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

ELIGIBLE FOR CPD CPD POINTS

HRDF CLAIMABLE

Organised by:

MHAS Live long. Live well.

In collaboration with:

MMA MALAYSIAN MEDICAL ASSOCIATION SABAH BRANCH

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MSGM Malaysian Society Of Geriatric Medicine

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

Scientific Chairperson
Dr. Brandon Patrick Senagang

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

Scientific Co-Chairperson
Dr. Sophia Heng Si Ling

Secretary
Dr. Kantha Ruban Sivalingam
Mr. Khairie Shareriz bin Shah Budin

Scientific Committee
Prof. Dr. Shahrul Bahyah Kamaruzzaman
Mr. Thillainathan Krishnan
Ms. Lily Fu

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

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

Marketing & Promotion
Mr. Darren Atkinson
Ms. Alyson Kok
Ms. Sandy Goh

Conference Highlights

CLINICAL APPROACHES TO AGEING

- 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 Flushes: 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
- Osteoporosis in the Ageing
- Preserving Brain Health: Protecting the Organ that Defines You

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

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

- 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
- Artificial Intelligence, Digital Health and Wearables in Healthy Ageing

** Subject to change*

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 A

📅 **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**

Mazlinda Musa, PhD, RN

Lecturer of Nursing
Faculty of Medicine & Health Sciences
University Malaysia Sabah

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 B

📅 **10 September 2026**
Thursday
🕑 **2.00 PM – 5.00 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

Dementia
Awareness, Detection and Support

Overview

Dementia is a major health and social challenge for ageing societies, with the number of people living with **dementia in Malaysia expected to rise substantially**. Advances in biomarkers, digital technologies, and disease-modifying therapies are transforming dementia care, creating an urgent need for healthcare professionals, community organisations, and the public to be **better prepared for earlier detection** and **more effective intervention**.

This interactive workshop provides a practical understanding of dementia, including how to **distinguish normal ageing from cognitive impairment**, **recognise early warning signs**, and **explore opportunities for risk reduction and early intervention**. The session also highlights the **role of allied health professionals**, healthy ageing advocates, caregivers, and communities in supporting people **living with dementia**.

WORKSHOP C

📅 **10 September 2026**
Thursday
🕑 **2.00 PM – 5.00 PM**
📍 **SICC, Kota Kinabalu**

Key Takeaways

- 🧩 **Dementia Awareness**
- 🔍 **Early Detection**
- 🧠 **Cognitive Symptoms**
- 🤝 **Communication & Support**

Prof. Dr. Tan Maw Pin

Professor of Geriatric Medicine
Faculty of Medicine, Universiti Malaya

Principal Investigator of the Ministry of Higher Education Malaysia Long-Term Research Grant Scheme funded project, TrAnsforming CoGnitivE Frailty into Later-lifE Self-Sufficiency (AGELESS)

President
Malaysian Society of Geriatric Medicine

List of Faculties

INTERNATIONAL SPEAKERS

Prof. Dr. Tri Budi Rahardjo (Indonesia)
Professor in Gerontology
Universitas Respati Indonesia & Universitas Indonesia

Prof. Dr. Cicilia Windiyaningsih (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 Kanesvaran (Singapore)
Chairman & Senior Consultant of Medical Oncology
National Cancer Centre Singapore

Prof. Dr. Sebestina Anita Dsouza (India)
Professor, Department of Occupational Therapy
Coordinator, Centre for Studies on Healthy Aging
Manipal College of Health Professions
Manipal Academy of Higher Education

Prof. Dr. Vaikunthan Rajaratnam (Singapore)
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

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. 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. James Jeremiah
Chairman & Founder, Permai Polyclinics
Immediate Past President & Founding President, Association of Private Practitioners Sabah (APPS)

Datuk Dr. Pulivendhan Sellamuthu
Resident Consultant, Neuro & Spine Surgery
Jesselton Medical Centre

Datuk Dr. Karen Pamela Soh
Doctor-In-Charge, Klinik Elopura Beverly Hills
Committee Member, Association of Private Practitioners Sabah (APPS)

Dato Dr. Jaswant Singh
Consultant Oncologist
KPJ Sabah Specialist Hospital

Datin Ranuga Devy M. Packirisamy
Advocate & Solicitor
Ranuga & Associates

Prof. Dr. Tan Maw Pin
Professor of Geriatric Medicine
Faculty of Medicine, Universiti Malaya

