



## REGISTRATION FORM

**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](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

15th & 16th October 2016  
(Saturday & Sunday)

### Venue

Promenade Hotel Kota Kinabalu  
Orkid Room, 1st Floor  
No.4 Lorong Api-Api 3  
Api-Api Centre  
88000 Kota Kinabalu, Sabah

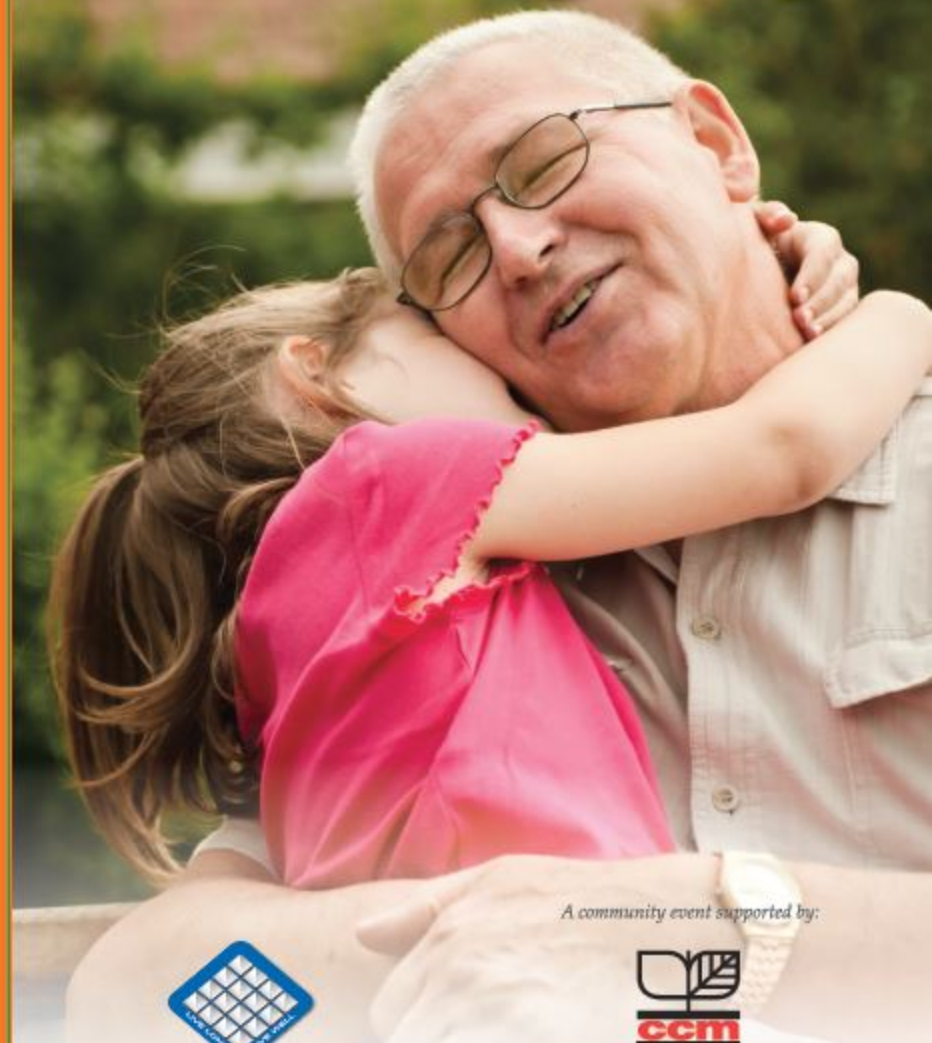
*Goodie bag worth RM100  
will be given to all participants*

## 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:



MALAYSIAN HEALTHY AGEING SOCIETY



PHARMACEUTICALS

# Secrets to Longevity

Day1 (15th Oct 2016)

TIME	PROGRAMME	SPEAKER	ADDRESS
7.30 - 8.15 am	REGISTRATION		
8.15 - 8.30 am	Introduction and Overview of the Programme	Ms. Ranuga Devi	Organizing Chairman.
8.30 - 9.00 am	Overview of Healthy Ageing & Longevity.	Prof. Nathan Vytialingam	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	Value of exercise-Best Result with No Cost	Dr. Wong Teck Wee	Consultant cardiologist, IHEAL Medical Centre KL
10.00 - 10.30 am	TEA BREAK		
10.30 - 11.00 am	Legal Issues and Implications for Elderly Patient	Ms. Ranuga Devi	Vice President of MHAS and Advocate & Solicitor
11.00 - 11.30 am	Nutrition and Supplements for Longevity	Dr. Peter Selestine	Consultant Physician & Geriatrician, Johor Specialist Centre
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 Dr. Gurdeep Singh Dr. Peter Selestine Dr. Lim Poh Hin Ms. Ranuga Devi	Consultant Psychiatrist Senior Lecturer, Perdana University Consultant Physician & Geriatrician, Johor Specialist Centre Lecturer & Consultant Neurologist, Faculty of Med & Health Sci, UPM Advocate and Solicitor
1.00 - 2.00 pm	LUNCH BREAK		
2.00 - 2.30 pm	Intimacy & Longevity	Prof. Nathan Vytialingam	Advisor, Malaysian Healthy Ageing Society (MHAS) & Dean School of Occupational Therapy, Perdana University
2.30 - 3.15 pm	Special Lecture Memory Impairment and Prevention Strategies	Dr. Lim Poh Hin	Lecturer & Consultant Neurologist, Faculty of Medicine & Health Sciences, UPM
3.15 - 4.00 pm	Evidence Based - Longevity	Dr. Peter Selestine	Consultant Physician & Geriatrician, Johor Specialist Centre
4.00 - 4.45 pm	Secrets in Heart Disease Prevention	Dr. Wong Teck Wee	Consultant Cardiologist, IHEAL Medical Centre KL
4.45 - 5.45 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. Wong Teck Wee	Panelist: Dr. Peter Selestine Dr. Gurdeep Singh Ms. Ranuga Devi Prof. Nathan Vytialingam Dr. Lim Poh Hin
5.30 pm	TEA BREAK		

Day2 (16th Oct 2016)

8:30 - 9.15 am	Special Lecture Healthy Bones And Joints For Healthy Life	Dr Valkunthan Rajaratnam	Senior Consultant, Hand & Micro Surgeon, Khoo Teck Puat Singapore Hospital
9.15 - 10.00 am	Keeping Your Guts And Liver Healthy for Longevity.	Dr. Nerenthran Loganathan	Consultant Gastroenterologist, KPJ Hospital, KK, Sabah
10.00 - 10.30 am	TEA BREAK		
10.30 - 11.15 am	Preventing and Screening for Cancer	Dato Dr. Jaswant Singh	Consultant Clinical Oncologist, KPJ Hospital, KK, Sabah
11.15 - 11.45 pm	An overview of nursing care for quality of life.	Ms Joyce Leong	Lecturer in Nursing, University Putra, Malaysia & Hon. Secretary MHAS.
11.45 - 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		

## 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



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