



## 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	<b>RHB Berhad</b>
Account number	<b>2641600002456</b>
Name of account	<b>Malaysian Healthy Ageing Society</b>
Swift code	<b>RHBMKYL</b>

#### 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

1st & 2nd April 2017  
(Saturday & Sunday)

#### Venue

Auditorium Aras 4,  
Kompleks Rawatan Harian  
Hospital Tengku Ampuan Afzan,  
Kuantan

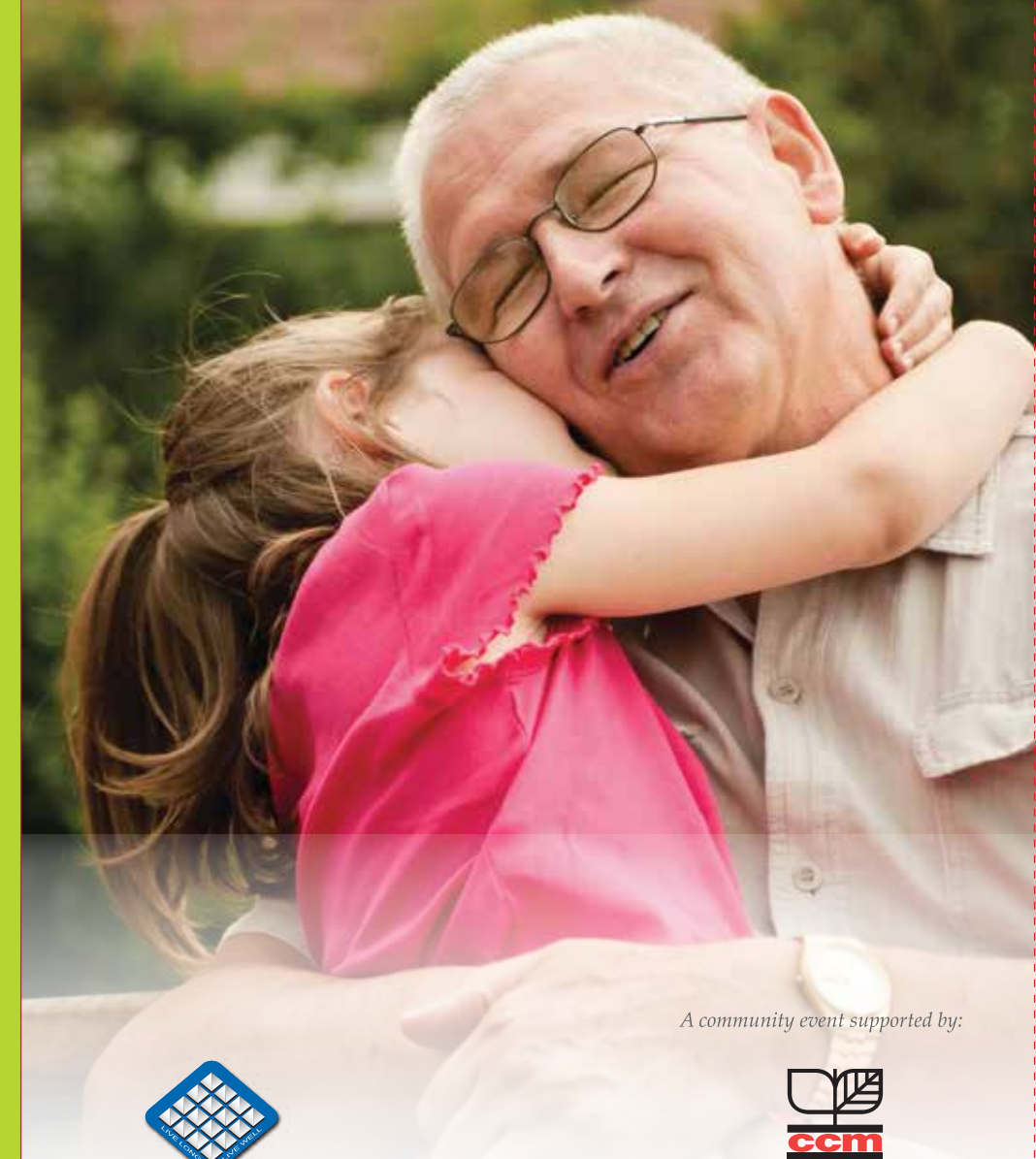
*Goodie bag worth RM100  
will be given to all participants*

