

**7TH MHAS CONFERENCE ON HEALTHY AGEING
BERJAYA TIMES SQUARE HOTEL, 2ND – 5TH APRIL 2014**

2ND APRIL 2014

TIME	WORKSHOP	
7.45 – 8.30am	REGISTRATION	
8.30 - 12.00 pm	<p>WORKSHOP A SEXUAL HEALTH AND AGEING</p> <p>Moderator Ms. Joyce Leong <i>(Nursing Senior Lecturer, Universiti Putra Malaysia)</i></p> <p>Speaker : Prof Hilde de Vocht <i>(Professor(lector) Research Center for Health, Social Work & Technology, Saxion University, Nederlands)</i></p>	<p>WORKSHOP B EVIDENCE BASED NUTRITION FOR CANCER</p> <p>Moderator Dato' Tan Yoke Hwa <i>(Director, Allied Health Division, Ministry of Health, Malaysia)</i></p> <p>Dietary Approaches for Cancer Prevention, Treatment and Complication</p> <p>Speakers: Dr Ravindran Kanesvaran <i>(Consultant Medical Oncologist, Singapore General Hospital, Singapore)</i> Tah Pei Chien <i>(Dietitian, University Malaya Medical Centre, Malaysia)</i></p> <p>Nutrition and Hydration at the End of Life</p> <p>Speakers: Dr Lam Chee Loong <i>(Palliative Care Physician, Universiti Malaya, Malaysia)</i> Nurhidayah Mohamad binti Som <i>(Dietitian, Kuala Lumpur Hospital, Malaysia)</i></p>
12.00 – 2.00 pm	LUNCH BREAK	
2.00 – 5.30 pm	<p>WORKSHOP C ABCs FOR CONTINENCE</p> <p>Moderator Brigadier Gen. Dato' Dr. Selvalingam <i>(Consultant Urologist, Hospital Angkatan Tentera Tuanku Mizan, Kuala Lumpur, Malaysia)</i></p> <p>Speakers: Understanding and maintaining continence in the older person Dr. Warren Loh Hwa Loon <i>(Consultant Urologist, Hospital Kuala Lumpur)</i></p> <p>Nursing the patient with continence problems. Sister Low Lee Mei <i>(Sister Rehabilitation Centre, Cheras)</i></p> <p>Physiotherapy recommendations in preserving continence. Ms. Lim Khee Li. <i>(PhysiotherapistU44, Kuala Lumpur Hospital, Malaysia)</i></p> <p>Hands on session- Continence management</p>	<p>WORKSHOP D COGNITIVE ASSESSMENTS</p> <p>Moderator Mr Chandra Kannan <i>(Lecturer of Occupational Therapy, Universiti Teknologi Mara)</i></p> <p>Speakers : When Is Forgetfulness Not Normal? - The Nuts and Bolts of Cognitive Assessments in the Elderly Dr. Anupama Roychowdhury <i>(Consultant Geriatrician, Singapore)</i></p> <p>Cognitive Assessments and Management in Elderly Assoc. Prof. Kenneth Fong <i>(Department of Rehabilitation Sciences, Hong Kong Polytechnic University)</i></p>

Title of Workshop Sessions:

- Workshop A : Sexual Health and Ageing
- Workshop B : Evidence Based Nutrition for Cancer
- Workshop C : ABCs for Continence
- Workshop D : Evaluating and Assessing for Cognition

DAY 1 – THURSDAY, 3RD APRIL 2014

TIME	TOPIC	SPEAKER
7.30 – 8.30am	REGISTRATION	-
8.30 – 9.15am	PLENARY A Stem Cell Therapy Updates	Moderator: Ybhg Prof Dato' Dr (Mrs) S T Kew Speaker: Dato' Dr. Azhari Rosman (Consultant Cardiologist, National Heart Institute, Kuala Lumpur)
9.15- 10.00 am	PLENARY B The Emperor of all Maladies (Cancer): Can we truly prevent it?"	Moderator: Ybhg Prof Dato' Dr (Mrs) S T Kew Speaker: Dr Ravindran Kaneshvaran (Consultant Medical Oncologist, Singapore General Hospital)
10.00- 10.30 am	TEA BREAK	
10.30 – 11.30am	Official Opening Welcome address by Dr Lim Poh Hin (President, Malaysian Healthy Ageing Society) Keynote Address by Dato' Mahadev Shankar "Transforming An Ageing Nation In An Era Of Change"	
11.30 – 12.30pm	LUNCH SYMPOSIUM – Ayurveda for the Modern World – Sami's Roles	Moderator: Datuk Dr. S. Jeyaindran (Deputy of Director General of Health) Speaker: Dr Muhammed Majeed (Founder & Managing Director of Sami Labs Limited, India)
12.30 - 2.00pm	LUNCH	

