

# 3rd ASEAN CONFERENCE ON HEALTHY AGEING

## Programme:

### Day 1: Tuesday, 30th July 2024

7.30am – 8.00am	Venue: Wembley Grand Ballroom, Level 10 <b>Harnessing Power of Yoga for Active Ageing (I):</b> Malaysian Society of Lifestyle Medicine				
8.00am – 8.45am	<b>Plenary 1: Regional Perspectives on Ageing Readiness and Competitiveness</b> Miss Subhashini Narayanan ( High Commission of India ), Prof Philip O' Keefe (World Bank) <b>Chairperson:</b> Professor Tan Maw Pin				
8.45am - 9.20am	<b>Age-Defying Feats: Rapid Fire with Malaysia's Oldest Ironman</b> Mr Yee Sze Mun <b>Chairperson:</b> Dr Kejal Hasmukharay				
9.20am – 10.00am	<b>Plenary 2 : ICOPE in Action: Transformative Journey of Implementing the Model in Real Healthcare Settings -The Taiwan Experience</b> Prof Liang Kung Chen <b>Chairperson :</b> Dr Anupama Roy Chowdhury				
10.00am - 10.30am	<b>Health and Wellness Break</b>				
10.30am – 12.00pm	<b>Opening Ceremony and Keynote Address - YB Datuk Seri Dr. Dzulkefly Bin Ahmad, Minister of Health, Malaysia</b> "Healthy Ageing: Malaysia Embracing the Dynamic Shift to An Ageing Society"				
Venue	<b>Wembley Grand Ballroom, Level 10</b>	<b>Wembley Room 7, Level 9</b>	<b>Wembley Room 8, Level 9</b>	<b>Wembley Room 9, Level 9</b>	<b>Wembley Room 10, Level 9</b>
12.00pm – 12.45pm	<b>Special Lectures V1</b> <b>Cracking the Code of Bone Health: Navigating Osteoporosis with Confidence</b>  Dr Low Chung Min  <b>Chairperson :</b> Dr Hitendra K. Doshi	<b>Special Lectures V2</b> <b>Lifestyle Medicine to Revitalize Healthcare</b>  Dr Siva Poobalasingam  <b>Chairperson :</b> Mr Ashutosh Verma	<b>Special Lectures V3</b> <b>Navigating the Enigma of the Aging Brain</b>  Prof Vickneswaran Mathaneswaran  <b>Chairperson :</b> Dr Irene Looi	<b>Special Lectures V4</b> <b>Addressing Multi-Morbidity in The Diabetic Older Persons</b>  Dr Moushmi Biswas Dr Khaliq Hamdan  <b>Chairperson :</b> Dato' Prof Dr Abdul Rashid Khan	<b>Oral Presentations</b> <b>O1 : The association of social media use with depressive symptoms among adults</b> Mr. Jonathan Ong Tze Sheng <b>O2 : The association between gadget usage and motor skills development among preschool children in Klang Valley.</b> Ms. Hiew Wan Qi <b>O3: Diabetes Knowledge and Medication Adherence Among Diabetics in Malaysia</b> Ms. Judianna Shalini Kelechi Nnaji <b>O4 :Factors related to decline in intrinsic capacity and healthy outcomes in older persons : A scoping review.</b> Ms Nurhazrina Noordin <b>Judges :</b> TBC Dr Lim Poh Hin

