



KPJ SABAH
SPECIALIST HOSPITAL



9 DECEMBER 2023
SATURDAY

HEALTHY AGEING: ARE YOU PREPARED?

KPJ SABAH SPECIALIST HOSPITAL,
KOTA KINABALU

07:45AM-08:15AM

08:15AM-08:30AM

08:30AM-09:00AM

09:00AM-09:30AM

09:30AM-10:00AM

10:00AM-10:30AM

10:30AM-11:00AM

11:00AM-11:30AM

11:30AM-12:00PM

12:00PM-12:45PM

12:45PM-02:15PM

02:15PM-02:45PM

02:45PM-03:15PM

03:15PM-03:45PM

03:45PM-04:15PM

04:15PM-05:00PM

REGISTRATION

DR. SANGEETA KAUR

Secretary, Malaysian Healthy Ageing Society

Overview of Malaysian Healthy Ageing Society

PROF. NATHAN VYTIALINGAM

Dean, Perdana University School of Occupational Therapy (PUScOT)

Overview of Healthy Ageing

MR. THONG FU YUEN

Consultant Foot & Ankle Surgeon, Queen Elizabeth Hospital Sabah

Optimizing Musculoskeletal Health

DR. VAIKUNTHAN RAJARATNAM

Sr. Consultant Hand & Reconstructive Microsurgery, Khoo Tech Puat Hospital

Smart Tech Can Teach Old Dogs New Tricks

MS. SOPHIA HENG

Head of Unit, Plastic & Reconstructive Surgeon UMS

Face & Hair Aesthetics - Ageing Gracefully

TEA BREAK

DATIN RANUGA DEVY

Legal Advisor, Malaysian Healthy Ageing Society

Protecting Your Loved Ones - Will Writing

PROF. DR. SHAHRUL BAHYAH KAMARUZZAMAN

Consultant Geriatrician, Universiti Malaya Medical Centre

Am I Taking Too Many Pills?

DR. EUNICE PUI

Head of Medical Affairs, Malaysian Genomics Resources Berhad

Inflammation: The Cause Of All Diseases?

Q&A Session and Lunch Break

DR. WONG TECK WEE

Consultant Cardiologist, iHEAL Medical Centre KL

Environmental Health for Healthy Ageing

MR. G. THEVARASAN GANANDRAN

Plastic & Reconstructive Surgeon, Queen Elizabeth Hospital Sabah

Men's Health & Wellness

DR. LEW SHEAU VOON

Psychiatrist, Queen Elizabeth Hospital Sabah

Mental Health in Later Life

DATUK DR. JASWANT SINGH

Clinical Oncology, KPJ Sabah Specialist Hospital

Screening For Cancer As We Age

PROF. DR. SHAHRUL / PROF. NATHAN / DR. WONG / DATIN RANUGA

Council Committee, Malaysian Healthy Ageing Society

Forum: Interactive Case Discussion

Kindly fill in the details to register.

Name: _____

Phone No: _____

Email: _____

For any queries and information



+60 12 364 6109 - Dr. Sangeeta (WhatsApp)



healthyaging.org