Prof. Dr. Khatijah Lim Abdullah
Head of School of Nursing, and Professor
Faculty of Medical and Life Sciences, Sunway University

Prof. Nathan Vitialingam
Honourary Fellow
World Federation of Occupational Therapists

Dr. Sivenanthini Purana Visvanathan
Consultant Neuropsychiatrist
Queen Elizabeth Hospital

Dr. Kantha Ruban Sivalingam
Founder & Chief Executive Officer
Kantha Medical Group

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 Surgery Department
Hospital Universiti Malaysia Sabah

Dr. Vicnesh Thillynathan
Head of Neurosurgery
Queen Elizabeth Hospital

Dr. Thanesh Kumar Maiyauen
Consultant General & HPB Surgeon
Head of Department of Surgery
Queen Elizabeth Hospital

Dr. Suriaraj Karppaya
Consultant Urologist
Gleneagles Hospital Kota Kinabalu

Dr. Logandran Vijaya Kumar
Consultant Opthalmologist & Eye Surgeon
Jesselton Medical Center

Dr. Ravindran Vashu
Consultant Neurosurgeon
Sri Kota Specialist Medical Centre

Dr. Sreetharan Sivapatha Sundaram
Consultant Ear, Nose & Throat, Head & Neck Surgeon
Gleneagles Hospital Kota Kinabalu

Dr. Lim Poh Hin
Consultant Neurologist
KPJ Ampang Puteri

Dr. Noraliza binti Noordin Merican
Public Health Consultant Physician, Family Health Development Division, Ministry of Health

Dr Chua Wang Ching
Obstetrician & Gynaecologist
KPJ Sentosa Kuala Lumpur Hospital

Dr. Choy Sook Kuen
Founder
Oasis Place Malaysia

Dr. Nor Azira Ismail
Group Medical Director
Integra Healthcare Technology

Mazlinda Musa, PhD, RN
Lecturer
University Malaysia Sabah

Ms. Rejina Maniam
Head of Occupational Therapy Services, Sarawak
Ministry of Health Malaysia

Mr. Ady Kim
Founder, Group Managing Director, and Principal Physiotherapist
Biorehab Group PLT

Mr. Kent Chau
Geriatric Care Manager
Comfort Aged Care Group PLT

Dr. Sophia Heng Si Leng
Consultant Plastic & Reconstructive Surgeon, KPJ Sabah Specialist Hospital

Dr. Nareshraja A/L Janardanan
Consultant Geriatrician
Hospital Queen Elizabeth

Ar. Daniel Koh
Chairman, PAM Sabah Chapter
Malaysian Institute of Architects

Alice Wong Fui Ngee
Registered Dietician
Hospital Beaufort

Conference Schedule

Date & Time	*Pre-Conference Workshop*	*Conference*	
	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	9.00AM-12.00PM Workshop A	Forum 1	Plenary 3
10.00AM-10.30AM		**Networking Tea Break**	**Networking Tea Break**
10.30AM-11.30AM		Keynote Address & Opening Ceremony	Forum 2
11.30AM-12.15PM		Symposium by Tzu Chi Malaysia	Sponsored Symposium
12.15PM-1.00PM		Lunch Symposium Sponsored by DUOPHARMA	Lunch Symposium
1.00PM-1.45PM	Workshop Registration	**Lunch Break**	**Lunch Break**
1.45PM-2.30PM	2.00PM-5.00PM Workshop B & Workshop C	Parallel Sessions	Parallel Sessions
2.30PM-3.15PM			
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			
6.00-6.30PM			Closing Ceremony