DAY 1 (THURSDAY, 3RD APRIL 2014) AFTERNOON CONCURRENT SESSIONS

TIME	Room A	Room B
2.00pm-3.30pm	2.00pm-3.30pm FORUM Cardiovascular Health (Lifeforce Organ) Interactive case discussions- Issues and controversies in cardiovascular world, IHD screening and plaque detection, statin and aspirin use in primary prevention, medico legal implications. Moderator: Dr. Wong Teck Wee Speakers : Dr. Wong Teck Wee (Consultant Cardiologist, IHeal Medical Center, Kuala Lumpur, Malaysia) Dr. Lim Poh Hin (Consultant Neurologist, Universiti Putra Malaysia, Selangor, Malaysia)	2.00pm – 2.30 pm An Evidence-Based Overview of Complementary Medicine Moderator: Dr. Siva Poobalasingam Speaker : Dr. Amir Farid Isahak (Medical Consultant, Qi Gong Master, Guolin Qigong Association Malaysia)
		2.30pm – 3.30 pm Movement Disorder Moderator: Dr. Lim Poh Hin Speaker: Parkinson's Disease : Early and Advanced Dr. Gunasundari Pushparasah (Consultant Neurologist, Park City Medical Centre, Kuala Lumpur.) Deep Brain Stimulation in Parkinson's Disease : Surgical Aspects Assoc Prof Dr. Jegan Thanabalan (Consultant Neurosurgeon, Universiti Kebangsaan Malaysia)

3.30pm – 5.15pm	3.30pm – 5.15pm SYMPOSIUM – The Genitourinary System (Plumbers In Action) Moderator: Brigadier Gen. Dato' Dr. Selvalingam Speakers : Step By Step Guide To Healthy Kidneys In The 21st Century Dr. Sunita Bavanandan <i>(Consultant Nephrologist, Kuala Lumpur Hospital, Kuala Lumpur, Malaysia)</i> Eat your way to a better kidney Khalizah bte Jamli <i>(Dietician, Kuala Lumpur Hospital, Kuala Lumpur, Malaysia)</i> Blood in the urine - why should you be concerned? Brigadier Gen. Dato' Dr. Selvalingam <i>(Consultant Urologist, Hospital Angkatan Tentera Tuanku Mizan, Kuala Lumpur, Malaysia)</i>	3.30pm – 4.00pm Healthy Teeth for Healthy Ageing Moderator: Assoc. Prof. Dr. Tan Maw Pin Speaker: Dr. Jacob John A/L Chiremel Chandy. <i>(Lecturer at the Faculty of Dentistry, Department of Diagnostic & Integrated Dental Practice, University of Malaya.)</i>
	4.00 -4.30 pm Diabetes Management for the Older Person Moderator: Dr. Ravindran Kanesvaran Speaker: Dr. Joseph Anthony Abdullah <i>(Senior Medical Lecturer & Physician (Endocrinology), Universiti Putra Malaysia)</i> 4.30pm – 5.15 pm Mental Health and Diabetes Care Dr. Jaya Prakash Reddy <i>(Consultant Psychiatrist ,Australia)</i>	
5.00- 5.30	TEA BREAK	

DAY 2 – FRIDAY, 4TH APRIL 2014

TIME	TOPIC	SPEAKER
8.00 – 8.45 am	PLENARY C Assessment and Training for Older Persons with Mild Cognitive Impairment	Moderator: Dr. Anupama Roychowdhury Speaker: Assoc. Prof. Kenneth Fong <i>(Department of Rehabilitation Sciences, Hong Kong Polytechnic University, Hong Kong)</i>
8.45 – 9.30 am	PLENARY D Redefining Successful Ageing : A Language Perspective	Moderator : Assoc. Prof. Dr. K. Rajasegaran Speaker: Assoc. Prof. Ramesh Nair <i>(Universiti Teknologi Mara, Selangor, Malaysia)</i>
9.30 – 10.00am	TEA BREAK	
10.00 -11.30am	FORUM- Bones and Joints (The Locomotion Organ) <i>Interactive case discussions</i> <i>Issues involve moans, groans and brittle bones- preserving bones and joint health, exercise for healthy bones diet for healthy bones gadgets for arthritis, foot care.</i>	Moderator: Dr. R. Vaikunthan Speakers: Dr. R. Vaikunthan <i>(Senior Consultant Hand & Micro Surgery , Khoo Teck Puat Hospital, Singapore)</i> Ms. Yew Su Fen <i>(Physiotherapist, Head of Physiotherapy Department, P. Pinang Hospita, Malaysia)</i> Mr. K. Thillainathan <i>(Head of Occupational Therapy Department., Selayang Hospital, Selango, Malaysia)</i> Dr. Zahara Abdul Manaf <i>(Dietitian & Lecturer, Universiti Kebangsaan Malaysia, Selangor)</i>

