

Organised by



in collaboration with



3RD ASEAN Conference on Healthy Ageing 2024

30th July - 1st August 2024

The Wembley - A St Giles Hotel Penang, Malaysia

*for MMA & MPS members



Ageing Successfully - Equitably, Actively and Naturally

Supported by

a contribution to the **Decade of healthy ageing**



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Foreword

MESSAGE FROM THE CHAIRPERSONS

On behalf of the organising committee, it is a pleasure to welcome our esteemed speakers, delegates, partners and colleagues to the 3rd ASEAN Conference of Healthy Ageing (ACHA) 2024 themed **“Ageing Successfully - Equitably, Actively and Naturally”**. Despite our many threats, the region has shown remarkable growth and achievement over the last decade. None have shown greater resilience than our ageing population. This conference offers a unique opportunity for ageing experts, all healthcare professionals from various multidiscipline and all people interested in healthy ageing to present their latest work, meet, discuss and network with colleagues from the region and abroad to share the best practices and know-how for the betterment of healthy ageing and the older population in the region.

MHAS first launched the first ACHA in collaboration with the Sarawak Convention Bureau, themed ‘Ageing Challenges, Successes and The Journey Ahead’ as a platform for stakeholders in the region to discuss the way forward in managing the issues and challenges of its rapidly ageing populations. Indonesia took up the healthy ageing baton to Bali in 2019 and following the pandemic, MHAS has re-energised the conference to begin again in the ‘Pearl of the Orient’, namely Penang, Malaysia.

Much awaits us in Penang. The organisers have designed a scientific programme that reflects various goals and initiatives as set out by the United Nation’s Decade of Healthy Ageing agenda. Aside from the plenary sessions, we look forward to your participation in the pre-conference workshops and three days of lectures, forums, symposiums, as well as interactive sessions that will cover a broad spectrum of issues in ageing such as healthcare, social participation, community, employability, housing, finance and environmental issues among others. These will be led by an impressive line-up of invited ASEAN, international and local speakers and panellists that will encourage stimulating and rewarding discussions and networking among delegates.

The timing of this conference could not be better as it will be held during the last week of the annual ‘Georgetown Festival’ where the Penang island state and its people pull out all the stops to celebrate its diverse and multi-cultural heritage. At this event, the Penang state Government will launch its age-friendly city initiatives in its efforts in applying to the World Health Organisation to become an age-friendly city. This is very much in line with its existing Penang Vision 2030 where ‘active ageing’ is a key component in transforming into a smart, green and livable city. We hope that you could be a part of this pivotal moment so do plan to come early so that you may enjoy the festivities leading up to the conference.

We look forward to your support and value your presence at this exciting conference.



ORGANIZING CHAIRPERSON & PRESIDENT
Prof. Dr. Shahrul Bahyah Kamaruzzaman



ORGANIZING CO-CHAIRPERSON
Assoc. Prof. Dr. Prem Kumar Chandrasekaran

Foreword

MESSAGE FROM THE SCIENTIFIC CHAIRPERSONS

Dear Colleagues, Friends and Healthy Ageing Advocates,

Welcome to the ASEAN Healthy Ageing Conference! The theme of our conference this year - **“Ageing Successfully - Equitably, Actively and Naturally”** is indeed very apt after a 3 year-hibernation due to the COVID-19 pandemic to set in motion the United Nations’ (UN) Decade of Healthy Ageing (2021-2030) agenda, a global collaboration bringing together all stake holders for 10 years of catalytic and collaborative action to foster longer and healthier lives. A fundamental change in approaches to ageing is needed as we embrace successful ageing. The paradigm needs to be shifted from a treatment-focused model to a more integrated and preventive care model.

In line with the key domains in the iCOPE (Integrated Care for Older People) framework outlined by World Health Organisation, we have lined up an interesting and varied scientific programme which would cover the depth and breadth in the prevention and management of decline in intrinsic capacity as the population ages and importance of cross specialty multidisciplinary teams working together to improve healthcare for older people. Novel topics and hands-on sessions have also been integrated to enhance learning opportunities.

