

MCHA Conference on Healthy Ageing			
Theme : Ageing, Health and Community			
Day 1 : 24th July 2019 (Wed)			
TIME	TOPIC		SPEAKER(S)
7.30 - 8.30 AM	Registration		
8.30 - 9.15 AM	PLENARY 1	Cancer : Prevention is better than cure	Speaker : Dr Ravindran Kanesvaran, (Oncologist, Singapore)
			Moderator : Dr Lim Poh Hin
9.15 - 10.00 AM	PLENARY 2	Lessons learnt : "What Would You Do Differently If You Are Given A Second Chance"	Speaker : Dr Tan Seng Giaw (Dermatologist, Malaysia)
			Moderator : Prof Dr Philip George
10.00 - 10.30 AM	Morning Break		
10.30 - 12.00 PM	Opening Ceremony and Keynote Address		
12.00 - 1.00 PM	Pearson's Lecture (Breakout Room 1)	Driving for the Seniors (courtesy of Pearsons)	Speaker: Amy Schulenburg (Occupational Therapist, Australia) Moderator : Ms Erna Faryza
	Workshop 1 (Breakout Room 2)	Clinical Applications of Yoga and Mindfulness for Healthcare Professionals	Speakers : 1. Dr Sivaneswaran Poobalasingam (Lifestyle Medicine Physician, Malaysia) 2. Nisha Lakshmanan (Yoga Therapist, Malaysia) 3. Manoj Thakur (Yoga Therapist, Malaysia) Moderator: Dr Sivaneswaran Poobalasingam
	Forum 1 (Breakout Room 3)	AGEISM - Need for Age Discrimination Law	Speakers : Mr K. Sila Dass (Advocate & Solicitor, Malaysia) Moderator : Dr Jayakumar
1.00 - 2.30 PM	Lunch Symposium: "Supplements on Ageing Healthily" (courtesy of DuoPharma) Dato' Dr. Rajbans Singh (Consultant Geriatrician, Malaysia) Moderator: Prof Tan Maw Pin		
2.30 - 3.15 PM	Special Lecture 1 (Breakout Room 1)	Cancer in the Older Person : The Dawn of A New Era in Cancer Care	Dr Ravindran Kanesvaran, (Consultant Oncologist, Singapore) Moderator: Dr Wong Teck Wee
	Special Lecture 2 (Breakout Room 2)	Are Medical Professionals Taking An Active Role To Promote Healthy Ageing?	Dr Gana Baskaran Nadason (President Malaysian Medical Association) Moderator: Prof Philip George
	Special Lecture 3 (Breakout Room 3)	Isolation of the Baby Boomers in Japan	Ms Yakuso Akutsu (President & CEO, MT Healthcare Design Research Inc. Japan) Moderator: Prof Nathan Vytialingam
3.15 - 4.00 PM	Symposium 1 (Breakout Room 1)	Healthy Ageing Revolution	Dr Wong Teck Wee (Cardiologist, Malaysia) Moderator: Dr Ravindran Kanesvaran
	Symposium 2 (Breakout Room 2)	Sandwich Generation	Dr Teoh Gaik Kin (Counsellor, Malaysia) Moderator: Prof Tan Maw Pin
	Symposium 3 (Breakout Room 3)	Sensory Impairment - Vision & Hearing	1. Associate Professor Dr Muhammad bin Muhammad Isa (Ophthalmologist, Malaysia) 2. Associate Prof Dr Sethu Thakachy Subha (Otorhinolaryngologist, Malaysia) Moderator: Dato Tan Yoke Hwa
4.00 - 4.45 PM	Symposium 4 (Breakout Room 1)	Behavioural and Psychological Symptoms of Dementia - Non-pharmacological and Pharmacological Measures	Dr Anupama Roy Chowdhury (Geriatrician, Singapore) Moderator: Prof Philip George
	Symposium 5 (Breakout Room 2)	The Ultimate Handjob	Dr Vaikunthan Rajaratnam (Hand Surgeon, Singapore) Moderator: Dr Wong Teck Wee
