The Malaysian Healthy Ageing Society (MHAS) is a non-profit organization dedicated to educating physicians, scientists and members of the public on numerous healthy ageing issues. MHAS believes that the disabilities associated with normal ageing are caused by physiological and psycho-social dysfunction which in many cases can be prevented and treated, such that the human life span can be increased, and the quality of one's life improved as one grows chronological older. The Malaysian Healthy Ageing Society’s primary objective is to create public awareness for enhancement of the quality of life.

MALAYSIAN HEALTHY AGEING SOCIETY : ACTIVITY HIGHLIGHTS
First World Congress on Healthy Ageing (Kuala Lumpur, 2012)
Medical Disability and Assessment of Damages (Kuala Lumpur, 2013)
7th Malaysian Conference on Healthy Ageing - Healthy Organ for Healthy Ageing (Kuala Lumpur, 2014)
Symposium on Medical Disability and Assessment for Damages - Judiciary (Kuala Lumpur, 2015)
The 2nd World Congress on Healthy Ageing (South Africa, 2015)

COMMITTEE MEMBERS
Organising Chairman | Professor Philip George
(Consultant Psychiatrist, International Medical University)
Deputy Organising Chairman | Ms Joyce Leong
(Lecturer of Nursing, Universiti Putra Malaysia)
Honorary Secretary | Ms Ranuga Devy
(Advocate and Solicitor)
Treasurer | Mr Thillainathan Krishnan
(Occupational Therapist Officer, Ministry of Health Malaysia)
Scientific Chairperson | Associate Professor Tan Maw Pin
(Consultant Geriatrician, University Malaya)
Deputy Scientific Chairperson | Professor Nathan Vytialingam
(Dean, Perdana University School of Occupational Therapy)
Dr. Lim Poh Hin
(Consultant Neurologist, Universiti Putra Malaysia)
Dr Wong Teck Wee
(Consultant Cardiologist Intervention, i-Heal Medical Center, Kuala Lumpur)
Dr. Siva Poobalasingam
(Director, Integrative Medicine at Amrita Integrative Health Centre, Kuala Lumpur)
Dr. Jan Johan Ipe
(Sunway Medical Center, Selangor)
Ms Syaqina Shamsudin
(Lecturer, Perdana University School of Occupational Therapy)
Ms Erna Faryza
(Lecturer, Perdana University School of Occupational Therapy)
Ms Nur Atiqah Azman
(Lecturer, Perdana University School of Occupational Therapy)

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Website : healthyageing.org
**Background**

Mental health is an important component and contributor to Healthy Ageing. Mental health promotion and prevention should really be starting among children and adolescents if we want our population that is ageing to have a better quality of life and be more productive. Those who do suffer from mental illness can recover and need not suffer in silence. Special populations such as women and children in adversity require more mental health support as they become more vulnerable to mental disorders. People suffering from addictions too deserve evidence based medical modalities of treatment that are effective. These services should be available and accessible both in private and public healthcare services. With lack of emphasis and poor health insurance coverage this is a real challenge in Malaysia.

This Conference hopes to highlight the importance of ‘Making Mental Health a Priority for Healthy Ageing’. It brings together experts from abroad and locally to discuss important areas of mental health disorders and delivery. It hopes to educate and empower healthcare and policy makers to better improve mental health services and thus ensure Healthy Ageing in Malaysia.

**Faculty of Speakers**

*International Faculty*

- Professor Dr. Helen Herrman (President Elect, World Psychiatric Association)
- Professor Greg Whelan (Director, Addiction Rehabilitation Service, Melbourne Clinic, Australia)
- Dr. Peter Norrie (Director of Clinical Services & Chief Psychiatrist, Canberra Hospital, Australia)
- Dr. R.C Krishna (Consultant Neurologist, New York Community Hospital, U.S.A)
- Dr. Christopher Cheok (Consultant Psychiatrist, Institute of Mental Health, Singapore)
- Dr. Eubulus Timothy (Consultant Dental Surgeon, South Africa)
- Ms. Suchada Sakornsatian (Consultant Occupational Therapist, Sritunnya Hospital, Thailand)
- Mr. Keith Thomas Smith (Clinical Nurse Consultant, Canberra Hospital, Australia)
- Ms. Kerry Ann Crawford (Clinical Nurse Consultant, Canberra Hospital, Australia)
- Dr. Zubaidah Jamil (Consultant Clinical Psychologist, University Putra Malaysia)
- Dr. Bharathi Vengadasalam (Consultant Psychogeriatrician, Universiti Putra Malaysia)
- Dr. Karen Morgan (Lecturer, Perdana University - Royal College of Surgeon Ireland)
- Dr. Wong Teck Wee (Consultant Interventional Cardiologist, I-Heal Medical Center Kuala Lumpur)
- Dr. Lim Poh Hin (Consultant Neurologist, Universiti Putra Malaysia)
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- Dr. Joseph Anthony Abdullah (Consultant Endocrinologist, Universiti Putra Malaysia)
- Ms. Ranuga Devy (Advocate and Solicitor)
- Ms. Syaqina Shamsudin (Lecturer of Occupational Therapy, Perdana University)
- Ms. Kerryn Ann Crawford
- Mr. Keith Thomas Smith
- Ms. Suchada Sakornsatian
- Dr. Eubulus Timothy
- Dr. Christopher Cheok
- Dr. R.C Krishna
- Dr. Peter Norrie
- Professor Greg Whelan

*Local Faculty*

- Y. Bhg. Tan Sri Lee Lam Thye (Chairman, National Institute of Occupational Safety and Health)
- Professor Nathan Vtyialingam (Dean, Perdana University School of Occupational Therapy)
- Professor Philip George (Consultant Psychiatrist, International Medical University)
- Dato’ Dr. Andrew Mohanraj (Consultant Psychiatrist, Global Doctors, Malaysia)
- Assoc. Prof. Dr. Kathijah Lim Abdullah (Head, Department of Nursing, Universiti Malaysia)
- Assoc. Prof. Tan Maw Pin (Consultant Geriatrician, Faculty of Medicine, Universiti Malaysia)
- Dr. Zubaidah Jamil (Consultant Clinical Psychologist, University Putra Malaysia)
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- Ms. Ranuga Devy (Advocate and Solicitor)
- Ms. Syaqina Shamsudin (Lecturer of Occupational Therapy, Perdana University)

**Program Outline**

**Pre-Conference Workshop - 31st March 2016**

1st April 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>0730</td>
<td>Registration</td>
</tr>
<tr>
<td>0800</td>
<td>2.00 - 5.00PM</td>
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<tr>
<td>0840</td>
<td>2.00 - 5.00PM</td>
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<tr>
<td>0910</td>
<td>Keynote Address by Professor Dr. Helen Hermann</td>
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</tbody>
</table>

Symposium 1: The Medical and Health Link

- 1030: Epilepsy and Mental Disorders
- 1100: Stroke as Cause or Effect of Depression?
- 1130: Medical Conditions Masquerading as Mental Illness
- 1215: Lunch Symposium

Forum 1: Psychological Support for Carers (Family & Caregivers)

Workshop 1: Psychological Support for Carers

1700: Exhibition & Poster Viewing | Coffee Break

Local Faculty

- Y. Bhg. Tan Sri Lee Lam Thye (Chairman, National Institute of Occupational Safety and Health)
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