We hope the programme carved here will give each and every one an opportunity to learn to add life to years in our aging population. The 3-days program promises to change how we think, feel and act towards ageing, cultivating age-friendly environments, creating responsive healthcare systems and providing long term care and support essential to living with dignity.

We hope through this ASEAN Healthy Ageing Conference, medical professionals will continue to learn, enhance and enrich their knowledges which will translate to better and improved care for our older persons. The programs have been arranged to cater different expectations and aspirations of the delegates. Symposiums focusing on special population, lessons from the pandemic, digital health, lifestyle interventions as well as many other interesting sessions are carefully crafted to maximize learning opportunities. With an excellent line up of international and local speakers, we strongly believe that there is something in store for everyone attending this conference.

Lastly, let’s make every year count for you and for me, not just by the numbers but by how we live in between.



SCIENTIFIC CHAIRPERSON
Dr. Wong Teck Wee



SCIENTIFIC CO-CHAIRPERSON
Dr. Kejal Hasmukharay

Organizing Committee

ADVISORS

(MHAS) Professor Nathan Vytialingam

Dr. Muruga Raj A/L Rajathurai **(CMA)**

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Prof. Dr. Shahrul Bahyah Kamaruzzaman

SCIENTIFIC CHAIRPERSON

Dr. Wong Teck Wee

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Dato' Dr. Parmjit Singh

Dr. Divagar Varatha Raju

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Assoc. Prof. Dr. Prem Kumar Chandrasekaran

SCIENTIFIC CO-CHAIRPERSON

Dr. Kejal Hasmukharay

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Ms. Dharshini Navanethan

COMMITTEE MEMBERS

Prof. Dr. Tan Maw Pin

Dr. Sivaneswaran Poobalasingam

Dr. Shane Varman A/L Pannir Selvam

Ms. Joyce Leong

Mr. Thillainathan Krishnan

Emerging Topics

HEALTH, WELLNESS & VITALITY (iCOPE)

The Healthy Ageing Agenda
Healthy Ageing - The Way Forward; Lessons from ASEAN
Assessing the Multi-Morbidity in the Diabetic Older Persons
Mapping the New Paradigm in Heart Failure Management
Cardiac Rehabilitation - How it can Heal your Heart Beyond Medications
In and Out - Have you Been Doing it Right?
The Snores that just wont Snooze!
Smoking and Vaping - Cool but not that Cool
Post COVID Syndrome - Beyond the Heart and Lungs
The Pandora Box - Should We or Shouldn't We
Advances in Treatment of Cancers
Cancer Screening: What does this mean?
Diets and Cancers - Does Sugar Feed the Tumour Cells
Cancers and You
Facing the Big C in the Later Years
From Fragile to Resilient: Navigating Osteoporosis with Confidence
Cracking the Code for Bone Health: Osteoporosis Unveiled
Flex, Strengthen, Thrive: Your Roadmap to Bone and Muscle Health
Maintaining Active Mobility in Golden Years
Living Well with Creaky Joints
Fueling Joint Health: Lifestyle Strategies for a Pain-Free Tomorrow
Sleeping like a Baby, Ageing like a Pro: Senior Sleep Strategies
Unlocking Minds: The Quest to Detect Mild Cognitive Impairment before it Fades
The Lullaby Effect: How Music can Transform your Sleep
Superbugs and Super Seniors: A Battle of Resilience
Dementia-Inclusive Visual Communication
Oral Health and Overall Well-Being: The Link for Older Adults
The Impact of Nutrition on Oral Health in Older Persons
Fading or Flourishing? Understanding Physical, Oral and Social Frailty

