## DAY 1: Monday, 19<sup>th</sup> March 2012

### TIME | PROGRAMME
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8.30 - 9.15am | P1: Social determinants of health in the ageing evolution  
Dr John Beard (World Health Organization, Geneva)  
Chairperson: Dato Dr Jeyaindran  
Conference Hall 2

9.15 - 10.00am | P2: Alzheimer’s disease - Why does it matter to everybody and what are we doing about it?  
Prof Davit Ames (National Ageing Research Institute, Australia)  
Chairperson: Prof Philip Poi  
Conference Hall 2

10.00 - 10.30am | Morning Coffee Break / Exhibition & Posters Viewing  
Banquet Hall

10.30 - 12.00pm | Opening & Keynote Address  
Evolution: Holistic Ageing in an Age of Change  
Y.A. Bhg Datin Paduka Sri Rosmah Mansor  
Conference Hall 2

12.00 - 1.00pm | PFIZER LUNCH SYMPOSIUM  
Conference Hall 2

1.00 - 1.45pm | Lunch  
Grand Ballroom

1.45 - 2.30pm | L1: Legal  
Healthcare for the Aged in the Next Decade - Legal Problems and Prospects  
Dato’ Mahadev Shankar (Malaysia)  
Chairperson: Mr Navaseelan  
Conference Hall 1

L2: Financial  
Economic Implications of Healthy Ageing  
Mr Eduardo Kien (Thailand)  
Chairperson: Dr Mary Wong  
Conference Hall 2

L3: Overview of  
Complementary Medicine  
Dr Sivaneswaran Poobalasingam (Malaysia)  
Chairperson: Dato Steve Yap  
Conference Hall 3

L4: Managing Water  
Works - Sponsored Symposium by TENA  
All you need to know about incontinence  
Prof Jan Paterson (Australia)  
Chairperson: Ms Joyce Leong Whye Sook  
Room 304 & 305

L5: Genetics  
Molecular Genetics of Longevity  
Prof Brian Morris (Australia)  
Chairperson: Dr Rajbans Singh  
Room 306

2.30 - 3.15pm | L1: Legal  
Healthcare for the Aged in the Next Decade - Legal Problems and Prospects  
Dato’ Mahadev Shankar (Malaysia)  
Chairperson: Mr Navaseelan  
Conference Hall 1

L2: Financial  
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Molecular Genetics of Longevity  
Prof Brian Morris (Australia)  
Chairperson: Dr Rajbans Singh  
Room 306

01: Psychology of  
Ageing  
(1) The effects of the Living Longer Living Stronger™ community strength training program on the incidence of social isolation in WESTERN AUSTRALIA  
(2) Early Dementia Questionnaire: A New Screening Instrument For Early Dementia In Primary Care Practice  
(3) Stress and mental health in early life are linked with physical health later in life  
(4) Healthy Aging and Memory Processing  
1. Mr Nathan JT Trengove (AUS)  
2. Dr Zunarina Arslan (M’sia)  
3. Assoc Prof Kate Scott (New Zealand)  
4. Dr Angelica St凡lloki (Germany)  
Chairperson: Dr Parameswaran  
Room 307

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*The organiser reserves the right to make changes and adjustments as needed.*
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<thead>
<tr>
<th>Session</th>
<th>Title</th>
<th>Time</th>
<th>Facilitators</th>
<th>Speakers</th>
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<tr>
<td>S4: Cardiometabolic - Sponsored Symposium by sanofi-aventis</td>
<td>(1) Management of Hypertension in Elderly (2) Management of Glycemic Control</td>
<td>3.15 - 4.45pm</td>
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<td>S5: Geriatric Storm</td>
<td>(1) Role of geriatrics in acute care (2) Geriatric giants - current issues and challenges</td>
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<tr>
<td>S6: Older People as Social Capital in Active Ageing - Sponsored Symposium by ACAP</td>
<td>(1) Intergenerational relationships in Indonesia (2) Aging alone, aging active: A study of older persons living alone in Singapore (3) Holehole Bushi, songs of the Hawaiian cane field: Traditional roles of elders honored in documentary film (4) Older women as social capital in Korea</td>
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<td>S7: Musculo-skeletal issues</td>
<td>(1) Ageing and the Musculo Skeletal System (2) The Surgeon and Ageing Patient (3) Ageing and the Surgeon</td>
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<td>S8: Final Goodbye</td>
<td>End of Life with dignity and comfort</td>
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**Chairperson:** Dr Tunku Muzafar Shah bin Tunku Jaafar