11.30 -12.15 pm	Life is a Laugh – It's Good to be Old	Moderator: Ms. Ranuga Devy Speaker: Mr. Andrew Netto <i>(Stand Up Comedian, Malaysia)</i>
12.15 – 1.00 pm	Lunch Symposium by MSD	The Painful Truth About Shingles-A Focus On The First And Only Zoster Vaccine. Moderator: Dr. Wong Teck Wee Speaker: Assoc. Prof. Tan Maw Pin
1.00 - 2.00pm	LUNCH	

DAY 2 (FRIDAY, 4TH APRIL 2014) AFTERNOON CONCURRENT SESSIONS

TIME	Room A	Room B
2.00pm-3.30pm	<p>2.00pm-3.30pm FORUM – When the CENTER OF CONTROL (Mind) malfunctions <i>Interactive Case discussion - skills training in Stress Management, Anxiety Disorders, Depression & Substance Abuse, Preventing Suicide.</i></p> <p>Moderator: Assoc. Prof. Dr. Philip George</p> <p>Speakers :</p> <p>Assoc. Prof. Philip George <i>(Senior Consultant Psychiatrist, International Medical University, Selangor, Malaysia)</i></p> <p>Paul Jambunathan <i>(Clinical Psychologist, Monash University, Selangor, Malaysia)</i> <i>Befrienders Counsellor</i></p>	<p>2.00pm – 2.45 pm SYMPOSIUM – Liver and Bowels (The Makan Organ)</p> <p>Moderator: Dr Paul Yap</p> <p>Speakers: Fatty liver – tackling this rising global threat? Assoc. Prof. Dr. Hamizah Razlan <i>(Head of Gastroenterology Unit, Universiti Kebangsaan Malaysia, Malaysia)</i></p> <p>Bowel cancer screening - Why, how and when? Dr. Loong Yik Yee <i>(Consultant Physician and Gastroenterologist, Ara Damansara Medical Centre, Selangor, Malaysia)</i></p>
		<p>2.45pm – 3.30 pm Evidence Based Herbal Medicine</p> <p>Moderator: Dr. Loong Yik Yee</p> <p>Speaker: Dr. Siva Poobalasingam <i>(Integrative Medicine Specialist, Amrita Integrated Health Centre, Kuala Lumpur, Malaysia)</i></p>

3.30pm – 5.00pm	<p>3.30pm – 5.00pm Symposium – Genes & Mutation</p> <p>Moderator: Dr. Lim Poh Hin</p> <p>Speakers:</p> <p>Functional genomics as a practical tool to manage the burden of disease in the aging global population: A review of the current state of play and where to in the future Dr. Mark J Fyvie (Vx Pharma)</p> <p>Cervical cancer vaccinations Assoc. Prof. Renu Gopinath (Consultant Obstetrics and Gynaecologist, MAHSA University, Kuala Lumpur, Malaysia)</p>	<p>3.30pm – 4.15pm ORAL PRESENTATIONS</p> <p>Moderator: Assoc. Prof. Tan Maw Pin</p> <p>3.30pm – 3.40pm Healthy Ageing as part of community development. An innovative approach from rural Australia. Uta C Dietrich (School of Medicine, Taylor's University)</p> <p>3.40pm – 3.50pm Antidiabetic Medications and the Risk of falls Older Residents of Klang Valley. Anam Zia (Faculty of Medicine, University of Malaya)</p> <p>3.50pm – 4.00pm Acceptability Of Gastrostomy Feeding In Malaysia, Hasif Jaafar (Faculty of Medicine, University of Malaya)</p> <p>4.00pm – 4.10pm Do Slippers Cause Falls In The Elderly? Tan Pey June (Faculty of Medicine, University of Malaya)</p> <p>4.15pm – 5.15pm PRACTICAL YOGA FOR HEALTH</p> <p>Moderator: Dr. Jan Johan Ipe</p> <p>Speaker: Dr. Dhilip Kumar (Yoga Specialist, Kevala Academy of Yoga, Selangor, Malaysia)</p>
5.00- 5.30pm	TEA BREAK	

