Investigator Research Grant, Hong Kong Obesity Society Research Fund and The Hong Kong Institute of Allergy Research Grant.

Pneumococcal disease remains a global burden. It is important to recognize the high-risk population and offer optimal preventive strategies to these patients. Age 65 or above and chronic medical diseases are the common risk factors for severe pneumococcal diseases.

To protect these vulnerable patients, pneumococcal vaccination is the most effective and easily accessible way. There are two types of pneumococcal vaccines, namely pneumococcal conjugate vaccines (PCVs) and pneumococcal polysaccharide vaccines (PPSV). However, the vaccine uptake rate remains suboptimal. Another issue of older pneumococcal vaccine is serotype replacement, leading to surge in non-vaccine serotype related diseases. The development of newer pneumococcal vaccines that offer broader serotype coverage and only require single dose revolutionize the vaccination strategy. These vaccines were also recommended in International guidelines.

The newer pneumococcal conjugated vaccines offer robust serotype specific antibody responses which is at least comparable to or exceeding those seen with older pneumococcal vaccines. At the same time, safety profiles align with other PCVs and show acceptable tolerability. In modelling study, PCV21 has the potential to further reduce pneumococcal disease burden through expanded serotype coverage.

To offer comprehensive protection, there is a need to enhance pneumococcal vaccine uptake among elderly and patients chronic medical diseases. PCV21 has broad coverage of serotypes that predominantly infect adults. It also has the advantage of simplicity in dosing and lower cost of a single-dose vaccine. The ACIP recommendation on PCV21 will also be covered in this talk.



26 – 28 June 2026 (Friday – Sunday)

Saturday, 27 June 2026 · 19:05 – 20:35

Sponsored Dinner Symposium

Repositioning Kidney Protection as Core Prevention in Diabetic Kidney Disease



Dr. Winston W.S. FUNG

MB BChir (Cantab), MRCP (Lond), FHKCP, FHKAM (Medicine), FRCP, FISN

Associate Consultant, Prince of Wales Hospital

Honorary Clinical Associate Professor, The Chinese University of Hong Kong

Winston is currently an associate consultant in the Prince of Wales Hospital and an honorary clinical associate professor for Chinese University of Hong Kong. He graduated from University of Cambridge and he went on to complete his Nephrology training in Hong Kong with academic excellence including FRCP (Lond) from the Royal College of Physicians and as a first fellow in Genetics and Genomics from the Hong Kong College of Physicians. He has published more than 150 peers-reviewed articles and has won many research grants, including the Outstanding Research Impact Award recently from CUHK.

He has also received numerous Exemplary Teacher Awards over the years by his university, such as the Teacher of the Year Award in 2021. Internationally, he is an active member in the International Society of Nephrology Emerging Leader Program and is part of the North East Asia Regional Board, GREEN-K steering committee, Education Working Group and the Young Nephrologist Committee within ISN. He is also a member of the Education Committee of International Society of Peritoneal dialysis and the co-chair for the ISPD position statement for sustainable peritoneal dialysis. He has been elected as an ISN-Global Kidney Health Atlas Named Fellow and a fellow of the ISN for his significant contribution to global kidney care.

Diabetic kidney disease (DKD) is a major driver of kidney failure, cardiovascular events, and premature mortality. Despite improvements in glycemic and blood pressure control, progression remains common when kidney protection is not embedded as prevention in primary care. This lecture reframes DKD management from a glucose-centric approach to an integrated, organ-protective model. We will emphasize routine, early detection using urine albumin-to-creatinine ratio and estimated GFR, simple risk staging to guide timely action, and rapid initiation of therapies with proven renal and cardiovascular benefit—renin–angiotensin system blockade and SGLT2 inhibitors—alongside individualized HbA1c targets. Practical, clinic-ready guidance will be shared on streamlining early renal function testing in the outpatient setting without burdening workflow, and on monitoring eGFR and potassium after therapy initiation. By repositioning kidney protection as an element of core preventive care, family physicians can slow DKD progression, reduce heart failure and atherosclerotic events, and improve longevity within everyday primary care.

Asthma Management, with a Focus on Primary Care



Dr. Fanny W.S. KO

MBChB, MD, FRCP (Lond., Edin., Glasg.), FHKCP, FHKA

Honorary Clinical Professor, The Chinese University of Hong Kong

Specialist respiratory consultant physician, Division Head of Respiratory Medicine (Clinical Service) at Prince of Wales Hospital, and Honorary Clinical Professor at the Chinese University of Hong Kong.

