



REGISTRATION FORM SARAWAK

MALAYSIAN HEALTHY AGEING SOCIETY

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

Unit No: 2-56, 2nd Floor Shop Office,
Scott Garden, 289, Jalan Klang Lama,
58200 Kuala Lumpur.

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

Seminar Website : 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

**19th & 20th November 2016
(Saturday & Sunday)**

Venue

**Petra 1, Level 2
Hotel Pullman Kuching
1A, Jalan Mathies
93100 Kuching, Sarawak**

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

THE SECRETARIAT

Malaysian Healthy Ageing Society

Unit No: 2-56, 2nd Floor Shop Office, Scott Garden,
289, Jalan Klang Lama, 58200 Kuala Lumpur.

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Secrets to Longevity



A community event supported by:



PHARMACEUTICALS

Secrets to Longevity

Day1 (19th Nov 2016)

Healthy Ageing : Self - Empowerment Signature Programme

Focus on most common killers of elderly patients (heart, stroke, cancer), follow by conditions affecting their quality of life eg-bones, joints, sex, emotions, legal and financial matters. Finally, putting all the experts in a FORUM to discuss a real case.

Jointly Organised by MALAYSIAN HEALTHY AGEING SOCIETY

TIME	PROGRAMME	SPEAKER	ADDRESS
7.30 - 8.15 am	REGISTRATION		
8.15 - 8.30 am	Introduction and Overview of the Programme	Ms. Ranuga Devy	Organizing Chairman.
8.30 - 9.00 am	Overview of Healthy Ageing & Longevity.	Prof. Nathan Vytialngam	Advisor Malaysian Healthy Ageing Society (MHAS) & Dean School of Occupational Therapy, Perdana University
9.00 - 9.30 am	Quality of Life with Stroke	Dr. Lim Poh Hin	Lecturer & Consultant Neurologist, Faculty of Medicine & Health Sciences, UPM
9.30 - 10.00 am	Common Infection and Immunity Issues in the older population.	Dr Vijayratnam Panchanathan	Senior Lecturer, Microbiology / Immunology, Perdana University Graduate School of Medicine.
10.00 - 10.30 am	TEA BREAK		
10.30 - 11.00 am	Legal Issues and Implications for Elderly Patient	Ms. Ranuga Devy	Vice President of MHAS and Advocate & Solicitor
11.00 - 11.30 am	Special Lecture Memory Impairment and Prevention Strategies	Dr. Ismail Drahan	Consultant Psychogeriatrician, Director of Hospital Sentosa, Kota Sentosa, Sarawak.
11.30 - 1.00 pm	FORUM on Mental Health: Recognising and Managing Mental Illness in the Elderly Issues discussed are depression, anxiety, anger, loneliness, substance and elder abuse, rehabilitation, legal implication.	Panel Discussion Moderator Prof. Philip George Dr. Lim Poh Hin Dr. Ismail Drahan Ms. Ranuga Devy	President of Malaysian Healthy Ageing Society & Consultant Psychiatrist Lecturer & Consultant Neurologist, Faculty of Medicine & Health Sciences, UPM Consultant Psychogeriatrician, Director of Hospital Sentosa, Kota Sentosa, Swk. Advocate and Solicitor
1.00 - 2.00 pm	LUNCH BREAK		
2.00 - 2.30 pm	Intimacy & Ageing	Prof. Nathan Vytialngam	Advisor, Malaysian Healthy Ageing Society (MHAS) & Dean School of Occupational Therapy, Perdana University
2.30 - 3.00 pm	Medical screening for Healthy Ageing	Dr. Maziah Ishak	Consultant Family Physician (FMS State Sarawak) Klinik Kesihatan Asajaya Bahagian Samarahan
3.00 - 3.30 pm	Prevention of Falls: To live longer	Assoc. Prof. Tan Maw Pin	Consultant Geriatrician, University Malaya Medical Centre
3.30 - 4.00 pm	Adding Value to Dying	Dr. Lam Chee Loong	Consultant Palliative Physician, University Malaya Medical Centre
4.00 - 4.30 pm	Value of rehabilitation at home to improve the quality of life of the elderly	Mr. Matthew Teo Yong Chang	Lecturer, School of Occupational Therapy, Perdana University
4.30 - 5.30 pm	Forum on Elderly Issues: Interactive discussion of a case scenario of an elderly couple living in a large double storey bungalow. Issues discussed are preventive medicine, delirium Vs dementia, rehabilitation, legal implication, end of life planning etc	Panel Discussion Moderator Dr. Lim Poh Hin	Panellist: Assoc. Prof. Tan Maw Pin Prof. Philip George Dr. Lam Chee Loong Ms. Ranuga Devy Prof. Nathan Vytialngam
5.30 pm	TEA BREAK		

Day2 (20th Nov 2016)

8.30 - 9.15 am	Special Lecture Healthy Bones And Joints For Healthy Life	Dr Vatkunthan Rajaratnam	Senior Consultant, Hand & Micro Surgeon, Khoo Teck Puat Singapore Hospital
9.15 - 10.00 am	Secrets in Heart Disease Prevention	Dr. Khiew Ning Zan	Consultant Interventional Cardiologist, Sarawak Heart Centre
10.00 - 10.30 am	TEA BREAK		
10.30 - 11.00 am	Preventing and Managing Osteoporosis	Dr. Lawrence Lee H. K.	Consultant Geriatrician, Hospital Umum Sarawak, Kuching.
11.00 - 11.30 pm	An overview of nursing care for quality of life.	Ms Joyce Leong	Lecturer in Nursing, University Putra, Malaysia & Hon.Secretary MHAS.
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 BREAK		



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