DAY 3 – SATURDAY, 5TH APRIL 2014

TIME	TOPIC	SPEAKER
8.15 – 9.00am	<p>PLENARY E - by Pfizer Sexual Health – Myths and Truths</p>	<p>Moderator: Dr. Renu Gopinath</p> <p>Speaker: Prof Hilde de Vocht (Professor (lector) Research Center for Health, Social Work & Technology, Saxion University, Netherlands)</p>
9.00 – 9.45am	<p>PLENARY F – by Pfizer Vaccinations in Older People</p>	<p>Moderator: Dr. Yau Weng Keong</p> <p>Speaker: Assoc. Prof Lim Poh Lian (Head, Department of Infectious Diseases, Institute Infectious Diseases And Epidemiology, Tan Tock Seng Hospital, Singapore)</p>
9.45 – 10.30am	<p>Maintaining a Healthy Lifestyle with Disability</p>	<p>Moderator: Mr. Thillainathan Krishnan</p> <p>Speaker : Senator Bathmavathi Krishnan (Member of the Senate Parliament of Malaysia)</p>
10.30 – 10.45am	TEA BREAK	

DAY 3 (SATURDAY, 5TH APRIL 2014) MORNING CONCURRENT SESSION

TIME	Room A	Room B
10.45am – 12.00pm	<p>10.45am – 12.00pm SYMPOSIUM – Skin (The largest Organ)</p> <p>Moderator: Prof. Rokiah Ismail</p> <p>Speakers:</p> <p>Skin problems in elderly Prof. Rokiah Ismail <i>(Consultant Dermatologist, Universiti Malaya, Kuala Lumpur, Malaysia)</i></p> <p>Problems with Aesthetic Surgery Dr. Margaret Leow Poh Gaik <i>(Plastic and Reconstructive Surgeon, Faculty of Medicine, University of Malaya)</i></p>	<p>10.45am – 11.15am Sleep Quality</p> <p>Moderator: Assoc. Prof. Dr. Philip George</p> <p>Speaker: Dr Lim Poh Hin <i>(President of Malaysian Healthy Ageing Society, Malaysia)</i></p>
		<p>11.15am – 12.00pm When Healthy Organ Fails</p> <p>Moderator: Assoc. Prof. Dr. Philip George</p> <p>Speaker: Datin Dr. Lela Yasmin Mansor <i>(Chief National Transplant Procurement Manager & Donor Coordinator, National Transplant Resource Center, Kuala Lumpur, Malaysia)</i></p>
12.00 pm –1.00pm	<p>12.00 pm –1.00pm SYMPOSIUM- Eyes and Ears (The Survival Sense Organ)</p> <p>Moderator: Assoc. Prof. Dr. Sethu Subha</p> <p>Speakers:</p> <p>Cataracts (focus on prevention, features and screening) Dr. Vivian Gong <i>(Consultant Ophthalmologist, Hospital Raja Permaisuri Bainun, Perak, Malaysia)</i></p> <p>Preventing Hearing Loss Dr. Yap Yoke Yeow <i>(Consultant ENT, Head and Neck Surgeon, Universiti Putra Malaysia, Selangor, Malaysia)</i></p>	<p>12.00 pm –1.00pm ORAL PRESENTATIONS</p> <p>Moderator: Assoc. Prof. Tan Maw Pin</p> <p>12.00pm – 12.10pm Multi-Ethic Profile Of Falls Efficacy And Quality Of Life Nemala Nalathamby <i>(University of Malaya)</i></p> <p>12.10pm – 12.20pm A Community Based Study To Assess The Morbidity Profile And Health Seeking Behaviour Of The Elderly In The Field Practice Area Of An Urban Health Training Centre In Mumbai, India S. Patil Sapna <i>(School of Medicine, Taylor's University)</i></p> <p>12.20pm – 12.30pm Frailty Assessment Among Geriatric In-Patient's R. Puvaneswary <i>(Health and Translational Medicine Cluster, University of Malaya)</i></p> <p>12.30pm – 12.40pm Complementary/alternative Medicine Use among Cancer Patients in Malaysia A. Redhwan <i>(Universiti Teknologi MARA (UiTM))</i></p> <p>12.40pm – 12.50pm Aging Parents Caregiving And Rehabilitating A Brain Injured Son: An Auto-Ethnography Syed Tajuddin Syed Hassan <i>(Faculty of Medicine and Health Sciences, UPM Universiti Putra Malaysia)</i></p>