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12.45 – 2.45pm	<b>Lunch Symposium by Duopharma</b> <b>Beyond the Ordinary : Better Breast Health for All</b> Dr Yolanda Augustin <p style="text-align: right;"><b>Chairperson : Prof Dr Premnath Nagalingam</b></p>				
2.45pm – 3.30pm	<p style="text-align: center;"><b>ABBOTT</b></p> <p><b>Symposium 1 : Nourishing Your Muscles</b></p> <p><b>Fueling Resilience: The Nutritional Blueprint for Frailty and Sarcopenia Prevention</b> Prof Liang Kung Chen</p> <p><b>Chairperson:</b> Prof Shahrul Bahyah Kamaruzzaman</p>	<p><b>Symposium 2 : Cancers in Older Persons</b></p> <p><b>Empowering Ageless Warriors: Breakthroughs in Cancer Treatments</b> Prof. Dr. Ravindran Kanesvaran</p> <p><b>Diets and Cancers- Debunking the Myths</b> Prof Dr Barakatun Nisak</p> <p><b>Chairperson:</b> Dr P. Srinivas</p>	<p><b>Symposium 3 : Cognitive Health(1)</b></p> <p><b>Cognitive Compass: Navigating the Pathof Early Decline Towards Timely Intervention</b> Dr Anupama Roy Chowdury</p> <p><b>Mind Marvels: Innovative Approaches to Cognitive Stimulation</b> Mr Mohamed Munzir</p> <p><b>Chairperson:</b> Dr Keng Jun Ni</p>	<p><b>Symposium 4 : The Respiratory Health</b></p> <p><b>The Snores that Just Wont Snooze!</b> Assoc. Prof. Dr. Sethu Thakachy Subha</p> <p><b>Obesity Hypoventilation Syndrome (OHS) : Unveiling the Complexities of Weight and Breathing</b> Dr Lalitha Pereirasamy</p> <p><b>Chairperson:</b> Dr Alan Ch'ng</p>	<p><b>Oral Presentations</b></p> <p><b>O5 : Contributing Factors and Challenges on Parents of Children with Autism Spectrum Disorder(ASD)</b> Mr. Koo Kian Kai</p> <p><b>O6: Attitudes and Perceptions of Technology Based Interventions Among Parents of Children with Autism Spectrum Disorder(ASD)</b> Ms. Anirah Aina Bt Mustapha Kamel</p> <p><b>O7: Community Empowerment Programme: Enhancing Health Knowledge and Active Living Among Older Adults in Tampin</b> Tengku Amatullah Madeehah T Mohd</p> <p><b>O8: Midlife Matters : Essential Needs of Middle-Aged Malaysians Towards Healthy Ageing</b> Ms Melinda U Cheah Pei</p> <p><b>Judges :</b> Dr Jakir Masud Dr Anne Jamaludin</p>

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<p>3.30pm – 4.15pm</p>	<p><b>Workshop 1 :Vitality</b></p> <p><b>Move to Thrive:Frailty and Sarcopenia Prevention</b></p> <p>Mr Lee Ke Wynn Mr Mohamed Munzir</p> <p><b>Chairperson:</b> Dr Amanda Goh</p>	<p><b>Workshop 2 : Cancer Conundrum</b></p> <p><b>Navigating through Cancers in an Ageing Population; Is There A Difference? (Assessment, Management and Rehabilitation)</b></p> <p>Dr Anupama Roy Prof. Dr. Ravindran Kanesvaran Prof Julia Anak Patrick Engkasan</p> <p><b>Chairperson:</b> Dr Sophia Si Ling Heng</p>	<p><b>IMM HEALTHCARE</b></p> <p><b>Workshop 3 : AI in Dementia</b></p> <p><b>Successful Aging with ViewMind AI Technology and HUR Smart Balance</b></p> <p>Dr Jillian Yeoh</p> <p><b>Chairperson :</b> Dr Lim Poh Hin</p>	<p><b>Special Lecture, V5</b></p> <p><b>Designing Age-Friendly Communities: Innovations and Best Practices</b></p> <p>Prof Shelley de la Vega</p> <p><b>Chairperson :</b> Dr Sangeeta Kaur</p>	<p><b>Oral Presentations</b></p> <p><b>O9 : Carers' Appraisal of Caregiving for People Receiving Palliative Care</b> Ms. Ling Hui Sing</p> <p><b>O10: Montessori for Dementia Care</b> Ms. Aisha Zanariah Abdullah</p> <p><b>O11: Older care partners perspectives to inform a new model of carer support for successful ageing</b> Dr. Aislinn Lalor</p> <p><b>O12: Mental Health and Wellbeing of Indonesian Domestic Workers Caring for Older Adults in Asian Countries</b> Dr Andrian Liem</p>
<p>4.15pm – 5.00pm</p>	<p><b>Symposium 5 : Degenerative Joint Diseases</b></p> <p><b>Maintaining Active Mobility in Golden Years</b> Dr. Hitendra K. Doshi</p> <p><b>Lifestyle Strategies for a Pain-Free Tomorrow</b> Dr Saraswathi Kalianan</p> <p><b>Chairperson:</b> Dr Muhamad Danial</p>	<p><b>Symposium 6 : Cancers and You</b></p> <p><b>Big C of the Gut - What You need to Know?</b> Prof Dr Premnath Nagalingam</p> <p><b>Bleeding Chronicles: Navigating Unusual Bleeds Through Every Stage of a Woman's Journey</b> Dr. Sivabala Selvaratnam</p> <p><b>Chairperson:</b> TBC</p>	<p><b>Symposium 7 : Cognitive Health (II)</b></p> <p><b>Creating Relationship-Centred Dementia Care Resources for Malaysians through Interdisciplinary Collaboration.</b> Dr. Leela Koran</p> <p><b>Mind, Memory, and Legacy: Unravelingthe Secrets of Testamentary Capacity</b> Dr Shane Varman</p> <p><b>Chairperson:</b> Mr. Chandra Kannan</p>	<p><b>Symposium 8: Sleep and You</b></p> <p><b>Sleeping Like a Baby, Aging Like a Pro: Senior Sleep Strategies</b> Dr Parmila Krishnan</p> <p><b>The Lullaby Effect:How Music Can Transform Your Sleep</b> Mr Nathan Ng</p> <p><b>Chairperson:</b> Dr Anne Jamaludin</p>	<p><b>O13 : Occupational Factors and Work-Related Musculo-skeletal Disorders (WRMSDs) Among Secondary School Teachers in Penang</b> Ms. Sulekha Nair Sri Kumar</p> <p><b>O14: Ergonomic Risk Assessment Among Health Science Students in Klang Valley</b> Ms. Michelle Rebecca Kusumohardjo</p> <p><b>O15: The Exploration of Low Back Pain to The Quality of Life of Elderly at Rehabilitation Clinic</b> Dr Saiful Anwar Hospital, Malang Ms Elvo Dienty Zachrie Santoso</p> <p><b>Judges :</b> Prof Karen Morgan Dato' Prof Dr Abdul Rashid Khan</p>

