

11th Malaysian Conference on Healthy Ageing

Revolutionising Healthy Ageing

Sabah International Convention Centre
Kota Kinabalu, Sabah

Pre-Conference Workshop
10 Sept 2026



Conference
11 & 12 Sept 2026

* for Medical & Allied
Health Professionals



Organised by:



In collaboration with:



Supported by:



Foreword

MESSAGE FROM THE ORGANISING CHAIRMAN

On behalf of the Malaysian Healthy Ageing Society (MHAS), it is my pleasure to welcome you to the 11th Malaysian Conference on Healthy Ageing, taking place in Kota Kinabalu, Sabah, from 11–12 September 2026.

This flagship national conference comes at a pivotal time, as the ageing population continues to reshape Malaysia and the region. It brings together policymakers, healthcare professionals, researchers, industry leaders, and advocates to share knowledge, exchange best practices, and advance practical, age-friendly solutions.

MHAS remains committed to improving health, wellbeing, and quality of life across the ageing continuum. This conference provides an important platform for meaningful dialogue, cross-sector collaboration, and the development of sustainable strategies that support ageing with dignity, independence, and purpose.

We are proud to host this year's conference in Sabah, highlighting the importance of inclusive and regionally relevant approaches to healthy ageing. Over the two days, participants can expect focused plenaries and discussions that will inform policy, practice, and innovation.

We are also encouraged by our strong track record of high participant engagement and attendance throughout the last 10 conferences. Your presence and contributions are vital to advancing an age-friendly Malaysia and region.

I wish you a rewarding and enriching conference experience.

Thank you and welcome.



Dr Wong Teck Wee
Organising Chairman
11th Malaysian Conference on Healthy Ageing
Malaysian Healthy Ageing Society (MHAS)

Foreword

MESSAGE FROM THE SCIENTIFIC CHAIRPERSON

On behalf of the Scientific Committee, it is my great pleasure to welcome you to the 11th Malaysian Conference of Healthy Ageing, held in Kota Kinabalu, Sabah, from 11–12 September 2026.

This conference brings together clinicians, researchers, policymakers, and allied health professionals with a shared commitment to promoting healthy ageing across the lifespan. As Malaysia continues to move towards an ageing society, the exchange of evidence-based knowledge, practical innovations, and multidisciplinary perspectives has never been more important.

The scientific programme has been carefully curated to provide meaningful discussions, current research updates, and practical insights that are relevant to both clinical practice and public health. I hope that the sessions will inspire collaboration, stimulate new ideas, and ultimately contribute to better care and quality of life for our ageing population.

I wish all participants a productive and enriching conference, and I hope you will also take the opportunity to enjoy the unique culture and hospitality of Sabah.

Thank you for being part of this landmark conference.



Dr Brandon Patrick Senagang

Scientific Chairperson

11th Malaysian Conference on Healthy Ageing

Chairman, Malaysian Medical Association – Sabah Branch (MMA Sabah)

About the Organiser

The Malaysian Healthy Ageing Society (MHAS) is a non profit organization, and 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 organizing events such as workshops, symposiums and conferences, as part of its ongoing efforts in collaboration with the healthcare industry and engaged healthcare professionals. To date, the MHAS has played a significant role in hosting the inaugural World Congress on Healthy Ageing 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 1st ASEAN Conference on Healthy Aging (ACHA) in Sarawak, Malaysia. This led to our involvement in the 2nd ASEAN Conference on Healthy Aging in Bali, Indonesia. Post pandemic, the MHAS stepped up to revive regional collaborations and celebrated the return of old and new friends and delegates at the 3rd ACHA 2024 in Penang, Malaysia.

Organising Committee

Advisors

Prof. Nathan Vytialingam
(MHAS)

Dr. Devadas Pathiyil Ramankutty
(APPS)

Organizing Chairperson

Dr. Wong Teck Wee

Finance Committee

Datin Ranuga Devy M. Packirisamy
Ms. Joyce Leong Whye Sook

Scientific Chairperson

Dr. Brandon Patrick Senagang

Sponsorship

Datuk Dr. N. G. Baskaran
Ms. Wisdom Sabrina Low

Scientific Co-Chairperson

Dr. Sophia Heng Si Ling

Marketing & Promotion

Mr. Darren Atkinson
Ms. Alyson Kok

Scientific Committee

Prof. Dr. Shahrul Bahyah Kamaruzzaman
Ms. Lily Fu

Sabah Committee

Prof. Datuk Dr. Ajaz Ahmad Nabijan
Dato Dr. Jaswant Singh
Datuk Dr. James Jeremiah
Dr Brandon Patrick Senagang
Dr. Sophia Heng Si Leng
Dr. Roshan Nur Anand Ananthan