**Room:** 307

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**Notes:**
1. Dr Huang Kuangshi (China)
2. AssocProf Dr Rosdinom Razali (Malaysia)
3. Dr Sajedah Shaltoni (Dubai)
4. Dr Chetna Malhotra (UK)
5. Prof Dr Lan Gien (Canada)
6. Mr Arimi Fitri Mat Ludin (Malaysia)
7. Dr James McNally (USA)
8. Dr Mojgan Nicknam (Iran)

**Room:** 306

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**Chairperson:** Mr Sila Dass

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**Room:** 304 & 305

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**Chairperson:** Assoc Prof Tan Maw Pin

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1. Datuk’ Dr Haji Azhari Rosman (M’sia)
2. Emeritus Prof Dato’ Dr Mustaffa Embong (M’sia)

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1. Dr Tri Budi Rahardjo (Indonesia)
2. Dr Leng Leng Thang (S’pore)
3. Prof Dr Christopher R. Conybeare (USA)
4. Dr Donghee Han (Korea)

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1. Dr Vaikunthan Rajarathnam (S’pore)
2. Emeritus Prof Robert W.H. Pho (S’pore)
3. Prof P. Bala (S’pore)

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1. Dr Yau Weng Keong (Malaysia)
2. Dr Richard Lim (Malaysia)

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**Chairperson:** Dr Tunku Muzafar Shah bin Tunku Jaafar