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<p>5.00pm – 5.45pm</p>	<p><b>Forum 1 : Falls-proofing Your Golden Years</b></p> <p>Prof Tan Maw Pin Isma Hanis Abd.Ghafar Joanne Lim Phaik Kit</p> <p><b>Moderator:</b> Dr Lee Sook Meng</p>	<p><b>Forum 2 : Cutting Through the Age Barrier: Navigating Surgical Decisions for Older Adults</b></p> <p>Dr Hitendra Doshi Prof Vickneswaran M. Dr Sophia Si Ling Heng Dr P. Srinivas</p> <p><b>Moderator:</b> Dr Vaikunthan</p>	<p><b>Forum 3 : Breaking the Silence: Unveiling the Importance of Advance Care Planning in Healthcare Conversations</b></p> <p>Mr K. Siladass Dr Anupama Roy C. Dr Jaishree Sharmini</p> <p><b>Moderator:</b> Prof Dr Karen Morgan</p>	<p><b>Forum 4: Long COVID Syndrome - Beyond the Heart and Lungs</b></p> <p>Dato Dr Ong Loke Meng Dr Irene Looi Dr Ramani Arumugam</p> <p><b>Moderator:</b> Dato' Dr Kalwinder Singh Khaira</p>	<p><b>Oral Presentations</b></p> <p><b>O16 : Functional Dependency and Unmet Healthcare Needs Amongst the Older Person in Malaysia</b> Ms. Batrisha Binti Nor Hashim</p> <p><b>O17: Understanding Sleep Disorders Among the Elderly in Ardirejo Village, Kepanjen District, Malang Regency: A Qualitative Study via One-on-One Interviews</b> Ms Arvarisq Salma Satyanto Dewani</p> <p><b>O18: Music Therapy and Geriatric Population in Malaysia</b> Ms Moh Heng Wei</p> <p><b>O19: The VOILA Study: The effects of a lifestyle intervention on the health of metabolically impaired older adults.</b> Jordi Morwani Mangnani</p> <p><b>Judges :</b> Dr Moushmi Biswas Dr Alan Ch'ng</p>
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## Programme:

