

Clarence S. F. Ing

M.D., M.P.H.

Diplomate American Board of Ophthalmology

Fellow American Academy of Ophthalmology

Diplomate American Board of Preventive Medicine

Fellow American College of Preventive Medicine

PROFESSIONAL EXPERIENCE

1. Weimar Institute, Weimar California - October 1997 to present
 - NEWSTART Physician - October 1997 to present
 - Medical Director -2003 to present
 - NEWSTART - Program Director
 - President - NEWSTART Medical Clinic - December 1997 to present

2. Medical Missionary for Seventh-day Adventist Church
 - January 1992 to April 1997 Youngberg Adventist Hospital, Singapore
 - Director of Wellness Center - January 1992 to March 1997
 - Heartbeat Program - Director
 - Newstart Wellness Seminar - Director
 - 5-Day Plan to Stop Smoking - Director
 - Staff Physician - Preventive Medicine and Ophthalmology

 - June 1982 to December 1989 Youngberg Adventist Hospital, Singapore
 - Staff Physician - Preventive Medicine and Ophthalmology
 - Heartbeat Program - Director
 - Newstart Wellness Seminar - Director
 - 5-Day Plan to Stop Smoking - Co-Director
 - Consulting Physician for Smoking Cessation Programs
 - Ministry of Health, Republic of Singapore for National Smoking Control Program
 - National University of Singapore
 - Ngee Ann Polytechnic University
 - Republic of Singapore Air Force
 - Republic of Singapore Army
 - Republic of Singapore Navy
 - Singapore Airlines
 - Monetary Authority of Singapore
 - Housing Development Board
 - Conducted Corporate Wellness Programs for following organizations
 - Singapore Airlines
 - KPMFG Peat Marwick
 - Motorola
 - Ministry of Education
 - Jurong Town Corporation
 - Hewlett Packard

July 1981 to May 1982 Armer Ishoda Memorial Hospital, Majuro, Marshall Islands
Chief of Staff, Adventist Health Services

PAPERS AND SEMINARS

International Conference on Lifestyles and Disease Trends
December 4-6, 1992, Singapore
"Do Lifestyle Modification Programs Produce Long-term Changes"
Institute of International Research, Singapore
July 7, 1994, Singapore
Lowering Healthcare Costs with Behavior Change
Singapore Institute of Human Resource Management
July 14, 1994
Corporate Wellness Programs
Singapore Thoracic Society
January 21, 1996
Smoking Cessation Programs
Sacramento Dental Society – Mid Winter Convention
February 4, 2000
Does Your Lifestyle Make a Difference?
Johannesberg, South Africa
September 30 – October 6, 2001
Newstart Lifestyle Seminar
Reversing the Effects of Adult Onset Diabetes and Obesity
November 10-12, 1997 – Murrieta Hot Springs, California
February 23-25, 1998 – Warm Beach, Stanwood, Washington
March 23-25, 1998 – Sandy Cove, Northeast, Maryland
May 3, 1998 – Tokyo, Japan
May 12, 1998 – Nairobi General Hospital, Nairobi, Kenya
Grand Rounds
September 22-24, 1998 – Mt. Hermon, California
November 16-18, 1998 Cannon Beach, Oregon
January 10-12, 1999 – Sonora Adventist Hospital, Sonora, California
April 20-22, 1999 – Colorado Springs, Colorado
June 22-24, 1999 – Wheaton College, Wheaton, Illinois
November 9-11, 1999 – Cannon Beach, Oregon
January 4-6, 2000 – Weimar, California
June 20-22, 2000 – Wheaton College, Wheaton, Illinois
September 26-28, 2000 – Mt. Hermon, California
February 12-14, 2001 – Orlando, Florida
April 30-May 2, 2002 – Sandy Cove, Northeast, Maryland
October 10-12, 2002 – San Antonio, Texas
September 17-19, 2002 – Silver Bay, New York
December 4-7, 2002 – Pasadena, California
January 27-29, 2003 – Sacramento, California
March 18-20, 2003 – Derbe, England
March 24-26, 2003 – Crief, Scotland
May 18-22, 2003 – Ridgecrest, North Carolina

July 15-17, 2003 – Honolulu, Hawaii
October 7-9, 2003 – Silver Bay, New York
November 18-19, 2003 – Santa Cruz, California
December 9-11, 2003 – San Antonio, Texas
July 20-22, 2004 – Murrieta Hot Springs, California
September 14-16, 2004 – Mt. Bethel, Pennsylvania
October 10-12, 2004 – Cairo, Egypt
October 19-21, 2004 – Cannon Beach, Oregon

EDUCATION AND TRAINING

Certified by the American Board of Preventive Medicine - January 1995
Fellow American College of Preventive Medicine - 2000
Member American College of Preventive Medicine – 1995
Certified by the American Board of Ophthalmology - October 1976
Fellow American Academy of Ophthalmology - 1978
Fellowship - Corneal Diseases and Refractive Surgery
July 1991 to December 1991
Loma Linda University Medical Center, Loma Linda, California
Preventive Medicine Residency - January 1, 1990 to June 30, 1991
Loma Linda University Medical Center, Loma Linda, California
Center for Health Promotion
Preventive Medicine Clinic
Weight Management Clinic - Optifast
Travelers and Immunization Clinic
Program Director - Residential Lifestyle Modification Program
Jerry L. Pettis Memorial Veterans Administration Hospital
Loma Linda, California
Addictions Treatment Unit - residential program
Cardiac Rehabilitation Clinic
Diabetes Education Clinic
Employee Health Service
Lipid Intervention Clinic
Non-Invasive Cardiology Service
Preventive Medicine Clinic
Weight Management Clinic
Women's Preventive Medicine Clinic
Kaiser Foundation Hospital, Southern California
Permanente Medical Group, Fontana, California
Preventive Medicine Group
Cardiac Rehabilitation Clinic
Diabetes Clinic
Health Assessment Clinic
Lipid Management Clinic
Physical Fitness Clinic
Smoking Cessation Clinic
Stress Management Clinic

Weight Management Clinic - Optifast
Riverside County Health Department
San Bernardino Valley College
Student Health Service
University of California at Riverside
Student Health Service
School of Public Health, Loma Linda University, Loma Linda, California
Graduated - December 13, 1990 - Master in Public Health
Areas of study - Public Health Nutrition and Exercise Physiology
Lancaster Course in Ophthalmology - June 11 to August 26, 1970
Colby College, Waterville, Maine
Fellowship - Corneal Diseases and Surgery - April and May 1970
Max Fine, MD, Mt. Zion Hospital, San Francisco,
California
Ophthalmology Residency - April 1, 1967 to March 31, 1970
Hollywood Presbyterian Hospital, Los Angeles, California
Rotating Internship - July 1, 1963 to June 30, 1964
San Joaquin General Hospital, French Camp, California
Diplomate of the National Board of Medical Examiners - July 1, 1964
Loma Linda University, School of Medicine, Loma Linda, California
Graduated June 2, 1963 - Doctor of Medicine
La Sierra University, La Sierra, California
Graduated - June 7, 1959 - Bachelor of Arts
Major field of study - Chemistry