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Ady's earlier roles included working as an emergency physician at Ari Canti Hospital from 2001 to 2002 and serving as the Head of the Primary Health Centre (Puskesmas) Laulalang in Central Sulawesi Province from 2002 to 2004. Currently, he holds the position of Vice Dean for Student Affairs at the Faculty of Medicine and is the head of the Center of Excellence in Travel Medicine and Medical Tourism at Udayana University.

His research interests encompass travel health, travel medicine, aviation health, occupational health, family medicine, and global health.