### Day 2: Wednesday, 31st July 2024

7.30am – 8.15am	Venue : Wembley Grand Ballroom, Level 10 <b>Harnessing Power of Yoga for Stress Resilience(II)</b> Malaysian Society of Lifestyle Medicine				
8.15am – 9.00am	<b>MSD</b> <b>Plenary: The Role of Immunotherapy in Older patients with Kidney Cancers</b> Prof. Dr. Ravindran Kanesvaran <b>Chairperson:</b> Prof Nathan Vythialingam				
9.00am – 10.00am	<b>Breakfast Symposium by TENA “Ketawa Sampai Kencing“</b> Douglas Lim Shamaine Othman <b>Chairperson:</b> Darren Atkinson				
10.00am - 10.30am	Health and Wellness Break				
10.30am – 12.00pm	<b>Lecture Series : Legacy of Compassion: Prof Dr. Phillip George</b> Dr Josephine Subramaniam, Dr SS Gill, Dr Malkit Singh, Dr Rema Devan Prof Dr. Peter Norrie, Prof Dr. Helen Herrman, Dr Unni Krishnan Karunakara Prof Sivakumar Thurairajasingam, Dr Parameswaran Ramasamy Prof Nathan Vythialingam, Dr Susan Pereira <b>Chairperson:</b> Assoc. Prof Dr. Prem Kumar				
	<b>Wembley Ballroom 2, Level 10</b>	<b>Wembley Room7 Level 9</b>	<b>Wembley Room8 Level 9</b>	<b>Wembley Room 9 Level 9</b>	<b>Wembley Room 10 Level 9</b>
12.00pm – 12.45pm	<b>Special Lecture,V6</b>  <b>Unleashing the Power of Health Coaching for Behavior Modification to Achieve Optimal Health and Wellness</b> Dr Sundus Hussain-Morgan  <b>Chairperson:</b> A/P Dr Prem Kumar Chandrasekaran	<b>Special Lecture,V7</b>  <b>Beyond the Bedside: Real-Time Patient Monitoring from Hospital to Home</b> Prof Renuka Visvanathan  <b>Chairperson:</b> Dr Khor Swee Kheng	<b>Symposium 9: Oral Health - the Missing Link in Successful Aging</b>  <b>Oral Health – Its Relevance in Successful Aging</b> Dr Chloe Meng Jiang  <b>Oral-Systemic Links – What is Known and What is New?</b> Prof M.F. Lindawati Kusdhany  <b>Challenges and Opportunities To Promote Oral Health</b> A/P Dr Waranuch Pitiphat  <b>Chairperson:</b> Dr Sapna Bhar	<b>Special Lecture, V8</b>  <b>The Art Of Energy Healing, Reiki, Qi Qong &amp; Beyond</b> Dr Amir Farid  <b>Chairperson:</b> Dr Wong Teck Wee	<b>Oral Presentations O20 : Integrated Telemental Health Services for Enhancing the Happiness Index of Urban Depression Older Adults in Indonesia</b> Dr. Thika Marliana  <b>O21: Health Needs Among Older People with Diabetes In Penang : A Mixed Method Study</b> Dr. Ahmad Hanis Bin Ahmad Shushami  <b>O22 : Seniors Exercise Parks – What is the Current Evidence, and Methods to Support Upscaling and Sustained Usage by Older People</b> Professor Keith Hill  <b>O23: Exploring the Future of Geriatric Care : An Inter-professional Collaborative Learning Pilot Project</b> Ms. Tan Siok Lian  <b>Judges :</b> Prof Tan Maw Pin Prof Tri Budi Rahardjo