	Symposium 6 (Breakout Room 3)	Nutrition in Ageing Plant-based Diet - Tips for Balanced Diet for Vegans	1. Associate Prof Dr Chan Yoke Mun (Dietician, Malaysia) 2. Dato' Tan Yoke Hwa (Dietitian, Malaysia) Moderator: Dato' Tan Yoke Hwa
4.45 - 5.30PM	Special Lecture 4 (Breakout Room 1)	Clinical Application of Yoga in Oncology and Palliative Care	Prof Nagendra (Chancellor, India) Moderator: Dr Sivaneswaran Poobalasingam
5.30PM	Afternoon Tea		

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Day 2 : 25th July 2019 (Thurs)			
TIME	TOPIC		SPEAKER(S)
7.30 - 8.30 AM	Registration		
8.30 - 9.15 AM	PLENARY 3	What About Transition, Adaptation and Well-being - The Live Experience of An Older Person	Speaker : Ms Kim Walder (Occupational Therapist, Australia)
			Moderator : Pn Nur Atiqah
9.15 - 10.00 AM	PLENARY 4	Interventions to Reduce Sarcopenia	Speaker : Dr IGP Suka Anyana (Geriatrician, Indonesia)
			Moderator : Dr Yau Weng Keong
10.00 - 10.30 AM	Morning Break		
10.30 - 11.15 AM	Symposium 7 (Breakout Room 1)	Decision Making in END of LIFE Care of Older Persons	Dr Yau Weng Keong (Geriatrician, Malaysia)
			Moderator: Prof Tan Maw Pin
	Symposium 8 (Breakout Room 2)	Keeping Up Your Appearance With Age	Ms Debbie Yunus (Aesthetician, Malaysia)
			Moderator: Dr Wong Teck Wee
	Symposium 9 (Breakout Room 3)	Overview of Ageing Issues in Indonesia	Speaker : Dr IGP Suka Anyana (Geriatrician, Indonesia)
			Moderator: Dr Gayathri K. Kumarasuriar
11.15 - 12.00 PM	Workshop 2 (Breakout Room 1)	Suicide in Older Persons	Dr Bharathi Vengadasalam (Psychiatrist, Malaysia)
			Moderator: Associate Prof Zubaidah Jamil Osman
	Workshop 3 (Breakout Room 2)	Caring For A Loved One With Dementia : Moving Towards A Dementia Inclusive Community	Dr Hazlina Mahadzir (Geriatrician, Malaysia)
			Moderator: Dr Anupama Roy Chowdhury
	Workshop 4 (Breakout Room 3)	Ageing in place - Design & Infrastructure For Healthy Ageing	Dr SR Ainoriza Binti Mohd Aini (Built environment specialist, Malaysia)
			Moderator: Prof Tan Maw Pin
	Workshop 5 (Breakout Room 4)	Exploring Clinical Hypnosis for Relief of Stress, Anxiety & Phobia in Older Persons	Ms Sheila Menon (Hypnotherapist, Malaysia)
			Moderator: Dato' Tan Yoke Hwa
12.00 - 1.00 PM	Forum 2 (Breakout Room 1)	Difficult, Angry and Disturbed Dementia Patients	Speakers : 1. Dr Bharathi Vengadasalam (Psychiatrist, Malaysia) 2. Dr Anupama Roy (Geriatrician, Singapore) 3. Mr Thillainathan Krishnan (Occupational Therapist, Malaysia)
			Moderator : Mr Thillainathan Krishnan
	Workshop 6 (Breakout Room 2)	Rethinking Ageing	1. Ms Kim Walder (Occupational Therapist, Australia) 2. Prof Nathan Vythilingam (Occupational Therapist, Malaysia)
			Moderator: Prof Nathan Vythilingam
	Symposium 10 (Breakout Room 3)	Relationship Problems - Spouse & Family	Dr Anjhula Bais (Clinical Psychologist, USA)
			Moderator: Prof Philip George
