

British Club Active Living Section

Lunch Presentation titled: “Stay Strong & Sharp after 60: The new science of Healthy Ageing”

Chairperson’s Introduction of the Speaker:

Before introducing our two distinguished speakers, I’d like to share a personal note. For nearly 30 years, my wife and I have relied on Bangkok Hospital in Soi Soonvijai as our primary medical resource. It has been central to our healthcare journey, so it is a pleasure to welcome two highly specialised experts from a place that has played such an important role in our lives.

In 2018 I underwent a double hip replacement there — not performed by our first speaker, I hasten to add — and for several weeks I was probably the world’s biggest baby learning to walk again! That experience gave me enormous respect for orthopaedic surgeons and for the life-changing impact of modern joint surgery.

This brings me to our first speaker, Dr Phonthakorn Panichkul (Paul), widely recognised as the pioneer in Thailand and across Asia of the Direct Anterior Approach for hip replacement, a minimally invasive technique delivering precision, faster recovery, and superior outcomes. He is also a specialist in VELYS robotic-assisted knee replacement, reflecting his commitment to cutting-edge surgical innovation. A member of both the American Association of Hip and Knee Surgeons and the European Hip Society, he trained at Chiang Mai University and completed prestigious fellowships in Thailand, the United States, and Canada, including at the Mayo Clinic. He has worked alongside world-renowned surgeons, earned international research awards, and published widely, driven by his commitment to bringing world-class practice back to serve patients in Thailand.

Our second speaker, Dr Anothai Soonsawat, will be warmly remembered as one of last year’s most engaging presenters, and we are delighted to welcome him back. A distinguished Geriatric Psychiatrist, he earned his medical degree from Prince of Songkla University before completing Psychiatry Residency training at the Harvard South Shore program and a fellowship in Geriatric Psychiatry at the David Geffen School of Medicine at UCLA. Board-certified in Geriatric Psychiatry in the United States, he now dedicates his work at Bangkok Hospital to supporting mental wellbeing, cognitive health, and quality of life in later years.

We are indeed fortunate to have them both with us. Please join me in welcoming our esteemed speakers — and firstly, Dr Paul.