### 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 (1st Apr 2017)

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 Vytialingam	Advisor Malaysian Healthy Ageing Society (MHAS) & Dean School of Occupational Therapy, Perdana University
9.00 - 9.30 am	Caring for Patient with Stroke	Dr. Lim Poh Hin	Consultant Neurologist, KPJ Ampang Putri Specialist Hospital
9.30 - 10.00 am	Common Pharmacological Issues Among the Elderly	Cik Nurul Amira	Pharmacist, Hospital Tengku Ampuan Afzan, Kuantan.
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 - 11.45 am	Nutrition for the Elderly	Dr. Nordiana Nordin	Consultant Geriatrician, Hospital Sungai Buloh.
11.45 - 12.15 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
12.15 - 1.00 pm	Special Lecture Falls in the elderly	Dato' Seri Dr. N. Premchandran	National Orthopaedic Chief Advisor, Ministry of Health Malaysia
1.00 - 2.00 pm	LUNCH BREAK		
2.00 - 2.30 pm	Issues and challenges for Elderly Carer	Prof. Nathan Vytialingam	Advisor, Malaysian Healthy Ageing Society (MHAS) & Dean School of Occupational Therapy, Perdana University
2.30 - 3.15 pm	Special Lecture Recognising Memory Impairment and Prevention Strategies	Dr. Lim Poh Hin	Consultant Neurologist, KPJ Ampang Putri Specialist Hospital
3.15 - 4.15 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. Nordiana Nordin Ms. Ranuga Devy	President of Malaysian Healthy Ageing Society & Consultant Psychiatrist IM University (IMU) Consultant Neurologist, KPJ Ampang Putri Specialist Hospital Consultant Geriatrician, Hospital Sungai Buloh. Advocate and Solicitor
4.15 - 5.15 pm	Secrets of Heart Disease Prevention	Dr Wong Teck Wee	Consultant cardiologist, iHEAL Medical Centre KL
5.15 pm	TEA BREAK		

Day2 (2nd Apr 2017)

8:30 - 9:00 am	Recognising and Managing Mental Illness in the Elderly	Dr. Gurdeep Singh Grewal	Consultant Psychiatrist, The Mind Faculty
9:00 - 10:00 am	Forum on Elderly Issues Interactive discussion of a case scenario of an elderly couple living in a large double storey bungalow. Issues discussed were preventive medicine, delirium Vs dementia, rehabilitation, end of life planning etc	Panel Discussion Moderator Dr. Wong Teck Wee	Panelist Prof Philip George Prof Nathan Vytialingam Dr. Nordiana Nordin Ms. Ranuga Devy
10:00 - 10:30 am	TEA BREAK		
10:30 - 11:00 pm	An overview of nursing care for quality of life.	Ms Joyce Leong	Lecturer in Nursing, University Putra, Malaysia & Hon.Secretary MHAS.
11:00 - 12:30 pm	Independent Living - Moving Handling & Transporting An Elderly Patient	Mr. Thillainathan Krishnan	Senior Occupational Therapist, Ministry of Health Malaysia
12:30 - 1:30 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.

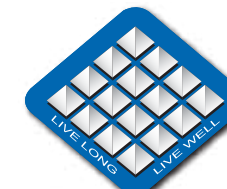
Jointly Organised by MALAYSIAN HEALTHY AGEING SOCIETY



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