Member of the Scientific Committee of the Global Initiative for Asthma, advisor to the World Health Organisation COPD guideline development group, Immediate Past Chairman of Hong Kong Lung Foundation, and Medical Advisor of Hong Kong Asthma Society.

Main research interests are asthma and COPD, published over 200 peer-reviewed papers, obtained her MD in 2007 on COPD research, and was elected Fellow of the European Respiratory Society in 2022.

Asthma remains one of the most common chronic respiratory diseases worldwide, affecting over 260 million people, causing significant morbidity and healthcare burdens. In the primary care settings, where the majority of asthmatic patients are diagnosed and managed, effective long-term control is essential in order to reduce exacerbations, improve quality of life, and prevent avoidable hospital admissions.

This talk will provide a practical, evidence-based update on contemporary asthma management tailored specifically for primary care physicians. Key topics include accurate diagnosis and differentiation from common mimics such as vocal cord dysfunction and COPD, objective assessment using spirometry and peak flow monitoring, and the application of the latest Global Initiative for Asthma (GINA) guidelines. Emphasis will be placed on the paradigm shift toward anti-inflammatory reliever therapy (AIR) using low-dose inhaled corticosteroid-formoterol as the preferred reliever instead of short-acting beta-agonists alone.

This presentation will cover personalised management, including identification of poor control, management of modifiable risk factors (smoking, allergen exposure, obesity, and comorbidities), and the role of biologic therapies in those with severe asthma. Practical strategies for patient education, inhaler technique optimisation, development of written asthma action plans, and shared decision-making will be highlighted to enhance adherence and patient's self-management.



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Sunday, 28 June 2026 · 13:15 – 14:45

Sponsored Lunch Symposium

Prevention Starts in Primary Care: Optimizing Protection Against Herpes Zoster and RSV in Diabetes



Professor David T.W. LUI

MBBS (Hons) (HK), MRCP (UK), FHKCP, FHKAM (Medicine)

Clinical Assistant Professor, Department of Medicine, School of Clinical Medicine, Li Ka Shing Faculty of Medicine, The University of Hong Kong

Dr David Lui graduated with Honours from the University of Hong Kong (HKU) and is a Specialist in Endocrinology, Diabetes and Metabolism. He is a Clinical Assistant Professor in the Department of Medicine at HKU. His research focuses on bone and muscle health, lipid disorders, and cardiovascular risk in diabetes. He has established multiple cohorts to evaluate osteoporosis and sarcopenia in individuals with and without diabetes, and contributed to the 2024 OSHK Guideline for the Clinical Management of Postmenopausal Osteoporosis in Hong Kong, authoring the section on *Diabetes and Osteoporosis*. During the COVID 19 pandemic, Dr Lui led cohort studies investigating endocrine dysfunction following SARS CoV 2 infection and vaccination. He has published over 120 peer reviewed articles in international journals, including *Nature Reviews Endocrinology*, *Diabetes Care*, *EClinicalMedicine*, and *JAMA Network Open*. His work has been recognised with multiple awards, including the Distinguished Research Paper Award for Young Investigators from the Hong Kong College of Physicians (2021–2023) and the Rising Star Award at the International Congress of Diabetes and Metabolism (2021). He currently serves on the Editorial Board of *Endocrine Practice* and is an active member of the Asia Pacific Consortium on Osteoporosis (APCO) and the Asia Pacific Cardio Metabolic Consortium (APCMC).

Patients with diabetes are at an increased risk of herpes zoster and respiratory syncytial virus (RSV) infections due to immune dysfunction and cardiometabolic comorbidities. These infections contribute to significant morbidity, healthcare utilization, and potential cardiovascular complications. Primary healthcare providers play a pivotal role in early risk identification and implementation of effective primary prevention strategies. This session will highlight the burden of herpes zoster and RSV in diabetes and review current evidence-based preventive approaches, including vaccination and patient education. Practical guidance will be provided on integrating infection prevention into routine diabetes care, supporting improved outcomes through proactive, comprehensive primary care management.