**Room:** 307

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| 4.45 - 5.45pm | S9: Addiction Issues in Children and Teenagers  
(1) How big a problem is it and are the causes  
(2) Recognition and management of addiction problems among children and teenagers  
(3) Prevention of drug dependence  
1. Dr Parameswaran (Malaysia)  
2. Dr Sivakumar (Malaysia)  
3. Assoc Prof Philip George (Malaysia)  
Chairperson: TBA  
Conference Hall 1 |
| W2: Stress Management  
Eastern Approach to Stress Management  
Mr Devendra Singh Deval (India)  
Chairperson: Mr Paul Jambunathan  
Conference Hall 2 |
| W3: Longevity  
An overview of different yoga exercises for longevity  
Mr Manoj Kaimal (Malaysia)  
Chairperson: Datuk Dr Prem Chandran  
Conference Hall 3 |
| S10: Dementia & Depression  
(1) Pseudodementia Dilemma  
(2) Prevention and Management of Depression  
1. Dr Prem Kumar (Malaysia)  
2. Prof M.P. Deva (Malaysia)  
Chairperson: Dr Bharathi  
Room 304 & 305 |
| S11: Music Therapy  
(1) Music in Medicine - An Overview  
(2) Music Therapy Healing  
1. Dr Sharon Chong (Malaysia)  
2. Dr Radhakrishnan (Malaysia)  
Chairperson: Dr Sharon Chong  
Room 306 |
| 5.45 - 6.15pm | Evening Coffee Break / Exhibition & Posters Viewing  
Banquet Hall |
| 7.00 - 9.30pm | Dinner  
S10: Dementia & Depression  
(1) Pseudodementia Dilemma  
(2) Prevention and Management of Depression  
1. Dr Prem Kumar (Malaysia)  
2. Prof M.P. Deva (Malaysia)  
Chairperson: Dr Bharathi  
Room 304 & 305 |
| 03: Healthy Body in Healthy Ageing  
(1) Validity of Proxy-Reported Weight for Older Adults  
(2) Prevalence Of Alcohol Use And Associated Factors In Older Adults In South  
(3) Health problems of women aged 45 to 65 years who accompany clients in Maternity Teaching Hospital, Erbil City/Iraq  
(4) Alcohol Use And Associated Factor Among Older Adults In Northern Thailand  
(5) Self-perceptions of ageing and physical activity in older adults: Findings from The Irish Longitudinal Study on Ageing  
(6) Effects of aging on muscle strength and functional activities in male and female subjects  
1. Dr Rahul Malhotra (Singapore)  
2. Mr Karl Peltzer (South Africa)  
3. Ms Kazhan Mahmood (Iraq)  
4. Supa Pengpid  
5. Dr Karen Morgan (Ireland)  
6. Mrs I-Hsuan Chen  
Chairperson: Prof Rozi Mahmud  
Room 307 |
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<tr>
<td>7.45 - 8.30am</td>
<td><strong>Day 2: Tuesday, 20th March 2012</strong></td>
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<tr>
<td><strong>TIME</strong></td>
<td><strong>PROGRAMME</strong></td>
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</table>
| 8.30 - 9.15am| **P3: Healthy Ageing – from molecules to hormesis - Sponsored Plenary by MOHE**  
*Prof Suresh Rattan (Denmark)*  
Chairperson: Dr P. Srinivas  
**Conference Hall 2** |
| 9.15 - 10.00am| **P4: Investment in Health as Good Economic Policy for 21st Century Active Aging**  
1. Dr John Beard (World Health Organization, Geneva)  
2. Dan Brindle (Singapore)  
3. William Green (The Netherlands)  
4. Melissa Mitchell (United States)  
Chairperson: TBA  
**Conference Hall 2** |
| 10.00 - 10.30am| **Morning Coffee Break / Exhibition & Posters Viewing**  
**Banquet Hall**                                                                                       |
| 10.30 - 12.00pm| **S12: Fitness and Ageing**  
(1) Exercise Medicine  
(2) Exercise Prescription for Healthy Ageing  
Chairperson: Prof Emeritus Dr Kairuddin Mohamed Yusof (Malaysia)  
**Conference Hall 1** |
| 10.30 - 12.00pm| **S13: Depression - A Mainstream Medicine Perspective**  
(1) Detection and Management of Late Life Depression  
Chairperson: Prof Emeritus Dr Kairuddin Mohamed Yusof  
**Conference Hall 2** |
| 10.30 - 12.00pm| **S14: WFOT**  
(1) Ageism and policy: A reflection on practices  
(2) Ageing in the 21st Century - How different will it be?  
(3) The Ageing Workforce - Benefit or Burden?  
(4) Ageing Mental Health Program in Thailand  
WFOT -  
1. Prof E Sharon Brinknell  
2. Dr Anne Carswell  
3. Marilyn Pattison  
4. Suchada Sakornsation  
Chairperson: Mr Thilainathan Krishnan  
**Conference Hall 2** |
| 10.30 - 12.00pm| **W4: Aged Friendly Cities**  
**WFOT -**  
1. Dr Beads (World Health Organization, Geneva)  
2. Dr Toh Chin Lee (Malaysia)  
Chairperson: AssocProf Nathan Vydisalingam  
**Conference Hall 3** |
| 10.30 - 12.00pm| **S15: Managing Stress in Children**  
(1) “Mindra Shat Program” – An MOH initiative  
(2) parents role in managing stress in children  
Chairperson: TBA  
**Conference Hall 3** |
| 12.00 - 1.00pm| **W5: Practical Hypnosis**  
Quality Sleep with Hypnosis  
1. Mr Peter Mabbut (UK)  
2. Ms Sheila Menon (Malaysia)  
Chairperson: Thanam Selvi  
**Room 307** |
| 12.00 - 1.00pm| **W6: Dietary Needs & Challenges**  
(1) Nutritional Needs for Healthy Longevity  
(2) Weight management - the Challenges  
(3) Chronic Diseases - Managing your Diet to Reduce Risk  
1. Prof Dr Suzana Shuhar (M’sia)  
2. Ms Lee Ching Li (M’sia)  
3. Ms Tan Yoke Hwa (M’sia)  
Chairperson: TBA  
**Conference Hall 1** |
| 12.00 - 1.00pm| **W7: Multi-Discipline Collaboration**  
Bridging Primary and Secondary Care in Healthcare  
1. Assoc. Prof Khatijah Lim Abdullah  
2. Mr Thilainathan Krishnan (Malaysia)  
3. Ms Malathi Karalasingam (Malaysia)  
Chairperson: Prof Jan Peterson  
**Conference Hall 2** |
| 12.00 - 1.00pm| **W8: Area of Chinese Medicine - Women's Health and Fertility**  
(1) Traditional Chinese Medicine approach to Women's Healthcare Management  
(2) Ageing & Fertility  
1. Dr Liow Sook Mee (Malaysia)  
2. Dr Khoo Mow Song (Malaysia)  
Chairperson: Dr Sivanesvaran Poobalasingam  
**Conference Hall 3** |
| 12.00 - 1.00pm| **F3: Controversies on Muscular-skeletal alignment**  
(1) Feet pathology causing back pain  
(2) Key to back pain is alignment  
Chairperson: TBA  
**Conference Hall 3** |
| 12.00 - 1.00pm| **W9: Ayurveda**  
Ayurveda Therapy for longevity  
1. Dr Mark Reynolds (South Africa)  
2. Prof Michael T. Haneline  
Chairperson: Dr Siby Chiramel (M’sia)  
**Conference Hall 3** |
| 12.00 - 1.00pm| **W10: Diabetes**  
Reversing Diabetes via Complementary Therapies  
1. Dato' Steve Yap (M’sia)  
2. Dr Mohamad Rajo b Samidi (M’sia)  
3. Dr Sharon Chong (M’sia)  
Chairperson: TBA  
**Conference Hall 3** |
| 1.00 - 2.30pm| **LUNCH**  
**Grand Ballroom**                                                                                       |