Battling the Muscle Thief: Sarcopenia Demystified
Passion Beyond Years: Rediscovering Love and Intimacy in Later Life
From Leaks to Liberation: Managing Incontinence with Confidence
Ageless Beauty: Embracing Natural Aging vs Enhancing Aesthetics
Futuristic Medicine - Moving Forward with Precision Medicine
Celebrating Resilience
Sight in the Golden Years: Challenges and Solutions
Hearing: The Symphony of Ageing Senses
Addressing the Needs of Ageing Persons with HIV

MENTAL WELL-BEING

Mood Matters: Cracking the Code of Emotional Health in Older Adults
Sleep S.O.S.: When to Call in the Psychiatry Dream Team
Mind, Memory and Legacy: Unraveling the Secrets of Testamentary Capacity
Journey's End: Navigating Compassionate Care for Advanced Dementia
Elder's Unfinished Business: Deciphering Unsettled Wills
Celebrating a Lifetime of Healing: A Tribute to Prof. Philip George
Harnessing the Mind's Power: The Role of Hypnosis in Enhancing Care for Seniors
Awaken your Senses: The Art of Mindfulness Beyond the Silence: Understanding and Addressing Loneliness and Social Isolation
Scrolling to Serenity: Balancing Social Media and Senior Mental Health

EMPOWERMENT

Mind Matters: Empowering Interventions for Enhancing Cognitive Well-Being
Nurturing Prosperity in Retirement: Strategies for Older Malaysians
Investing for your Golden Years and Unmasking the Secrets to Keeping Seniors Safe from Scams

SOCIO-COMMUNITY

Healing Hands, Aeging Hearts: The Retirement Age Riddle
Age vs Wage: Lighting Talks on the Economics of Retirement
Reclaiming Independence: The Transformative Power of Stroke Rehabilitation
Revolutionizing Recovery: How Gerontechnology is Redefining Stroke Rehabilitation
Economaging
Policies and Designs for Healthy Ageing
Intelligence-Based Precision Healthy Ageing
App-timize the Care for Older Persons through iCOPE
Policies and Designs for Healthy Ageing
A Transdisciplinary Research Approach to Addressing Complex Issues Faced by Older Persons
Age Amplified: The Transformative Power of Research in Older Persons
Optimising Healthy Ageing: Facilitating Social Engagement
Cities for All Ages: Crafting an Aged-Friendly Future
Age-Forward Urban Planning of a Age-Friendly City
Ageing in Place 101: Strategies for a Fulfilling and Independent Life
Creating your Ideal Ageing-in-Place Environment
Ageing as a Mindset - Time to Reset
Breaking Down Ageism: Removing Barriers to Healthy Ageing
Caring for Caregivers
Furry Companions: The Ageless Allure of Pets in the Lives of Seniors
Ageless Elegance: The Art of Nursing Care for Seniors
Culinary Seduction: The Irresistible Charms of Edible Garden for Seniors

COMPLEMENTARY MEDICINE

Unlocking Longevity with Complementary Medicine
Mind and Body Harmony: The Role of Meditation and Yoga in Complementary Medicine
The Art of Energy Healing: Reiki, Qigong and Beyond



Call For Papers

1st June 2023 - 29th February 2024

Submit your entry via
healthyageing.org/acha2024/

**BEST ORAL
&
POSTER
PRESENTATION**

*Awards will be presented to the
lucky winners*

Should you have any inquiries, contact us at
+60 12 364 6109 or mhas.acha@gmail.com

