

Passion for the profession

> Taught by experienced industry experts

FROM a tender age, Dr Ho Choon Moy—now a consultant obstetrician and gynaecologist who owns an in-house clinic in Pantai Hospital Cheras—could foresee that her future would not hold a second ambition. Having grown up observing her grandfather's selfless devotion to the medical profession, she knew what she wanted to become.

Ho's passion for her craft landed her in myriad roles—from editor-in-chief of *Berita Menopos* magazine to past president of the Malaysian Menopause Society, among others—and finally led her to UCSI University's MSc in Anti-ageing, Regenerative Medicine and Medical Aesthetic programme.

With 29 years of experience in the medical profession, she describes the course as an “interesting and very applicable programme taught by quality and experienced industry experts”.

Under the School of Anti-ageing, Aesthetics and Regenerative Medicine, Ho has expanded her scope of practice to include anti-ageing and aesthetics.

“I used to prescribe medication to my patients but since I started this programme, I have stopped doing so unless it is absolutely imperative,” she said.

“Instead, I'd advise them to make changes to their diet and lifestyle, take specific supplements and exercise. Most take my advice because it is a safe and natural treatment without negative side effects and the results have been amazing.

“In the span of a few months, my patients are so much healthier and fare better than those who are on medication,” Ho said.

“The number of hysterectomies—operations where the uterus is removed—that I have to attend to

have also drastically reduced.

“In essence, this course teaches you what medical schools don't and I am pleased to administer holistic treatment to my patients.”

Apart from anti-ageing advice, Ho said she is now also able to offer sound guidance and aesthetic treatments to her patients, in terms of treating skin problems such as acne, pigmentation and wrinkles.

As the programme's aesthetic classes encompass a variety of hands-on exercises—laser treatments and Botox injections, among others—students enjoy access to the school's equipment like injectable training mannequins and fractional Co2 machines.

“I find that learning with like-minded souls (to achieve medical excellence) is so inspiring and motivating,” said Ho who expressed the joy of attending lectures with enthusiastic classmates.

“Each lecture is different because there are so many new breakthroughs and advances in these fields that are discovered on a daily basis.”

The school frequently invites guest lecturers from overseas to share their experience with the students and Ho is effusive in her praise of these industry experts.

“Despite their age, these lecturers

are not fatigued by their hectic schedule and instead are so full of boundless energy and life; it's just inspiring to be around them,” she said.

Notably, the school commits its students to industry exposure through such lectures and hands-on activities, and it is one of the primary reasons well-established doctors—like Ho—have joined the programme.

“I decided to join this course because it is the first programme to fuse the three fields of anti-ageing, aesthetics and regenerative medicine,” Ho said. “At most, other courses only specialise in one.”

“I believe that doctors today should engage in continuous learning. Apart from keeping abreast of developments in the industry, a doctor should also have a solid grasp of the latest training and qualifications to be credible.”

While the programme currently caters to licensed doctors, the school is in the midst of finalising plans to create other training sessions and workshops to benefit other health practitioners in the field.

To find out more about UCSI University's MSc in Anti-ageing, Regenerative Medicine and Medical Aesthetic programme, visit the university's Open Days on March 30 and 31 (9am to 5pm) for course counselling.



Ho practises with an injectable training mannequin during an aesthetic class.