1.00 - 2.30 PM	Lunch Symposium: Golden Age of Sex Dato' Dr. Hj. Mohamad Farouk Abdullah (Obstetricians & Gynaecologist, Malaysia) Moderator: Prof Dato Sivalingam Nalliah		
2.30 - 3.15 PM	Special Lecture 5 (Breakout Room 1)	The Many Faces of Dementia	Dr Anupama Roy Chowdhury (Geriatrician, Singapore)
			Moderator: Dr Hazlina Mahadzir
	Special Lecture 6 (Breakout Room 2)	Turn A Loss Into A Gift: Silent Mentor Program	Prof Dr Saw Aik (Orthopaedic Surgeon, Malaysia)
			Moderator: Dr Vaikunthan Rajaratnam
	Special Lecture 7 (Breakout Room 3)	Blue Zones	Dato' Dr Rajibans Singh (Geriatrician, Malaysia)
			Moderator: Dr Lim Poh Hin
	Special Lecture 8 (Breakout Room 4)	The Role of Positive Psychology in Ageing	Dr Anjhula Bais (Clinical Psychologist, USA)
			Moderator: Associate Prof Zubaidah Jamil Osman
3.15 - 4.00 PM	Symposium 11 (Breakout Room 1)	Assesment of Pain and Chronic Pain Management in Older People	Dr Mary Cardosa (Anaesthesiologist, Malaysia)
			Moderator: Dr Vaikunthan Rajaratnam
	Symposium 12 (Breakout Room 2)	Substance Use Disorders in the Older Person	Prof Philip George (Psychiatrist, Malaysia)
			Moderator: Dr Anjhula Bais
	Symposium 13 (Breakout Room 3)	The Art of Dying	Dr Tan Seng Beng (Palliative care physician, Malaysia)
			Moderator: Dr Wong Teck Wee
	(Breakout Room 4)	FREE PAPER PRESENTATIONS	Moderator: 1. Dr Amuthan Ganesh 2. Mr Matthew Teo
4.00 - 4.45 PM	Symposium 14 (Breakout Room 1)	Infection in the Older Persons	Prof Dr Manoj Valappil (Clinical Microbiologist, Malaysia)
			Moderator: Prof Dr Raghu Varadarajan
	Symposium 15 (Breakout Room 2)	Fatty Liver - All You Need to Know	Prof Chan Wah Kheong (Gastroenterologist and Hepatologist, Malaysia)
			Moderator: Associate Prof Dr Chan Yoke Mun
	Symposium 16 (Breakout Room 3)	Falls Can Be Fatal	Prof Tan Maw Pin (Geriatrician, Malaysia)
			Moderator: Prof Dr Khatijah Binti Abdullah @ Lim Geok Khim
	(Breakout Room 4)	FREE PAPER PRESENTATIONS	Moderator: 1. Prof Philip George 2. Dr Amuthan Ganesh
4.45-5.30PM	Symposium 17 (Breakout Room 1)	The SEVEN Witches of Menopause	Prof Dato Sivalingam Nalliah (Obstetrician & Gynaecologist, Malaysia)
			Moderator: Prof Dr Manoj Valappil
	Special lecture 9 (Breakout Room 2)	Ketogenic Diet	Prof Dr. Raghu Varadarajan (Hepatobiliary Transplant Surgeon, Ireland)
			Moderator: Prof Chan Wah Kheong
	Symposium 18 (Breakout Room 3)	Interventions for Healthy Ageing: Are We There Yet?	Prof Dr Khatijah Binti Abdullah @ Lim Geok Khim (Nursing, Malaysia)
			Moderator: Prof Tan Maw Pin
	(Breakout Room 4)	FREE PAPER PRESENTATIONS	Moderator: 1. Prof Philip George 2. Dr Amuthan Ganesh
5.30 PM	Afternoon Tea		

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Day 3 : 26th July 2019 (Fri)			
TIME	TOPIC		SPEAKER(S)
7.30 - 8.30 AM	Registration		
8.30 - 9.15 AM	PLENARY 5 : Medicinal Plants in Strategy for Disease Prevention	Speaker : Prof Gerard Bodeker (Epidemiologist, U.S.A.)	