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<tr>
<td>2.30-3.15pm</td>
<td>L6: Social - Sponsored Lecture by ACAP</td>
<td>Expanding work on volunteer opportunities for older adults in the face of global ageing</td>
<td>Prof Dr Kathryn Braun (USA)</td>
<td>Chairperson: Mr Chandra Kannan Conference Hall 1</td>
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<td>L7: Frailty</td>
<td>Exercise approaches for prevention of frailty</td>
<td>Prof Keith Hill (Australia)</td>
<td>Chairperson: Dr Yau Weng Keong Conference Hall 2</td>
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<td>L8: Mental Health</td>
<td>Psycho-social issues of Ageing and Mental Health</td>
<td>Prof M.P. Deva (Malaysia)</td>
<td>Chairperson: Dr Prem Kumar Chandrasekaran Conference Hall 3</td>
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<td>L9: Dental Ageing and its effects on Oral Cavity</td>
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<td>Dr Baby John (India)</td>
<td>Chairperson: Room 304 &amp; 305</td>
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<td>O4: Innovations Towards healthy Ageing</td>
<td>(1) Antihypertensive Effect Of Orthosiphon Stamineus Extracts In Spontaneous Hypertensive Rats: A Preliminary Study (2) Protective Effect Of Orthosiphon Stamineus Extract Against Acetaminophen - Induced Hepatotoxicity And Nephrotoxicity In Rats (3) Analysis of Prognostic Value of handgrip strength and its incorporation into the Comprehensive Geriatric Assessment in elderly Asian cancer patients (4) Sexual Desire, Sexual Dysfunction and the Ageing Adult: Some Concerns About Pharmacological Interventions</td>
<td>1. AssocProf Dr Ahmad Rashidi (Malaysia) 2. Dr Mohammad Zikri Ahmad (Malaysia) 3. Dr Amil Jain (S’pore) 4. Prof Scott Stewart (Canada)</td>
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<td>O5: Mind and ageing</td>
<td>(1) Use Of Benzodiazepines And Antidepressants And risk Of Adverse Health Outcomes In Older People, (2) Caregiving - Rehabilitating Traumatic Brain Injury: Elderly Caregivers’ Challenges</td>
<td>1. Dr Helman Alfonso (Australia) 2. Prof Dr Syed Tajuddin Syed Hassan (M’sia)</td>
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</table>
| 3.15 - 4.45pm | **W11: Legal**  
Legal Implications at the End of Life  
**Chairperson:** Ms Ranuga Devy Packirisamy  
Conference Hall 1 | Prof Norchaya bte Hj. Talib (Malaysia)  
Ms Marilyn Pattison (Australia)  
Chairperson: Datuk K. Selvarajah  
Conference Hall 2 |  
| **W12: Work Evaluation** – Workshop sponsored by Perkesso  
Disability and Ageing | Ms Marilyn Pattison (Australia)  
Chairperson: Datuk K. Selvarajah  
Conference Hall 2 | Ms Marilyn Pattison (Australia)  
Chairperson: Datuk K. Selvarajah  
Conference Hall 2 |  
| **W16: Staying Productive over the life course** – sponsored symposium by ACAP  
(1) Digital aging in Korea  
(2) The new gerontology for the 21st Century  
(3) Economic benefit of active ageing | Dr Donghee Han (Korea)  
Dr Cullen T. Hayashida (USA)  
Dr Aris Ananta (S’pore)  
Chairperson: Emeritus Prof Dr Takeo Ogawa  
Conference Hall 3 | Dr Donghee Han (Korea)  
Dr Cullen T. Hayashida (USA)  
Dr Aris Ananta (S’pore)  
Chairperson: Emeritus Prof Dr Takeo Ogawa  
Conference Hall 3 |  
| **S17: Pain Symposium – East meets West**  
Tips from pain expert, Accupuncture for chronic pain | Dr Mary Cardosa (Malaysia)  
Prof Andrew Tiong (M’sia)  
Chairperson: Prof Hamidon Basri  
Room 304 & 305 | Dr Mary Cardosa (Malaysia)  
Prof Andrew Tiong (M’sia)  
Chairperson: Prof Hamidon Basri  
Room 304 & 305 |  
| **W13: Fall**  
Yoga Therapy in Fall: Prevention and Rehabilitation | Mr Manoj Thakur (S’pore)  
Dr Sivaneswaran Poobalasingam (Malaysia)  
Chairperson: Prof Nagendra | Mr Manoj Thakur (S’pore)  
Dr Sivaneswaran Poobalasingam (Malaysia)  
Chairperson: Prof Nagendra |  
| **W14: Meditation in Everyday Life** | Mr Devendra Singh Dewal | Mr Devendra Singh Dewal |  