Secretary

Dr. Kantha Ruban Sivalingam
Mr. Khairie Sharariz bin Shah Budin

Conference Highlights

CLINICAL APPROACHES TO AGEING

- Atrial Fibrillation in the Elderly
- Joint Replacement: Timing & Options
- Issues & Challenges of the Ageing Spine in Older Persons
- Evidence-Based Wound Management
- Home GPs and Their Challenges
- Deep Brain Stimulation
- Oral Hypofunction: Impact on Systemic Health and Quality of Life
- Preventable Vision Impairment and Loss of Independence in Older Adults
- Untreated Age-Related Hearing Loss and Social Participation
- Male Ageing and Health: Myths, Hormones and Reality
- Beyond Hot Flashes: Menopause and Healthy Ageing in Later Life
- Sexual Wellness & Intimacy in Older Women
- Urinary Symptoms and Intimacy in Older Adults
- Disability & Ageing
- Dementia Care: Autonomy vs Safety First

FUNCTIONAL AGEING

- Sarcopenia & Frailty: Screening & Reversal
- Postural Changes Across the Lifespan: Prevention and Rehabilitation
- Pain Management Without Over-Reliance on Drugs
- Sleep Optimisation
- Stress, Burnout & Mental Resilience
- Gut Microbiome & Ageing
- Nutrition for Healthy Ageing Beyond Calories and Protein
- Evidence-Based Regenerative Medicine and Supplements
- Holistic Approach to Healthy and Active Ageing
- Decoding Cognition in Occupation: Enabling Participation and Independence in Neurodiverse Ageing
- Technology-Mediated Strategies for Adoption of Healthy Ageing Practices in Later Life
- Digital-Based Smart Monitoring and Evaluation for the Elderly
- Everyday Activities of Community-Dwelling Older Adults in Japan

COMMUNITY, POLICIES & SYSTEMS

- Ageing Economics: Insurance, Financing and Sustainability
- Impact of Longevity on Community, Healthcare, and Workforce
- Ageing in Rural & Indigenous Communities
- Building Age-Friendly Cities & Homes
- Family Responsibilities in Caring for Older Persons
- Care for the Caregiver: Preventing Burnout in Home-Based Settings
- Loneliness in Older Adults and Elder Abuse
- Ageism
- When Ageing Becomes a Disability: Who Decides?
- Disability, Dependency & Financial Protection in Later Life
- Ageing in Place: Ideal, Illusion, or Privilege?
- Navigating the Legal Landscape: Mental Capacity Act & Living Wills
- End-of-Life Care, Disability & Cultural Reality
- Are We Prolonging Life – or Prolonging Suffering
- Artificial Intelligence, Digital Health and Wearables in Healthy Ageing

THE MIND & AGEING

- Dementia Care: Autonomy vs Safety First
- Stress, Burnout & Mental Resilience
- Loneliness in Older Adults and Elderly Abuse
- Ageism
- Sexual Wellness & Intimacy in Older Adults
- Male Ageing: Identity, Hormones and Psychosocial Change
- Menopause and Psychosocial Ageing
- Urinary Symptoms and Intimacy: Quality of Life Impact
- Cognitive Function in Daily Life
- Decoding Cognition in Occupation: Participation and Independence

** Subject to change*

Pre-Conference Workshops

AI-GOLD: Generative AI for Healthy Ageing, Care Innovation and Digital Assistance

Overview

AI-GOLD is an interactive workshop designed for healthcare professionals exploring the **practical use of Generative AI** in healthy ageing and geriatric care. Participants will discover how AI can support rehabilitation, health education, caregiver engagement, and community-based ageing initiatives while maintaining ethical and professional standards.

Through hands-on activities and real-world examples, attendees will learn to **create patient education resources, support care planning, develop simple AI-assisted workflows, and explore conversational AI applications** for older adults and caregivers.

The workshop also addresses governance, privacy, bias, hallucination risks, and the importance of human validation in AI-supported care.



WORKSHOP A

 17 **10 September 2026**
Thursday
 **9.00 AM – 12.00 PM**
 **SICC, Kota Kinabalu**

Key Takeaways

-  **AI tools**
-  **Education materials**
-  **Caregiver support**
-  **Ethics & governance**

Prof. Dr. Vaikunthan Rajaratnam

Senior Consultant Hand Surgeon
Khoo Teck Puat Hospital

Clinical Senior Lecturer
School of Medicine, National University of Singapore

Program Director
Instructional Design and Artificial Intelligence for
Healthcare Professionals, NHG College Singapore



Pre-Conference Workshops

Healthy Ageing Assessment Toolkit: What Every Healthcare Provider Should Know



Overview


This workshop introduces healthcare providers to a practical toolkit for **holistic healthy ageing assessment across hospital, clinic, and community settings**. Participants will learn how to **identify common risks** affecting older adults, including frailty, falls, malnutrition, cognitive decline, depression, polypharmacy, and social isolation.