** Subject to change*

Agenda

11 Sept | Friday

8.00AM-8.30AM	**Registration**		
8.30AM-9.15AM	**Plenary 1** Prof. Dr. Philip George Memorial Lecture 2026 Topic: Artificial Intelligence, Digital Health and Wearables in Healthy Ageing Chair: Dr. Wong Teck Wee Speaker: Prof. Dr. Vaikunthan Rajaratnam		
9.15AM-10.00AM	**Forum** Topic: Family Responsibilities in Caring for Older Persons Moderator: Prof. Dr. Tan Maw Pin Panelists: Datuk Dr. Karen Pamela Soh, Dr. Mazlinda Musa, Mr. Kent Chau, Dr. Noraliza binti Noordin Merican		
10.00AM-10.30AM	Networking Tea Break		
10.30AM-11.30AM	**Keynote Address & Opening Ceremony**		
11.30AM-12.15PM	**Symposium by Tzu Chi Malaysia** Topic: Ikigai Volunteerism - Purposeful Living		
12.15PM-1.00PM	**Lunch Symposium** Sponsored by DUOPHARMA Topic: Atrial Fibrillation in the Elderly Chair: Prof. Dr. Tan Maw Pin Speaker: Dr. Iskandar Mirza Amran		
1.00PM-1.45PM	Lunch Break		
1.45PM-2.30PM	**Special Lecture** Topic Joint Replacement: Timing & Options Speaker Dr. Elsonmond Vick Duin	**Special Lecture** Topic Stress, Burnout & Mental Resillience Speaker Assoc. Prof. David Barron	**Forum** Loneliness in Older Adults and Elderly Abuse Moderator: Dr. Wong Teck Wee Panelists: Prof. Dr. Tan Maw Pin, Dr. Sivenanthini Purana Visvanathan, Datin Ranuga Devy M. Packirisamy, Mr. Kent Chau
2.30PM-3.15PM	**Special Lecture** Topic Evidence-based Wound Management Speaker Dr. Anantha Kumar Ramachandran	**Special Lecture** Topic: Digital-Based Smart Monitoring and Evaluation for the Elderly Speaker: Prof.Dr. Cicilia Windiyaningsih	**Forum** Nutrition for Healthy Ageing Panelists: TBC
3.15PM-4.00PM	**Special Lecture** Topic: Sarcopenia & Frailty: Screening & Reversal Speaker: Assoc. Prof. Dr. dr. I Gusti Putu Suka Aryana	**Symposium** Topic: Keeping Up with Appearances Chair: Prof. Dr. Vaikunthan Rajaratnam Speakers: Dr. Sophia Heng Si Leng, Mr. Ady Kim	**Forum** Building Age-Friendly Cities & Homes Panelists: Prof. Dr. Tri Budi W. Rahardjo, Ar. Daniel Koh, Dr. Nareshraja A/L Janardanan
4.00PM-4.30PM	Networking Tea Break		
4.30PM-5.15PM	**Symposium** Topic: Menopause & Andropause: Hormonal vs Lifestyle Speakers: Dr. Suriaraj Karppaya, Dr Chua Wang Ching	**Symposium** Topic: Sleep Optimisation Speakers: Dr. C.D. Siby, Dr. Sreetharan Sivapatha Sundaram	**Forum** Ageism Moderator: Prof. Nathan Vytialingam Panelists: Datuk Dr. James Jeremiah, Prof. Dr. Vaikunthan Rajaratnam
5.15PM-6.00PM	**Symposium** Topic: The Role of Oral Hypofunction in Healthy Ageing Speaker: Prof Dr drg M F Lindawati S Kusdhany	**Symposium** Topic: Sensory Health: Addressing Vision and Hearing Loss as a Gateway to Isolation Speakers: Dr. Logandran Vijaya Kumar, Dr. Sreetharan Sivapatha Sundaram	**Forum** Ageing in Rural & Indigenous Communities Moderator: Prof. Dr. Khatijah Lim Abdullah Panelists: Datuk Dr. James Jeremiah, Dr. Mazlinda Musa, Dr. Noraliza binti Noordin Merican, Dr. Nareshraja A/L Janardanan