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<tr>
<td>4.45 - 5.45pm</td>
<td><strong>W15: Healthy, Green Living</strong>&lt;br&gt;The Importance of Evidence-Based Herbal Medicine for Health&lt;br&gt;Chairperson: TBA&lt;br&gt;Conference Hall 2</td>
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<td><strong>W16: Herbal Medicine</strong>&lt;br&gt;1. Prevention of age-related deterioration of oral function through Orthodontics&lt;br&gt;2. Oral Health Care in Relation to General Well Being&lt;br&gt;Chairperson: Mr Matthias Gelber&lt;br&gt;Conference Hall 2</td>
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<td><strong>W17: Dental Health</strong>&lt;br&gt;1. Increased risk for very low food security among Mexican-origin women born in Mexico&lt;br&gt;2. Do intergenerational transfers and co-residency with children reduce the need for Singaporeans to work into older age?&lt;br&gt;3. More healthy elderly with e-Health?&lt;br&gt;4. Life course socio-economic status and obesity among older Singaporeans&lt;br&gt;Chairperson: Dato' Dr M. Rajen (M'sia)&lt;br&gt;Conference Hall 3</td>
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<td><strong>O6: Socio-community influences for Health Ageing</strong>&lt;br&gt;1. Predictors of institutionalization among dementia patients in Malaysia&lt;br&gt;2. Height Of Chair Seat Influenced Thirty-Second Chair Stand Test In Community Dwelling Older Adults&lt;br&gt;3. Determinants of Glycaemic Control in Older Persons with Type 2 Diabetes: Data from the Adult Diabetes Control and Management Registry&lt;br&gt;4. Partners in Positive Ageing - model of well being for older people (Student PhD)&lt;br&gt;5. Holistic Ageing model for Older Women&lt;br&gt;6. Retirement Intention, Retirement Planning and the Psychological Well-Being of Pre Retirees in Malaysia&lt;br&gt;Chairperson: Dr Parameswaran&lt;br&gt;Room 306 &amp; 305</td>
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<tr>
<td>5.45 - 6.15pm</td>
<td><strong>O7: Exploring Community Initiatives</strong>&lt;br&gt;1. Predictors of institutionalization among dementia patients in Malaysia&lt;br&gt;2. Height Of Chair Seat Influenced Thirty-Second Chair Stand Test In Community Dwelling Older Adults&lt;br&gt;3. Determinants of Glycaemic Control in Older Persons with Type 2 Diabetes: Data from the Adult Diabetes Control and Management Registry&lt;br&gt;4. Partners in Positive Ageing - model of well being for older people (Student PhD)&lt;br&gt;5. Holistic Ageing model for Older Women&lt;br&gt;6. Retirement Intention, Retirement Planning and the Psychological Well-Being of Pre Retirees in Malaysia&lt;br&gt;Chairperson: Dr Sivakumar&lt;br&gt;Room 307</td>
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<tr>
<td>7.00 - 9.30pm</td>
<td><strong>F4: Ageing Gracefully Through Ancient Sciences</strong>&lt;br&gt;Chairperson: TBA&lt;br&gt;Room 306</td>
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| 8.00 - 8.30am| **Laughter – The Best Medicine**  
                 Ms Karen SZE THO (M'sia)  
                 Chairperson: TBA  
                 Conference Hall 1 |
| 8.30 - 9.15am| **P5: Secrets of the Okinawan Centenarians’ Longevity**  
                 Prof Emeritus Makoto Suzuki (Japan)  
                 Chairperson: Dato Dr Prof Mrs Key  
                 Conference Hall 2 |
| 9.15 - 10.00am| **P6: What it takes to develop Traditional Herbal Medicine to meet Unmet Clinical needs**  
                 Prof Tommy Cheng Yung-chi (USA)  
                 Chairperson: AssocProf Johnson Stanias  
                 Conference Hall 2 |
| 10.00 - 10.30am| Morning Coffee Break / Exhibition & Posters Viewing  
                    Banquet Hall |
| 10.30 - 12.00pm| **S18: Practical Hypnosis in Depression**  
                  1. Mr Peter Mabbut (UK)  
                  2. Ms Sheila Menon (Malaysia)  
                  Chairperson: Thanam Selvi  
                  Conference Hall 1 |
|              | **S19: Sponsored Symposium by Malaysia Palm Oil Council**  
                  Chairperson: Dr Wong Teck Wee  
                  Conference Hall 2 |
|              | **S20: Prevention Immunization Symposium by Pfizer**  
                  Chairperson: Dr Christopher Lee  
                  Conference Hall 3 |
|              | **S21: Mainstream ways to managing stress**  
                  (1) Managing Stress  
                  (2) Thinking your way to Good Health - Cognitive Behavioural Therapy  
                  1. Mr Paul Jambunathan (M’sia)  
                  2. Assoc Prof Dr Tony Ng (M’sia)  
                  Chairperson: Prof M.P. Deva  
                  Room 304 & 305 |
|              | **W18: Healthy Children Prenatal health and Endocrinology**  
                  Dato Dr Selvam Rengasamy (M’sia)  
                  Chairperson: Prof Norlijah Ottman  
                  Room 306 |