List of Faculty

International Speakers

- Professor Tri Budi Rahardjo (Indonesia)**
Professor in Gerontology
Universitas Respati Indonesia
- Prof. Dr. Liang-Kung Chen (Taiwan)**
Director, Centre of Geriatrics and Gerontology
Taipei Veterans General Hospital
- Ms. Samantha Shann (United Kingdom)**
President
World Federation of Occupational Therapists
- Assoc. Prof. Dr. Ravindran Kanesharan (Singapore)**
Consultant of Medical Oncology
National Cancer Centre Singapore
- Prof. Dr. Shelley Ann De La Vega (Philippines)**
Professor of Medicine
University of Philippines
- Assoc. Prof. Dr. David Barron (Scotland)**
Associate Professor in Psychology
Herriot-Watt University
- Dr. Suka Aryana (Indonesia)**
Geriatric Division of Internal Medicine Department
Udayana University
- Dr. Anupama Roy Chowdhury (Singapore)**
Head and Senior Consultant of Geriatric Medicine
Singapore General Hospital
- Dr. Moushmi Biswas (United Kingdom)**
Consultant Physician in Diabetes & Endocrinology
Royal Gwent Hospital
- Dr. Mohd Khaliq Hamdan (United Kingdom)**
Consultant Physician in Diabetes & Endocrinology
Nevill Hall Hospital
- Prof. Helen Herrman (Australia)**
Professor Emeritus of Psychiatry
University of Melbourne
- Prof. Dr. Valliappan Raju (India)**
Director of Research
Perdana University
- Prof. Dr. Karen Morgan (Ireland)**
President
RCSI & UCD Malaysia Campus
- Assoc. Prof. Dr. Peter Norrie (Australia)**
Chief Psychiatrist
Australian Capital Territory
- Assoc. Prof. Dr. Raghu Varadarajan (Ireland)**
Dean
Perdana University - Royal College of Surgeons in Ireland
- Assoc. Prof. Dr. Syriac Nellikunnel**
Dean, Faculty of Business
Perdana University
- Dr. Vaikunthan Rajaratnam (Singapore)**
Senior Consultant Hand and Reconstructive Microsurgery
Khoo Teck Puat Hospital
- Dr. Hitendra K. Doshi (Singapore)**
Specialist Orthopaedics & Trauma Surgeon
HK Doshi Orthopaedics Center
- Dr. Norana Abdul Rahman (United Kingdom)**
External PhD Candidate, Faculty of Science
Athena Institute
- Mr. Nandadeva Perera (Sri Lanka)**
Life Coach and Spiritual Instructor

Malaysian Speakers

- YB Jagdeep Singh Deo A/L Karpal Singh**
Deputy Chief Minister II
Penang State Government
- Dato' Seri Dr. Thamboo Pragasam Devaraj**
Chairman
Penang Hospice Society
- Datuk Dr. N. Ganabaskaran**
Past President
Malaysian Medical Association
- Dato' Prof. Dr. Abdul Rashid Khan Bin Md Jagar Din**
Dean
RCSI & UCD Malaysia Campus
- Datin Ranuga Devy M. Packirisamy**
Advocate & Solicitor
Ranuga & Associates
- Assoc. Prof. Dr. Prem Kumar**
Consultant Neuropsychiatrist
Penang Adventist Hospital
- Dr. Muruga Raj A/L Rajathurai**
President
Commonwealth Medical Association
- Dr. Sivaneswaran Poobalasingam**
Founder and President
Malaysian Society of Lifestyle President
- Dr. Sivabala Selvaratnam**
Obstetrician & Gynaecologist
Seberang Jaya Hospital
- Dr. Wong Teck Wee**
Consultant Interventional Cardiologist
iHEAL Medical Centre
- Dr. Alan Ch'ng**
Consultant Geriatrician
Seberang Jaya Hospital
- Dr. Lim Poh Hin**
Consultant Neurologist
KPJ Ampang Puteri
- Dr. Yap Lok Huei**
Plastic & Reconstructive Surgeon
Prince Court Medical Centre
- Dr. Irene Looi**
Consultant Neurologist
Seberang Jaya Hospital
- Dr. Sangeeta Kaur**
Secretary
Malaysian Healthy Ageing Society
- Ms. Sheila Menon**
Principal & Director
London College of Clinical Hypnosis Asia
- Mr. Thillainathan Krishnan**
Senior Occupational Therapist
Ministry of Health Malaysia
- Prof. Dr. Shahrul Bahyah Kamaruzzaman**
Consultant Geriatrician
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- Professor Nathan Vytialingam**
Dean, School of Occupational Therapy
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- Prof. Dr. Sasheela Sri La Ponampalavanar**
Professor in Infectious Disease
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- Prof. Dr. Tan Maw Pin**
Consultant Geriatrician
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- Prof. Dr. Julia Patrick Engkasan**
Professor in Rehabilitation Medicine
University of Malaya
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- Assoc. Prof. Dr. Reena Rajasuriar**
Centre of Excellence for Research In AIDS
University of Malaya
- Dr. Shane Varman**
Consultant Psychiatrist
International Medical University
- Dr. Leela Koran**
Senior Lecturer in Languages and Linguistics
University of Malaya
- Dr. Kejal Hasmukharay**
Internal Medicine Specialist
University Malaya Medical Centre
- Dr. Shazlin Amir Hamzah**
Research Fellow, National Institute of Ethnic Studies
National University of Malaysia
- Dr. Anne Jamaludin**
Senior Lecturer in Epidemiology and Public Health Medicine
HELP University
- Dr. Indra A/P V. Selvarajah**
Lecturer, Faculty of Human Ecology
Universiti Putra Malaysia
- Mr. K. Siladass**
Advocate & Solicitor
K. Siladass & Partners