** Subject to change*

Agenda

12 Sept | Saturday

8.30AM-9.15AM	**Plenary 2** Topic: Preventing Cancer, Extending Health Span: New Technologies for Early Detection and Screening in an Ageing Society Chair: Dato Dr. Jaswant Singh Speaker: Prof. Dr. Ravindran Kanesvaran		
9.15AM-10.00AM	**Plenary 3** Topic: Productive Aging Through the Lens of a Neurodivergent Occupational Therapist Chair: Dr. Choy Sook Kuen Speaker: Dr. Bill Wong, OTD, OTR/L		
10.00AM-10.30AM	Networking Tea Break		
10.30AM-11.30AM	**Forum** Secrets of Healthy Longevity - East Meets West Moderator: Dr. Wong Teck Wee Panelists: Dr. Anupama Roy Chowdhury, Dr. Ravindran Vashu		
11.30AM-12.15PM	**Sponsored Symposium** Topic: Ageing Strong: The Next Generation of Nutritional Care Speaker: Ms. Alice Wong Fui Ngee		
12.15PM-1.00PM	**Lunch Symposium**		
1.00PM-1.45PM	Lunch Break		
1.45PM-2.30PM	**Special Lecture** Topic: Dementia : Community Support Across The Care Journey Speaker: Dr. Anupama Roy Chowdhury	**Special Lecture** Topic: Traditional Medicine in Healthy Ageing Speaker: Dr. C.D. Siby	**Forum** Disability & Ageing Moderator: Dr. Choy Sook Kuen Panelists: Dr. Nor Azira Ismail, Dr. Bill Wong, Mr. Ady Kim
2.30PM-3.15PM	**Special Lecture** Topic: Gut Microbiome & Ageing Speaker: Dr. Thanesh Kumar Maiyauen	**Symposium** Topic: Healthy Ageing in the Community Chair: Ms. Rejina Maniam Speakers: Asst. Prof. Dr. Sayaka Iwakami, Prof. Dr. Sebestina Anita Dsouza	**Symposium** Topic: Home GPs and Their Challenges Speaker: Datuk Dr. Karen Pamela Soh, Dr. Kantha Ruban Sivalingam
3.15PM-4.00PM	**Special Lecture** Topic: Issues & Challenges of the Ageing Spine in Older Persons Speaker: Datuk Dr. Pulivendhan Sellamuthu	**Special Lecture** Topic Preserving Brain Health: Protecting the Organ that Defines You Speaker Dr. Ravindran Vashu	**Forum** Care for the Caregiver: Preventing Burnout in Home-Based Settings Panelists: Datuk Dr. Karen Pamela Soh, Rejina Maniam, Prof. Dr. Khatijah Lim Abdullah
4.00PM-4.30PM	Networking Tea Break		
4.30PM-5.15PM	**Special Lecture** Topic: Deep Brain Stimulation Speaker: Dr. Vicnesh Thillynathan	**Symposium** Topic: Ageing in Place Speakers: Prof. Dr. Tri Budi W. Rahardjo, Ms. Rejina Maniam	**Forum** Pain Management Without Over-Reliance on Drugs Panelists: TBC
5.15PM-6.00PM	**Forum** Navigating the Legal Landscape: Mental Capacity Act & Living Wills Panelists: Dr. Vicnesh Thillynathan, Dr. Sivenanthini Purana Visvanathan	**Symposium** Topic: Sexual Health & Intimacy in Older Adults Speakers: Dr. Suriaraj Karppaya, Dr Chua Wang Ching	**Special Lecture** Topic: Evidence-Based Regenerative Medicine & Supplements Speaker: TBC
6.00PM-6.30PM	Closing Ceremony		

** 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**

BEST PRESENTER AWARD

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 (PER) WORKSHOP

Local	RM 100
International	USD 50

REGISTER NOW

CONFERENCE FEE

	Early Bird	After 10 August	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. All registration fees are final, non-refundable, and non-transferable upon payment confirmation unless the program is cancelled by the organisers. Delegate substitutions are permitted if written notice is given before 1 Sept 2026

Malaysian Healthy Ageing Society (Registrar of Societies No. PPM-002-10-2509-2002)
A-05-10, Tower A, Pinnable PJ, Lorong Utara C, 46200 Petaling Jaya, Selangor, Malaysia
info@healthyageing.org
+6012 364 6109

Accommodation

GRANDIS HOTELS and RESORTS

Promo Code: **MHAS**
Stay Dates: 6-15 September 2026

How to Book
Visit ***Hotel Grandis*** and enter promo code **MHAS** during the booking process to access exclusive conference rates

HYATT CENTRIC™ KOTA KINABALU

Group Code: **G-MHAS** (included in booking link)
Stay Dates: 9-14 September 2026

How to Book
Visit ***Hyatt Centric*** to access exclusive conference rates

MERCURE HOTEL KOTA KINABALU CITY CENTRE

Promo Code: **MCHA2026**
Stay Dates: 9-14 September 2026

How to Book
Visit ***Accor website*** , search for Mercure Kota Kinabalu City Centre, click on Special Rates, and enter promo code **MCHA2026** during the booking process to access exclusive conference rates

** Subject to availability & Tourism Tax*