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<th>12.00 - 1.00pm</th>
<th>F5: Lifestyle Homes</th>
<th>F6: Tsao Foundation</th>
<th>W19: Maintaining your youthful look</th>
<th>W20: Healthy Ageing Socially, Psychologically and Biologically</th>
<th>O8: Care &amp; Support – Community Issues In Healthy Ageing</th>
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<td>Mr David Lane (Australia)</td>
<td>Chairperson: Prof Nathan Vytilingam</td>
<td>Chairperson: TBA</td>
<td>Chairperson: Carolyn Webster</td>
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<td>Conference Hall 3</td>
<td>Room 304 &amp; 305</td>
<td>Room 306</td>
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<td>F6: Tsao Foundation Strategies to Ageing Successfully: The Tsao Foundation’s programme model – Forum sponsored by Tsao Foundation.</td>
<td>1. Dr Ng Wai Chong (S’pore) 2. Dr Mary Ann Tsao (S’pore) 3. Ms Susana Concorde Harding (S’pore)</td>
<td>Chairperson: TBA</td>
<td>Dr Yap Loke Huei (Malaysia)</td>
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<td>Prof Suresh Rattan (Denmark)</td>
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<td>O8: Care &amp; Support – Community Issues In Healthy Ageing</td>
<td>(1) Care and support during twilight years: Perception of Elderly from rural India on their children (2) Healthy ageing at work: how the implementation of an ecological approach to aged care benefits its workers (3) Promoting and advocating age-friendly healthcare in the Thar Desert, India (4) To drive or not to drive: challenges for GPs in assessing and managing driving competence in older patients (5) Developing a self-care guideline for community-dwelling older people with faecal incontinence in Indonesia (6) Prevalence of metabolic syndrome (MS) among postmenopausal women and its associated factors at Gynaecology clinic, Hospital Universiti Sains Malaysia (HUSM).</td>
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<td>1. Dr Dhananjay Bansod (India) 2. Ms Pam Castle (Australia) 3. Dr Prakash Tyagi (India) 4. Dr Jane Sims (Australia) 5. Mr I Gede Putu Darma Suyasas (Australia) 6. Dr Habibah Abdul Hamid (M’sia)</td>
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<td>2.30 - 3.15pm</td>
<td>L10: Environment Ageing and Nature</td>
<td>Tan Sri Dr Mustapha Babjee (Malaysia)</td>
<td>Chairperson: TBA</td>
<td>Conference Hall 1</td>
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<td></td>
<td>L11: Spirituality</td>
<td>Prof Suresh Rattan (Denmark)</td>
<td>Chairperson: Prof Azhar Md.Zain</td>
<td>Conference Hall 2</td>
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<td>L12: Body Inflammation and Degenerative Diseases</td>
<td>Dr Abd Aziz Haji Kechil (Malaysia)</td>
<td>Chairperson: Dr Md.Shaiful Hasan Sumon</td>
<td>Conference Hall 3</td>
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<td>L13: Caring Hospice Care</td>
<td>Datuk Seri Dr T. Devaraj (Malaysia)</td>
<td>Chairperson: Prof Tan Maw Pin</td>
<td>Room 304 &amp; 305</td>
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**O9: Paradigms For A Holistic Approach to Healthy Ageing**