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<p>12.45pm – 1.30pm</p> <p>1.30pm - 2.45pm 1.00pm - 2.45pm</p>	<p><b>Plenary: Empowering Global Communities</b> <b>The Role of Occupational Therapy in Promoting Health, Inclusion and Well-Being</b> Ms. Samantha Shann</p> <p style="text-align: right;"><b>Chairperson:</b> Prof Nathan Vytialingam</p> <p><b>Gastronomic Lunch</b> Judging of Poster Presentations</p>				
<p>2.45pm – 3.30pm</p>	<p><b>Workshop 4: Mindfulness</b></p> <p><b>Mindful Mastery: Unleashing Your Inner Stress Buster</b></p> <p>Dr Siva Poobalasingam Nisha Lakshmanan Ivana Saldanha</p> <p><b>Chairperson:</b> Dr Shane Varman</p>	<p><b>Workshop 5: Nursing</b></p> <p><b>Safety and Falls Prevention</b></p> <p>Prof. Dr Khatijah Lim Abdullah Joyce Whye Sook Leong</p> <p><b>Chairperson:</b> Muraleswari Kesavan</p>	<p><b>Workshop 6: Oral Health (II)</b></p> <p><b>Developing an Inter-Personal Approach to Promote Oral Health in Older Adults</b></p> <p>Dr Gabriel Lee Keng Yan A/P Dr Jacob John A/P Dr Wong Mun Loke</p> <p><b>Chairperson:</b> Dr Sapna Bhar</p>	<p><b>Workshop 7: 5 Pillars of Holistic Wellness</b></p> <p><b>Harnessing the Power of Ageless Gut for Lifelong Wellness; Food as Medicine &amp; Lifestyle Practices for Diabetics</b></p> <p>Mr Ashutosh Verma</p> <p><b>Chairperson:</b> Dr Wong Teck Wee</p>	<p><b>Oral Presentations</b></p> <p><b>O24 : Psychosocial impact of COVID-19 on older persons across South East Asian countries: A cross sectional study</b> Afzal Parvez Khan</p> <p><b>O25: Association of screen time and neck discomfort and neck disability among adult population in Malaysia during COVID-19 pandemic</b> Mr Matthew</p> <p><b>O26: Elderly perception and experience during COVID 19 Pandemic in Ardirejo Kepanjen: A Qualitative Study</b> Ms Nidya Sekarsari Setyabudi</p> <p><b>O27 : Prevalence and Characteristics of Depression, Anxiety and Stress Among Older Persons in Malaysia during the COVID-19 Pandemic</b> Ms. Mirchandani Shobha</p> <p><b>O28 :“Changing the Focus”: Co-design of a novel approach for people with mild dementia to engage in physical activity programs in a local community.</b> Dr. Angel Lee</p> <p><b>O29 : Comparison of Orchid Essential Oil and Compound Aromatherapy in the Early Stage of Cognitive Frailty in Middle-aged and Elderly People: A Preliminary Study on Cognition and</b></p>
<p>3.30pm – 4.15pm</p>	<p><b>Special Lecture, V9</b></p> <p><b>Mental Health Aspects of COVID 19 Vaccinations</b> Assoc. Prof Dr Prem Kumar</p>	<p><b>Special Lecture, V10</b></p> <p><b>Navigating Digital Primary Healthcare</b> Dr Khor Swee Kheng</p>	<p><b>Special Lecture, V11</b></p> <p><b>Beyond Decay: A Comprehensive Primary Care Approach to Geriatric Dentistry in the Aging Population</b> Dr Sapna Bhar</p>	<p><b>Special Lecture, V12</b></p> <p><b>Yoga and Its Importance in Healthy Ageing for Holistic Living</b> Mr Sandeep Shaligram Wankhade</p>	<p><b>O28 :“Changing the Focus”: Co-design of a novel approach for people with mild dementia to engage in physical activity programs in a local community.</b> Dr. Angel Lee</p> <p><b>O29 : Comparison of Orchid Essential Oil and Compound Aromatherapy in the Early Stage of Cognitive Frailty in Middle-aged and Elderly People: A Preliminary Study on Cognition and</b></p>

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	<p><b>Chairperson:</b> Dr Lee Sook Meng</p>	<p><b>Chairperson:</b> Dr Jakir Masud</p>	<p><b>Chairperson:</b> Prof Dr Barakatun Nisak</p>	<p><b>Chairperson:</b> Dr Sundus Hussain-Morgan</p>	<p><b>Depression.</b> Ms. Yajun Chen</p> <p><b>O30: Acceptability and Effects of the Raga Music Listening Intervention for Blood Pressure: A Pilot Study Among the Indian Ethnic Population in Malaysia</b> Ms. Kirthana Puniamurthy</p> <p><b>Judges:</b> Dr Keng Juni Ni Dr Norana Abdul Rahman</p>
4.15pm –5.00pm	<p><b>Special Lecture,V13</b> <b>Mirror, Mirror: The Impact of An Aging BodyImage on Mind and Mood</b> Assoc. Prof Dr David Barron</p> <p><b>Chairperson:</b> Dr Shane Verman</p>	<p><b>Special Lecture,V14</b> <b>Navigating Preventive Diagnostics with MRI Precision</b> Dr Michael Mc Namara</p> <p><b>Chairperson:</b> Dr Lim Poh Hin</p>	<p><b>Special Lecture,V15</b> <b>Beyond Currency: Timeas the New Social Capital</b> Dr Olivia Tan Swee Leng</p> <p><b>Chairperson:</b> Dr Sangeeta Kaur</p>	<p><b>Special Lecture,V16</b> <b>Overcoming Loneliness through Social Connectedness in Healthy Ageing</b> Dr Arti Mahubani</p> <p><b>Chairperson:</b> Dr Siva Poobalasingam</p>	
5.00pm – 5.45pm	<p><b>Forum 5 :</b> <b>When love hurts! Prevention of caregiver burnout</b> Prof. Dr Khatijah Lim Dr Anne Jamaludin Abdul Malik B. Abdul Shukur</p> <p><b>Moderator :</b> Dr Shane Varman</p>	<p><b>Forum 6 :</b> <b>Geron-technology AI In Healthcare</b> Dr Vaikunthan Rajaratnam Dr Jakir Masud</p> <p><b>Moderator:</b> Dr Moushmi Biswas</p>	<p><b>Special Lecture</b> <b>Smart &amp; Healthy Ageing : Investing Wisely and Staying Scam Free</b> ASP Devan Raman</p> <p><b>Moderator:</b> Ms Joyce Leong</p>	<p><b>Symposium 10:The Ancient Science of Ayurveda</b> <b>Ancient Wisdom, Modern Science; Ayurvedic Perspective in Combatting Metabolic Syndrome</b> Dr Siby Chiramel</p> <p><b>Harnessing the Science of Ayurveda: Graceful Ageing and Longevity</b> Dr Shangkari Kumar</p> <p><b>Chairperson:</b> Mr Sandeep Shaligram</p>	