		Moderator: Dr Sivanewaran Poobalasingam	
9.15 - 10.00 AM	PLENARY 6: Does An Older Person Need Vaccination? (courtesy of Sanofi)	Speaker : Prof Tan Maw Pin (Geriatrician, Malaysia)	
		Moderator: Dr Amuthaganesh	
10.00 - 10.30 AM	Morning Break		
10.30 - 11.15 AM	Symposium 19 (Breakout Room 1)	Lifestyle Medicine : The New Trend in Reversing and Preventing Diseases	Dr Sivanewaran Poobalasingam (Lifestyle Medicine Physician, Malaysia) Moderator: Dr IGP Suka Aryana
	Symposium 20 (Breakout Room 2)	Health and Safety Workplace for the Older Person	Associate Prof Dr G. Jayakumar (Occupational Physician, Malaysia) Moderator: Mr Matthew Teo
	Symposium 21 (Breakout Room 3)	Legal Implications on Financial Abuse	Ms Ranuga Devy (Advocate and Solicitor, Malaysia) Moderator: Mr K. Sila Dass
11.15 - 12.00 PM	Workshop 8 (Breakout Room 1)	Challenges as Caregiver - Burden and Burnout	Associate Prof Zubaidah Jamil Osman (Clinical Psychologist, Malaysia) Moderator: Ms Kim Walder
	Workshop 9 (Breakout Room 2)	Science of Sleep	Dr Lawaniah Sandran (Lifestyle medicine physician, Malaysia) Moderator: Dr Lim Poh Hin
	Workshop 10 (Breakout Room 3)	Entrepreneurships for Older Persons	Dr Amuthaganesh Mathialagan (Pharmacologist, Malaysia) Moderator: Dr Vaikunthan Rajaratnam
	Symposium 22 (Breakout Room 4)	Volunteerism (courtesy of Tzu Chi Foundation)	Dr Tan Hooi Chien (General practitioner) Moderator: Mr James Lim (Engineer)
12.00 - 1.00 PM	Symposium 23 (Breakout Room 1)	Insulin Resistance and A Plant-based Diet	Speakers : Dr. Johan Manez (Lifestyle Medicine Physicians , Philippines) Moderator: Ms Joyce Leong
	Forum 4 (Breakout Room 2)	Loneliness Epidemic	Speakers : 1. Prof Tan Maw Pin (Geriatrician, Malaysia) 2. Dr Gayathri K. Kumarasuriar (Psychiatrist, Malaysia) 3. Dr Moderator: Dr Hazlina Mahadzir
	Symposium 24 (Breakout Room 3)	The Brain and Ageing	Dr Prem Kumar Chandrasekaran (Psychiatrist, Malaysia) Moderator: Dr Lim Poh Hin
1.00 - 2.30 PM	Lunch Symposium: Physiotherapy Management of Pelvic Floor Dysfunction: A Holistic Approach (courtesy of Vibration) Ms Aleeza Haneer Binti Alykallam (Physiotherapist, Malaysia) Moderator: Associate Prof Selina Khoo		
2.30 - 3.15 PM	Special Lecture 10 (Breakout Room 1)	Gut and Microbiome	Dr Amir Farid Isahak (Obstetricians & Gynaecologist, Malaysia) Moderator: Dr Wong Teck Wee
	Special Lecture 11 (Breakout Room 2)	Helicobacter Pylori : All You Need To Know	Dr Loong Yik Yee (Gastroenterologist, Malaysia) Moderator: Prof Dr Manoj Valappil
	Special lecture 12 (Breakout Room 3)	Intermittent Fasting	Dr Vaikunthan Rajaratnam (Hand Surgeon, Singapore) Moderator: Prof Dr. Raghu Varadarajan
3.15 - 4.00 PM	Symposium 25 (Breakout Room 1)	Redefining Intergenerational Disparities: De-stressing Interpersonal Relationships	Ms Kasthoori Bai (Education and developmental psychology, Malaysia) Moderator: Associate Prof Zubaidah Jamil Osman
	Symposium 26 (Breakout Room 2)	Resources for End of Life	Dr Lam Chee Loong (Palliative care physician, Malaysia) Moderator: Dr Lim Poh Hin
	Symposium 27 (Breakout Room 3)	Home Rehabilitation for Clients with Alzheimer's	Mr Matthew Teo (Occupational Therapist, Malaysia) Moderator: Ms Aifah Jamaluddin
4.00 - 4.45 PM	Symposium 28 (Breakout Room 1)	Digital-age Anxiety and Hyperactivity	Dr Gurdeep Singh Grewal (Psychiatrist, Malaysia) Moderator: Dr Prem Kumar Chandrasekaran
	Symposium 29 (Breakout Room 2)	Physical Activity and Ageing	Associate Prof Selina Khoo (Sports and Exercise Specialist, Malaysia) Moderator: Ms Aleeza Haneer Binti Alykallam
	Symposium 30 (Breakout Room 3)	Disaster Relief (courtesy of Tzu Chi Foundation)	Mr James Lim (Engineer) Moderator: Dr Tan Hooi Chien
4.45 - 5.30 PM	Forum 5 (Breakout Room 3)	Model Day Care Centre, Nursing Home, Retirement Home	Speakers : 1. Prof Nathan Vytialingam (Occupational Therapist, Malaysia) 2. Dr Vaikunthan Rajaratnam (Hand Surgeon, Singapore) Moderator: Prof Nathan Vytialingam
5.30 PM	Afternoon Tea		