1. The Value of Local Wisdom Transfer for the Elderly People
2. System and Behavioural Redundancy in Technology Deployed to Support Active Ageing,
3. Population Aging in Asia: Challenges to Family Support for Ensuring a Healthy Aging Lifecourse

1. Assoc Prof Wannipa Bunrayong (Thailand)
2. Professor Stephen Benton (UK)
3. Dr James McNally (USA)

Chairperson: TBA

Room 306

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<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
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<th>Chairperson</th>
<th>Venue</th>
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<tbody>
<tr>
<td>3.15pm</td>
<td>W21: Health Okinawan Lifestyle - Then and Now</td>
<td></td>
<td>Emeritus Prof Makoto Suzuki (Japan)</td>
<td>Conference Hall 1</td>
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<td>Chairperson: Ms Tan Yoke Hwa</td>
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<td>3.15pm</td>
<td>W22: Ageing &amp; Falls Falls &amp; Injury Prevention</td>
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<td>Prof Keith Hill (Australia) &amp; Dr Lee Fatt Soon (Malaysia)</td>
<td>Conference Hall 2</td>
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<td>Chairperson: Assoc Prof Roohi</td>
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| 3.15pm | S22: Healthy Heart                              | (1) Cardiovascular: Latest technology in screening the heart            | 1. Dr Wong Teck Wee M'sia  
2. Assoc Prof Dr Tony Ng (M’sia) | Conference Hall 3 |
|        |                                                  | (2) Edible oils and cardiovascular effects.                             | Chairperson: Dr Wong Teck Wee |              |
| 3.15pm | S23: Women’s Health                             | (1) The evolution of breast cancer across ages                         | 1. Dr Harjit Kaur  
2. Dr Premitha Damodaran | Room 304 & 305 |
|        |                                                  | (2) Embrace the Change                                                 | Chairperson: Dr Renu Wadhwa |              |
| 3.15pm | S24: Molecular Biology of Natural Ways to Promote Healthy Ageing | (1) Stress chaperone mortalin in mitochondrial functions and age-related neurodegeneration  
(2) Ashwagandha leaf-derived factors for healthy ageing  
(3) Intermittent fasting dietary restriction as neurohormetin for healthy ageing | 1. Prof Renu Wadhwa (Japan)  
2. Dr Sunil Kaul (Japan)  
3. Prof Gurcharan Kaur (India) | Room 306 |
|        |                                                  |                                                                        | Chairperson: Assoc Prof Johnson Stanlas |              |