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Sunday, 28 June 2026 · 13:15 – 14:45

Sponsored Lunch Symposium

Community-based Osteoporosis Screening and Management Framework for Primary Care in Hong Kong



Professor CHEUNG Ching Lung

BSc, MA, PhD

Director, Real-World Study and Application Centre, Hong Kong

Associate Professor, Department of Pharmacology and Pharmacy, The University of Hong Kong, Hong Kong

Prof. Cheung is the director of Real-World Study and Application Centre (RWSAC) and an associate professor in the Department of Pharmacology and Pharmacy at the University of Hong Kong and serves as the President of the Osteoporosis Society of Hong Kong. He is also an elected committee member and fellow of the American Society for Bone and Mineral Research. Prof. Cheung obtained his PhD from HKU and completed his post-doctoral training at Harvard Medical School. His research focuses on the epidemiology of osteoporosis. He has published over 200 peer-reviewed articles in high-impact journals, including Lancet, JAMA, Cell, and Nature Genetics.

Osteoporosis is a major and escalating public health problem in Hong Kong, driven by rapid population ageing and the consequent rise in fragility fractures. These fractures are associated with substantial morbidity, loss of independence, and long term healthcare costs. Despite the availability of effective interventions, osteoporosis remains underdiagnosed and undertreated in the community, highlighting critical gaps in early risk identification, care coordination, and continuity of management within primary care.

This work presents a structured, community based framework for osteoporosis screening and management tailored to the Hong Kong primary care setting. The framework provides practical, consensus informed guidance to support systematic risk assessment, timely diagnosis, appropriate referral, and sustained long term management across community pharmacies, district health centres, elderly service centres, primary and specialty care practices. Clear roles and responsibilities are delineated among different health service settings, enabling streamlined workflows and improved care integration.

By embedding osteoporosis care within routine community services, the framework aims to shift practice from reactive fracture management to proactive osteoporosis prevention and early intervention. Its implementation has the potential to enhance case finding among at risk older adults, facilitate earlier treatment initiation, improve adherence and follow up, and ultimately reduce fracture incidence and related disability. This community driven approach offers a scalable and sustainable model to strengthen primary care capacity, improve patient outcomes, and alleviate the growing healthcare burden of osteoporosis in Hong Kong.



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2026

Overcoming Challenges for Sustainable Primary Care: *Innovation, Collaboration and Leadership*

26 – 28 June 2026 (Friday – Sunday)

Friday, 26 June 2026 · 19:30 – 20:30

Sponsored Online Seminar

Beyond BMI: Integrating GIP+GLP 1 Receptor Agonists into Modern Obesity Management



Dr. Ivan M.H. WONG

MBBS(HK), MRCP(UK), FHKCP, FHKAM(Medicine), FACC

Director of Structural Heart Interventions, Hong Kong Asia Heart Centre

Honorary Clinical Assistant Professor, Faculty of Medicine, The Chinese University of Hong Kong

Dr. Ivan Wong graduated from the University of Hong Kong and completed his cardiology specialty training at Queen Elizabeth Hospital, where he previously served as an Associate Consultant in the Department of Medicine. He subsequently pursued advanced training in structural heart interventions and interventional echocardiography at the Heart Centre of Rigshospitalet, Copenhagen, Denmark, and at Zhongshan Hospital, Fudan University, Shanghai, China.

Dr. Wong is currently the Director of the Structural Heart Interventions at Hong Kong Asia Heart Centre, an Honorary Clinical Assistant Professor at the Faculty of Medicine, The Chinese University of Hong Kong, and a current Council Member of the Hong Kong Society of Congenital and Structural Heart Disease.

Obesity is a multifactorial, chronic, and progressive adiposity-based disease affecting over one billion individuals worldwide. Excess adiposity is a key driver of cardiovascular disease through interrelated mechanisms, including insulin resistance, dyslipidaemia, hypertension, and inflammation. Despite growing awareness and widespread implementation of lifestyle interventions and conventional pharmacotherapies, long-term weight management remains challenging for many patients. This gap underscores the need for more effective, sustainable, and patient-centred treatments.

This lecture will encourage healthcare professionals to rethink of obesity as an entity beyond just the body mass index (BMI), referencing the Lancet Commission on the Definition and diagnostic criteria of clinical obesity and explore the role of dual GIP/GLP 1 receptor agonists in modern obesity management, with a focus on visceral fat reduction and overall health improvement.

This lecture will introduce the unique mechanism of action of Mounjaro (tirzepatide), the first and only approved dual GIP/GLP-1 receptor agonist, and its role in advancing obesity management. Drawing on the latest clinical and real-world evidence, Dr. Wong will discuss how the combined actions on GIP and GLP-1 translate into significant reductions in body weight and waist circumference, preferential fat mass loss, and improvements in glycaemic control and cardiovascular outcomes, alongside a generally favourable safety profile predominantly characterised by gastrointestinal adverse events.