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## Programme:

### Day 3: Thursday, 1st August 2024

7.30am – 8.15am	Venue: Wembley Grand Ballroom, Level 10 <b>Harnessing Power of Yoga for Physical Fitness (III)</b> Malaysian Society of Lifestyle Medicine				
8.15am – 9.00am	<b>Plenary 4: The Retirement Age Riddle</b> Datuk Dr N. Ganabaskaran Dato' Dr Chan Kok Ewe Dato' Seri Dr Anwar Fazal  <b>Chairperson : Dr Vaikunthan</b>				
9.00am – 10.00am	<b>Breakfast Symposium by SOCSO</b> <b>Healthy Ageing in Social Security Perspective</b> Dr Ahmad Syarifuddin bin Ramlan  <b>Financial Sustainability, Ageing and Wellbeing In Malaysia</b> Dr. Muhammad Aizat Zainal Alam  <b>Chairperson : Prof Nathan Vytialingam</b>				
10.00am - 10.30am	Health and Wellness Break				
10.30am – 11.15am	<b>Debate: Ageless Beauty: Embracing Natural Aging vs. Enhancing Aesthetics</b> Dr Doris Camagay Dr. Yap Lok Huei  <b>Chairperson: Dr Thevarasan Ganandran</b>				
11.15am – 12.00pm	<b>Plenary 5 : Age Friendly Initiatives by City Council of Penang Island</b> Dato' Rajendran P.Anthony  <b>Chairpersons: Dato' Ong Bee Leng &amp; Dr Sangeeta Kaur</b>				
	WembleyBallroom 2, Level 10	Wembley Room7, Level 7	Wembley Room 8, Level 9	Wembley Room 9 Level 9	Wembley Room10, Level 9
12.00pm – 12.45pm	<b>Symposium by FOMEMA</b> <b>Ensuring Health Across Borders: Navigating FOMEMA's Vital Role</b>  <b>Healthy Ageing and the Importance of Medical Screening</b> Dr Mohd Ridzal bin Mohd Zainal  <b>Healthy Ageing and Caring for Hemodialysis Cases</b> Dr Ungku Naim Akhtar bin Ungku Mohsin  <b>Chairperson :</b> Dr Prabhu Ramasamy	<b>Symposium 11:</b> <b>Anti-Microbial Resistance</b>  <b>Vaccines n Older Adults &amp; Role in Antimicrobial Resistance</b> Assoc. Prof Dr Lim Poh Lian  <b>Strategies to Address Antimicrobial Resistance in Aging Populations</b> Prof Dr Sasheela Sri La Ponampalavanar  <b>Chairperson :</b> Dr Divagar Varatha Raju	<b>Special Lecture,V17</b>  <b>Age vs. Wage: Lightning Talks on the Economics of Retirement</b> Dr Syahinaz Hashim  <b>Chairperson :</b> Mr K Siladass	<b>Special Lecture,V18</b>  <b>The Missing Link - Hospital and Primary Care</b> Dr Muruga Raj  <b>Chairperson :</b> TBC	<b>Oral Presentations</b> <b>O31 : A Preliminary Evaluation of The WeCare: An Occupation-Based Program</b> Mr. Tengku Mohd Asri Tengku Makhtar  <b>O32:The relationship Between Emotional Stress and Physical Activity to Sleep Quality in Elderly at Hospital X Jakarta</b> Prof Dr Cicilia Windiyaningsih  <b>O33 : Lifelong Learning as a strategy for promoting active ageing: Field study from community-based program in West Java Province</b> Dr. Susiana Nugraha <b>Judges :</b> Assoc Prof. Dr Fadzillah Hanum Professor Datin Dr Sherina Mohd Sidik