Through case-based discussions and practical screening approaches, the session emphasises **person-centred care** that supports independence, wellbeing, dignity, and quality of life. Special focus is given to **real-world application** within Malaysian and Sabah healthcare contexts, including rural access challenges, caregiver burden, and community-based support systems.

WORKSHOP B

 17 **10 September 2026**
Thursday
 **9.00 AM – 12.00 PM**
 **SICC, Kota Kinabalu**

Key Takeaways

-  **Physical Health**
-  **Functional Ability**
-  **Mental Health**
-  **Social Wellbeing**
-  **Environmental Safety**

Sr. Mazlinda Musa

Lecturer of Nursing and PhD Candidate
Faculty of Medicine & Health Sciences
University Malaysia Sabah



Pre-Conference Workshops

Dementia Awareness, Detection and Support



Overview






This workshop provides healthcare professionals with practical knowledge and approaches for **recognising, detecting, and supporting individuals living with dementia**. Participants will explore **early signs of cognitive decline, common behavioural and psychological symptoms, communication strategies, caregiver support**, and person-centred approaches to dementia care.

The session emphasises compassionate care, timely intervention, and multidisciplinary support to improve quality of life for older adults and their families across healthcare and community settings.

WORKSHOP C

 17 **10 September 2026**
Thursday
 **2.00 PM – 5.00 PM**
 **SICC, Kota Kinabalu**

Key Takeaways

-  **Dementia Awareness**
-  **Early Detection**
-  **Cognitive Symptoms**
-  **Communication & Support**
-  **Caregiver Wellbeing**

Prof. Dr. Tan Maw Pin

Professor of Geriatric Medicine
Faculty of Medicine, Universiti Malaya

Head of the Geriatric Medicine Unit
Universiti Malaya Medical Centre

President
Dementia Association of Malaysia



List of Faculties

INTERNATIONAL SPEAKERS

Prof. Dr. Tri Budi Rahardjo (Indonesia)

Professor in Gerontology
Universitas Respati Indonesia & Universitas Indonesia

Prof. Dr. Cicilia Windyaningsih (Indonesia)

Rector, and Professor in Public Health and Epidemiology
Universitas Respati Indonesia

Prof. Dr. M F Lindawati S Kusdhany (Indonesia)

Director of Quality Assurance, Universitas Indonesia
Professor in Prosthodontics and Geriatric Dentistry, Faculty of Dentistry
Universitas Indonesia

Prof Dr. Ravindran Kaneshwaran (Singapore)

Chairman & Senior Consultant of Medical Oncology
National Cancer Centre Singapore

Prof. Dr. Sebestina Anita D'Souza (India)

Professor, Department of Occupational Therapy
Coordinator, Centre for Studies on Healthy Aging
Manipal College of Health Professions
Manipal Academy of Higher Education

Assoc. Prof. Dr. I Gusti Putu Suka Aryana (Indonesia)

Chairman, Indonesia Internal Medicine College
Head of the Geriatrics Division, Department of Internal Medicine, Faculty of Medicine, Udayana University

Assoc. Prof. David Barron, PhD (Vietnam)

Associate Professor of Psychology
VinUniversity

Asst. Prof. Dr. Sayaka Iwakami (Japan)

Assistant Professor in Occupational Therapy
International University of Health and Welfare

Dr. Anupama Roy Chowdhury (Singapore)

Head and Senior Consultant of Geriatric Medicine
Singapore General Hospital

Dr. Vaikunthan Rajaratnam (Singapore)

Senior Consultant Hand and Reconstructive Microsurgery
Khoo Teck Puat Hospital

Dr. C.D. Siby, BAMS (India)

Chief Ayurvedic Physician & Director
Jeevana Ayurveda Centre

Dr. Bill Wong, OTD, OTR/L (USA)

Adjunct Instructor, Stanbridge University - Los Angeles
Occupational Therapist

MALAYSIAN SPEAKERS

Datuk Dr. N. G. Baskaran

Director
One United Agency Sdn Bhd.