Conference Schedule

Pre-Conference

A pre-conference will be organized on **Monday, 29th July 2024** to provide attendees with valuable insights and opportunities before the main event. It serves as a platform to engage participants, foster networking, and facilitate knowledge exchange. To stay informed about the latest updates and important details related to this pre-conference, visit us at **healthyageing.org/acha2024/**

Time	30th July 2024 Tuesday	31st July 2024 Wednesday	1st August 2024 Thursday
7:30 - 8:30 AM	Registration	Breakfast Symposium	Breakfast Symposium
8:30 - 9:15 AM	Plenary P1	Plenary P3	Plenary P5
9:15 - 10:00 AM	Plenary P2	Plenary P4	Plenary P6
10:00 - 10:30 AM	Health & Wellness Break	Health & Wellness Break	Health & Wellness Break
10:30 - 11:15 AM	Opening Ceremony	Symposium S9,10,11,12	Symposium S21,22,23,24
11:15 - 12:00 PM	Keynote Address	Workshops W1,2,3,4	Workshops W5,6,7,8
12:00 - 12:45 PM	Special Lectures V1,2,3,4	Special Lectures V5,6,7,8	Special Lectures V9,10,11,12
12:45 - 2:15 PM	Lunch Symposium	L2 Lunch Symposium	L3 Lunch Symposium
2:15 - 3:00 PM	Symposium S1,2,3,4	Symposium S13,14,15,16	Symposium S25,26,27,28
3:00 - 3:45 PM	Symposium S5,6,7,8	Symposium S17,18,19,20	Symposium S29,30,31,32
3:45 - 4:15 PM	Forums F1,2,3,4	Forums F5,6,7,8	Forums F9,10,11,12
4:15 - 5:15 PM	Networking Tea Break	Networking Tea Break	Networking Tea Break
7:00 - 9:30 PM	Welcome Reception		

**Subject to change*

Visit us at

healthyageing.org/acha2024/

for more information and updates regarding the conference

Presenting ACHA 2024

The ASEAN Conference on Healthy Ageing 2024 has been organized with the purpose of highlighting and addressing the various challenges and issues with regards to healthy ageing, from a holistic perspective. This conference acts as a platform to discuss the unique challenges of ageing faced throughout the ASEAN continent, which encompasses cultural, ethnic and religious aspects, in addition to global ageing concerns.

The conference will provide participants with the opportunity to enhance their professional development with regards to critical issues in ageing and gain a more holistic understanding on the subject. Furthermore, the conference also offers an excellent platform to network with some of the most eminent thought leaders and prominent minds in the field of ageing.