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<p>12.45-1.30pm</p>	<p><b>GSK Lunch Symposium</b>  <b>The Time Is Now : Unveiling and Launching the Next-Gen Herpes Zoster Vaccine -Shingrix</b>                  Dr Alan Ch'ng Swee Hock                  Chairperson : Dr Kejal</p>				
<p>1.30pm-2.30pm</p>	<p><b>Gastronomic Lunch</b></p>				
<p>2.30pm-3.15pm</p>	<p><b>Combined Symposium 12&amp;13: His &amp; Her Health</b></p> <p>♀ <b>From Leaks to Liberation: Managing Incontinence with Confidence (Women Health)</b>                  Dr Anil Krishna Dass</p> <p>♀ <b>Hot Flashes and Cool Wisdom: A Conversation About Menopause</b>                  Dr. Sivabala Selvaratnam</p> <p><i>(Stay tuned in this 90-minutes-combined symposium to understand the depth and breadth of men and women health!)</i></p> <p>♂ <b>Pee-sitive Solutions: Overcoming Male Incontinence</b>                  Dr Teoh Boon Wei</p> <p>♀♂ <b>Unlocking the Power of Pelvic Floor Exercises for Incontinence</b>                  Ooi Teng Hong</p> <p><b>Chairperson:</b> TBC</p>	<p><b>Symposium 14 : Rehabilitation and Disabled Population</b></p> <p><b>Aging with Disability – Beyond Medical Lenses</b>                  Prof Julia Anak Patrick Engkasan</p> <p><b>Unveiling Ageing Challenges – My 48-years journey</b>                  Bathmavathi Krishnan</p> <p><b>Chairperson:</b> Miss Rejina Maniam</p>	<p><b>Special Lecture,V19 Social Engagement</b></p> <p><b>Beyond Borders of Age: Crafting Inclusive Communities to Tackle Social Isolation in Older Persons</b>                  Lily Fu</p> <p><b>Chairperson:</b> Dr Olivia Tan</p>	<p><b>Symposium 15: Ageing in Place</b></p> <p><b>Aging in Place 101: Strategies for a Fulfilling and Independent Life</b>                  Prof Tri Budi Rahardjo</p> <p><b>Community Care Hubs: Nurturing Independence As WeAge</b>                  Dr Suka Aryana</p> <p><b>Chairperson :</b> TBC</p>	<p><b>O34 : Emotional Health in Elderly's in Kepanjen Indonesia: Experience, Perception and Coping Mechanism</b>                  Ms Maylafaiza</p> <p><b>O35: Elderly's Worship Activity and QOL : A Qualitative Study in Bataknesse Ethnic Church in Malang, Indonesia</b>                  Ms Nathania Angelina Siahaan</p> <p><b>O36 :Motivation and Experience of Elderly in Worship at Darul Muttaqin Mosque Tunggulwulung, Malang</b>                  Ms Ranindya Asri Lembayung</p> <p><b>O37 : A Comparative Study Measuring Nasolabial Folds Depth Treated with Hyaluronic Acid Fillers Using Clinical Grading, Photography, and Ultra-High Frequency Ultrasound</b>                  Dr. Sophiah Heng Si Ling</p> <p><b>Judges :</b>                  Assoc Prof. Dr Fadzillah Hanum                  Dr Muruga Raj</p>
<p>3.15-.4.00pm</p>	<p><b>Special Lecture In Loving Memory of Mr Lim Kheng Boon Michael</b></p> <p><b>Happy Healthy Ageing- From the Start to the End</b></p> <p>Dato' Dr Chan Kok Ewe</p> <p><b>Chairperson :</b> Datin Ranuga Devy</p>	<p><b>Workshop 8: Research in Older Persons</b></p> <p><b>Conducting Trustworthy Research -</b>                  Professor Patrick Chien</p> <p><b>Chairperson:</b> Prof Dr Karen Morgan</p>	<p><b>Symposium 16 : All-Inclusive Age-Friendly City</b></p> <p><b>Cities for All Ages:Crafting an Aged-Friendly Future</b>                  IR Ong Sheng How                  IR Dr Bernard Lim</p> <p><b>Chairperson:</b> Dr Keng Jun Ni</p>		