Datuk Dr. Pulivendhan Sellamuthu

Resident Consultant, Neuro & Spine Surgery
Jesselton Medical Centre

Dato Dr. Jaswant Singh

Consultant Oncologist
KPJ Sabah Specialist Hospital

Datin Ranuga Devy M. Packirisamy

Advocate & Solicitor
Ranuga & Associates

Prof. Dr. Shahrul Bahyah Kamaruzzaman

Professor of Geriatric Medicine
Faculty of Medicine, Universiti Malaya

Prof. Dr. Tan Maw Pin

Professor of Geriatric Medicine
Faculty of Medicine, Universiti Malaya

Prof. Nathan Vitalingam

Honorary Fellow
World Federation of Occupational Therapists

Assoc. Prof. Dr. Prem Kumar Chandrasekaran

Consultant Neuropsychiatrist
Penang Adventist Hospital

Dr. Sophia Heng Si Leng

Consultant Plastic & Reconstructive Surgeon,
KPJ Sabah Specialist Hospital

Dr. Wong Teck Wee

Consultant Interventional Cardiologist
iHEAL Medical Centre

Dr. Anantha Kumar Ramachandran

Head of the Wound and Stoma Care Unit
Queen Elizabeth II Hospital

Dr. Elsonmond Vick Duin

Head of Orthopaedic Department
Hospital Universiti Malaysia Sabah

Dr. Vicnesh Thillynathan

Head of Neurosurgery
Queen Elizabeth Hospital

Dr. Thanesh Kumar Maiyauen

Head of Hepatobiliary Unit
Queen Elizabeth Hospital

Dr. Suriaraj Karppaya

Consultant Urologist
Gleneagles Hospital Kota Kinabalu

Dr. Ravindran Vashu

Consultant Neurosurgeon
Sri Kota Specialist Medical Centre

Dr. Lim Poh Hin

Consultant Neurologist
KPJ Ampang Puteri

Dr. Sundar Gagan Santhana Dass

Consultant Obstetrician & Gynaecologist
Hospital Sungai Buloh

Dr. Kantha Ruban Sivalingam

Founder & Chief Executive Officer
Kantha Medical Group

Dr. Choy Sook Kuen

Founder
Oasis Place Malaysia

Dr. Nor Azira Ismail

Group Medical Director
Integra Healthcare Technology

Sr. Mazlinda Musa

Lecturer and PhD Candidate
University Malaysia Sabah

Ms. Rejina Maniam

Head of Occupational Therapy Services, Sarawak
Ministry of Health Malaysia

Conference Schedule

	Pre-Conference Workshop	Conference	
Date & Time	10 September 2026 Thursday	11 September 2026 Friday	12 September 2026 Saturday
8.00AM-8.30AM		Registration	
8.30AM-9.15AM	Workshop Registration	Plenary 1	Plenary 2
9.15AM-10.00AM		Forum 1	Plenary 3
10.00AM-10.30AM	9.00AM-12.00PM Workshop A and Workshop B	Wellness Break	Wellness Break
10.30AM-11.30AM		Keynote Address & Opening Ceremony	Forum 2
11.30AM-12.15PM		Sponsored Symposium	Sponsored Symposium
12.15PM-1.00PM		Lunch Symposium <small>Sponsored by DUOPHARMA</small>	Lunch Symposium
1.00PM-1.45PM	Workshop Registration	Lunch Break	Lunch Break
1.45PM-2.30PM			
2.30PM-3.15PM	2.00PM-5.00PM Workshop C	Parallel Sessions	Parallel Sessions
3.15PM-4.00PM			
4.00PM-4.30PM		Networking Tea Break	Networking Tea Break
4.30PM-5.15PM		Parallel Sessions	Parallel Sessions
5.15PM-6.00PM			

* Subject to change



CALL FOR PAPERS

ABSTRACT GUIDELINES

File type: **Microsoft Word**

Language: **English**

Font: **Arial size 12, Single line spacing**

Word count: **Less than 250 words**

Contents: **Title in CAPS, Author(s) & Affiliation(s),**

Background, Objective(s), Methods, Results, and Conclusion

Deadline: **31 July 2026**



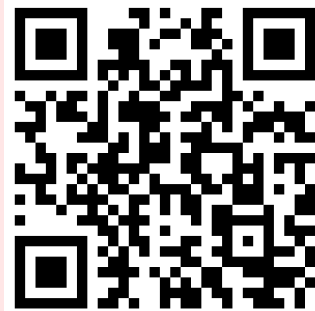
To be presented to the lucky winner.

POSTER GUIDELINES

Poster size: **A1 (23" x 33")**

Posters are to be displayed at the specified area provided by the organizers.

Poster boards and pins will be provided.



SUBMIT NOW

*Authors must be registered and have completed payment for the conference.
Accepted abstracts will be notified via email.*

Registration

PRE-CONFERENCE WORKSHOP

Local	RM 100
International	USD 50



REGISTER NOW

CONFERENCE FEE

	Early Bird	After 15 July	Onsite
Local	RM 550	RM 650	RM 750
International	USD 200	USD 250	USD 300
Local Students **	RM 400	RM 500	RM 600
I'tnl Students **	USD 150	USD 200	USD 250

** Please provide student ID/letter upon payment

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_MCHA26**
eg: International MCHA26

E-PEROLEHAN INFORMATION

eP Number:
eP-1008K001Z
Business/Company Name:
Malaysian Healthy Ageing Society
Registration Number:
PPM-002-10-25092002

Registration for the 11th Malaysian 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. PPM-002-10-2509-2002)

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