Book your seat. Explore the world of ageing through the ASEAN Conference on Healthy Ageing 2024 in realising the potential to “Ageing Successfully - Equitably, Actively and Naturally”.

About the Organiser



The Malaysian Healthy Ageing Society (MHAS) is proud to host the ACHA2024, an event focused on promoting healthy ageing in the region and beyond. MHAS, a non-profit organization, is committed to providing education, awareness and training to healthcare professionals, scientists, and the general public on various issues related to healthy ageing.

It has successfully done so for the past two decades, by actively organising events such as workshops, symposiums and conferences, as part of our ongoing efforts in collaboration with the health-care industry and engaged healthcare professionals.

To date, MHAS has played a significant role in hosting the inaugural World Congress on Healthy Aging in Kuala Lumpur, Malaysia in 2012. In 2015, we contributed to and collaborated on organizing the second World Congress on Healthy Aging in South Africa.

In 2017, MHAS successfully arranged the first ASEAN Conference on Healthy Aging (ACHA) in Sarawak, Malaysia. This led to our involvement in the second ASEAN Conference on Healthy Aging in Bali, Indonesia. Post pandemic, MHAS steps up to revive regional collaborations by celebrating the return of old and new friends and delegates to the 3rd ACHA 2024 in Penang, Malaysia.



REGISTRATION FORM

Visit healthyageing.org/acha2024/ to purchase your tickets online

OR

Please return this registration form together with the payment documents to the Secretariat via e-mail at mhas.acha@gmail.com. All fields are mandatory.

Title & Name			
Name on Badge			
Organization & Address			
Email address			
Contact No.			
Meal Preference	Vegetarian <input type="checkbox"/>	Non- Vegetarian <input type="checkbox"/>	

Registration Fee (Please tick wherever appropriate) *RM300 for 2 workshop purchases

29th July 2024		9:00AM - 12:00PM		2:00PM - 5:00PM	
Pre-Conference Registration	Workshop A	RM180.00	<input type="checkbox"/>	Workshop C	RM180.00 <input type="checkbox"/>
	Workshop B	RM180.00	<input type="checkbox"/>	Workshop D	RM180.00 <input type="checkbox"/>

Registration Fee (Please tick wherever appropriate)

30th July 2024 1st August 2024		Delegates		Student	
Early Bird Registration till 31st March 2024	Local Delegates	RM500.00	<input type="checkbox"/>	RM400.00	<input type="checkbox"/>
	ASEAN Delegates	USD300.00	<input type="checkbox"/>	USD250.00	<input type="checkbox"/>
	International Delegates	USD500.00	<input type="checkbox"/>	USD400.00	<input type="checkbox"/>
Normal Registration after 31st March 2024	Local Delegates	RM650.00	<input type="checkbox"/>	RM500.00	<input type="checkbox"/>
	ASEAN Delegates	USD400.00	<input type="checkbox"/>	USD350.00	<input type="checkbox"/>
	International Delegates	USD650.00	<input type="checkbox"/>	USD500.00	<input type="checkbox"/>

Payment Method (Please tick wherever appropriate)

Local order <input type="checkbox"/>	Direct bank-in <input type="checkbox"/>
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Banking Information

Please make payment via local order or direct bank-in, please remit as follows:

Name of Bank: **RHB Berhad**
 Name of Account: **Malaysian Healthy Ageing Society**
 Account Number: **26416000002456**
 Swift Code: **RHBBMYKL**
 Reference: **type of delegate_ACHA24**

e-Perolehan Information

eP No.:
eP-1008K001Z
 Business/Company Name:
Malaysian Healthy Ageing Society
 Registration No:
PPM-002-10-25092002

Registration for the 3rd ASEAN Conference on Healthy Ageing is inclusive of annual membership of MHAS. Kindly note that you are supporting the MHAS cause that continues to advocate for healthy ageing issues at a much larger scale.



Malaysian Healthy Ageing Society (Registrar of Societies No. 1384)

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