# 3rd ASEAN CONFERENCE ON HEALTHY AGEING

## Programme:

4.00-4.45pm	<p><b>Symposium 17: Vision and Hearing</b></p> <p><b>Sight in the Golden Years: Challenges and Solutions</b> Dr SS Gill</p> <p><b>Hearing: The Symphony of Aging: Challenges and Solutions</b> Dato Dr Pua Kin Choo</p> <p><b>Chairperson :</b> Dr Divagar Varatha Raju</p>	<p><b>Symposium 18: Celebrating Resilience(I)</b></p> <p><b>Addressing the Unique Needs of Aging Persons With HIV</b></p> <p>Assoc. Prof. Dr Reena Rajasuriar Andrew Tan Tze Tho</p> <p><b>Chairperson :</b> Dr Sangeeta</p>	<p><b>Symposium 19 : Bringing Evidence to Clinical Practice</b></p> <p><b>The Transformative Power of Transdisciplinary Research</b> Dr Norana Abdul Rahman</p> <p><b>Translating Research to Clinical Practice</b> Prof. Dr. Valliappan Raju</p> <p><b>Chairperson:</b> Prof Dr Karen Morgan</p>	<p><b>Symposium 20: Unleashing The Hobbies for Healthy Ageing</b></p> <p><b>Furry Companions: How Animals Maintain the Physical and Mental Wellbeing of An Individual</b> Ms Myra Volle</p> <p><b>Harmony in Age: The Therapeutic Power of Performing Arts and Music in Healthy Ageing</b> Dr Shazlin Amir Hamzah</p> <p><b>Chairperson :</b> Mr Muthuraman</p>	
4.45-5.30pm	<p><b>Duopharma Symposium</b></p> <p><b>Halal Pharmaceuticals -Ensuring Equitable Access to Medicines for All</b> Brigadier Dato' Dr A.Halim Hj Basari</p> <p><b>Chairperson:</b> Professor Datin Dr Sherina Mohd Sidik</p>	<p><b>Special Lecture V20</b></p> <p><b>Healthy Ageing Starts with the First 1000 days of Life!</b></p> <p>AP Dr Zaharah Sulaiman</p> <p><b>Chairperson:</b> Dr Prabhu Ramasamy</p>	<p><b>Special Lecture, V21</b></p> <p><b>Abuse of Older People: Interventions for Primary Healthcare Professionals</b> Assoc Prof. Dr Fadzillah Hanum</p> <p><b>Chairperson:</b> Dr Muruga Raj</p>	<p><b>Special Lecture, V22</b></p> <p><b>A Doctor's Dilemma: Wills vs Living Wills</b> Carolyn Oh</p> <p><b>Chairperson:</b> Assoc. Prof. Dr. Prem Kumar</p>	
5.30-6.00pm	<p><b>Forum 10: Passion Beyond Years: Rediscovering Libido, Love and Intimacy in Later Life</b></p> <p>Dr Teoh Boon Wei Dr. Sivabala Selvaratnam</p> <p><b>Moderator:</b> Dr Alan Ch'ng</p>	<p><b>Forum 10 : Celebrating Resilience(II)</b></p> <p><b>Unseen Strength : Embracing Resilience and Healthy Ageing in Specially-abled Community</b></p> <p>Azry Faisal Tang Wei Chong Lim Yew Yi</p> <p><b>Moderator:</b> Bathmavathi Krishnan</p>	<p><b>Symposium 21 :</b></p> <p><b>Empowering the Silver Years: Advocating for Aging Rights and Dignity</b></p> <p>Mr K. Siladass Datin Ranuga Devy</p> <p><b>Moderator:</b> Dr Shane Varman</p>	<p><b>Forum 11:</b></p> <p><b>TRIBE and Tested</b> Dr Oo Loo Chan A/P Dr Prem Kumar Prof Nathan Vytialingam Carolyn Oh</p> <p><b>Moderator:</b> Datin Bharathi a/p Suppiah</p>	
6.00pm	<b>Closing Ceremony</b>				