



## REGISTRATION FORM

Please return this registration form together with payment document to the Secretariat via email or fax.  
All fields are mandatory.

Title and Name

Name on Badge

Organisation and Address

E-Mail

Contact number

**REGISTRATION FEE : RM50 - inclusive of refreshment & goodie bags**

**Limited space : Register early to avoid disappointments.**

### BANKING INFORMATION

Please make all cheques payable to the "Malaysian Healthy Ageing Society"

If you are paying via telegraphic transfer, direct bank-in or online transfer, please remit as follows:

Name of bank **RHB Berhad**  
Account number **26416000002456**  
Name of account **Malaysian Healthy Ageing Society**  
Swift code **RHBMKYL**

### Secretariat Contact Details

10, Jalan 5/35, Bukit Gasing  
46000 Petaling Jaya  
Selangor

H/P: 012-364 6109 Fax: 03-2726 8902  
email: info@healthyageing.org  
website: www.healthyageing.org

Seminar Website : [www.healthyageing.org](http://www.healthyageing.org)

## Programme Highlights

This is an introductory programme by Professionals to Empower the Elderly to live an Independent and Healthier Life Style in their golden years. Its aim is to provide an in-depth knowledge with practical demonstrations for specialized care and to understand the importance in prevention of illness.

### Date

18th & 19th August 2018  
(Saturday & Sunday)

### Venue

Auditorium  
Hospital Tengku Ampuan Afzan  
Jalan Tanah Putih, 25100 Kuantan,  
Pahang

*Goodie bag worth RM100  
will be given to all participants*

## THE SECRETARIAT Malaysian Healthy Ageing Society

10, Jalan 5/35, Bukit Gasing  
46000 Petaling Jaya, Selangor

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# Secrets to Healthy Ageing

- Practical advice



A community event supported by:



PHARMACEUTICALS

# Secrets to Healthy Ageing

- Practical advice

**Day1** (18th Aug 2018)

TIME	PROGRAMME	SPEAKER	ADDRESS
7.30 - 8.15 am	REGISTRATION		
8.15 - 8.30 am	Introduction and Overview of the Programme	Ms. Ranuga Devy	MHAS Advocate & Solicitor
8:30 - 9.00 am	Overview of Healthy Ageing & Longevity.	Prof. Nathan Vytialingam	Advisor (MHAS) Dean - School of Occupational Therapy, Perdana University
9.00 - 9.30 am	Stroke Rehabilitation - practical approach	Dr. Lim Poh Hin	Consultant Neurologist, Ampang Puteri Hospital
9:30 - 10.00 am	Legal Issues and Implications for Elderly Patient	Ms. Ranuga Devy	Vice President, MHAS Advocate & Solicitor
10.00 - 10.30 am	TEA BREAK		
10.30 - 11.15 am	<b>Special Lecture</b> Memory - Practical approaches in coping with dementia	Dr. Lim Poh Hin	Consultant Neurologist, Ampang Puteri Hospital
11.15 - 12.00 pm	<b>Special Lecture</b> Healthy Bones and Joints For Healthy Life	Dr. Vaikunthan Rajaratnam	Senior Consultant, Hand & Micro Surgeon, Khoo Teck Puat Hospital, Singapore
12.00 - 1.00 pm	<b>FORUM:</b> Day Care Centre vs. Nursing Homes	Panel Discussion Moderator: Dr. Vaikunthan Rajaratnam	Panelists
1.00 - 2.00 pm	LUNCH BREAK		
2.00 - 2.30 pm	Carers' Issues	Prof. Nathan Vytialingam	Advisor (MHAS) Dean - School of Occupational Therapy, Perdana University
2.30 - 3.00 pm	Nutrition for Healthy Ageing	Dr. Wong Teck Wee	President of (MHAS), Consultant Interventional Cardiologist, iHEAL Medical Centre
3.00 - 3.45 pm	<b>Special Lecture</b> Geriatric Giants	Assoc. Prof. Tan Maw Pin	Consultant Geriatrician, University Malaya Medical Centre
3.45 - 4.15 pm	Medical screening for Healthy Ageing	Dr. Wong Teck Wee	Consultant Interventional Cardiologist, iHEAL Medical Centre
4.15 - 5.15 pm	<b>Forum on Elderly Issues:</b> Interactive discussion of a case scenario: Elderly couple with chronic disease and multiple social issues – (Carer's issues, alternative medicine, rehabilitation, legal implication, end of life planning etc.)	Panel Discussion Moderator Dr. Wong Teck Wee	Panelist
5.15 pm	TEA		

**Day2** (19th Aug 2018)

8:30 - 9.15 am	Options in managing common psychiatric conditions	Prof. Dr. Phillip George	Consultant Psychiatrist, International Medical University (IMU)
9.15 - 10.00 am	<b>Special Lecture</b> Vaccination Against Pneumococcal Diseases	Assoc. Prof. Tan Maw Pin	Consultant Geriatrician, University Malaya Medical Centre
10.00 - 10.30 am	TEA BREAK		
10.30 - 11.00 am	Nursing Care for a Dependent Elderly	Ms Joyce Leong	Deputy President of MHAS, Lecturer, Department of Nursing, University Putra Malaysia
11.00 - 11.30 am	Exercise as Medicine	Mr. Matthew Teo	Lecturer, Department of Nursing, University Putra Malaysia
11.30 - 1.00 pm	Independent Living - Moving Handling & Transporting An Elderly Patient	Mr. Thillainathan Krishnan	Senior Occupational Therapist, Ministry of Health Malaysia
1.00 - 2.00 pm	LUNCH		

Signature Programme by  
**MALAYSIAN HEALTHY AGEING SOCIETY (MHAS)**

*Prevention and self-empowerment:  
Towards a holistic and wellness focused life*



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