*The organiser reserves the right to make changes and adjustments as needed.*
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<th>Session</th>
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<th>Chairperson</th>
<th>Conference Hall</th>
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<tr>
<td><strong>O10: Physical determinants to ageing</strong></td>
<td>(1) Time use of people with multiple chronic diseases in Australia (2) The cultural perspectives of physical activity and its barriers in older Malays with Type 2 Diabetes (3) Blood pressure control and its associated factors among older persons with hypertension (4) Manipulative dexterity and handgrip strength are associated with greatest difficulty with multiple meal preparation/consumption tasks in homebound older adults (5) Age ≥ 60 years was an Independent Risk Factor for Diabetes-related Complications in Patients with Type 2 Diabetes Mellitus in Malaysia (6) e-Health and its potential for elderly people</td>
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<td>Chairperson: TBA</td>
<td>Conference Hall 1</td>
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<td><strong>O11: Being Mindful of Ageing Matters</strong></td>
<td>(1) Cognitive Impairment and Depression among the elderly Malays Living in Rural Malaysia (2) Information processing deficits during the performance of instrumental activities of daily living in elderly with dementia (3) Relationship of Family Function and Depression in the Elderly at the Outpatient Department of Veterans Memorial Medical Center (4) The Importance of Knowing One’s Personal Boundaries or Personal Space as a Means of Ageing Healthily (5) How Meditation Helps in Healthy Ageing</td>
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<td>Chairperson: TBA</td>
<td>Conference Hall 2</td>
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<tr>
<td><strong>O12: Society and Ageing</strong></td>
<td>(1) A Trans-disciplinary Study On Representation Of Aging Across Cultures. (2) Understanding the personal and professional needs of the elderly clients in preparing for meaningful retirement years (3) Neighbor support for older people in the Netherlands (4) Older Men’s Re-entry into the Labor Force in Singapore: Does Health Status Play a Role? (5) Study on knowledge, attitudes and practices among adult patients on the use of selected herbal products and dietary supplements at the out-patient dept of the Veterans Memorial Medical Center (6) Relationship between depressive symptoms and subsequent mortality and role of disabilities across age groups: A prospective population-based study (7) Holistic Perineal Solution for Holistic Ageing</td>
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<td>Chairperson: TBA</td>
<td>Conference Hall 3</td>
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<tr>
<td><strong>O14: Medical Issues In Healthy Ageing</strong></td>
<td>(1) Vascular Age (2) Gamma-Tocotrienol Protects Human Neuroblastoma SH-SY5Y cells against Buthionine Sulfoximine - Induced Cell Death (3) Body Mass Index And Waist Circumference As Predictors Of Mortality Among Older Singaporeans (4) Evaluation the impact of age on severe sepsis and septic shock survivors outcomes after A-year hospital discharge (5) Management Of Distal Radius Fracture In Elderly Patients (6) Leisure Physical Activity Among The Elderly Community Dwellers In A Suburban District In Selangor</td>
<td></td>
<td>Chairperson: TBA</td>
<td>Room 306</td>
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Evening Coffee Break / Exhibition & Posters Viewing
Banquet Hall

*The organiser reserves the right to make changes and adjustments as needed.*
<table>
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<tr>
<th>TIME</th>
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| 8.00 - 8.30am | **Laughter - The last laugh**  
Ms Karen SZE THO (M’sia)  
Conference Hall 1 |
| 8.30 - 9.15am | **P7: The Age Heresy - Changing the Faulty Paradigms of Age**  
Prof Tony Buzan (United Kingdom)  
Chairperson: Dr Lim Pooh Hin  
Conference Hall 2 |
| 9.15 - 10.00am | **P8: Mitigating Life Expectancy**  
YM Royal Prof Dr Ungku Abdul Aziz bin Ungku Abdul Hamid (Malaysia)  
Chairperson: Prof Rokiah Ismail |
| 10.00 - 10.30am | Morning Coffee Break / Exhibition & Posters Viewing  
Banquet Hall |
| 10.30 - 12.00pm | **S25: Beautiful Skin**  
(1) The Skin - A Very Visible Organ from Womb to Tomb  
(2) Ageing Skin ... What can be camouflaged and what can be changed  
1. Prof Rokiah Ismail (Malaysia)  
2. Dr Henry Foong (Malaysia)  
Chairperson: Prof Rokiah Ismail  
Conference Hall 1 |
|           | **S26: Stem Cells**  
(1) Overview of stem cells therapy  
(2) Is there a role for stem cells in healthy ageing  
1. Assoc Prof Chin Sze Piaw  
2. Dr Rajbans Singh  
Chairperson: Dr Rajbans Singh  
Conference Hall 2 |
|           | **S27: Community Issues from around the world**  
(1) Health promotion programs in Hawaii  
(2) Social Problem at the Aged Population of Bangladesh  
1. Dr Kathryn Braun (USA)  
2. Nerwal Kamin (Bangladesh)  
Chairperson: TBA  
Conference Hall 3 |
|           | **W23: Qigong for Health and Healing**  
1. Ms Parnaz Daneshpajohnejad (Iran)  
2. Dr Renu Gopinath (M’sia)  
3. Mrs Minoo Pakgohar (Iran)  
4. Mr M. Prakash Rao (India)  
5. Dr Ching Siew Mooi (M’sia)  
Chairperson: TBA  
Room 304 & 305 |
|           | **W25: Body**  
(1) Prevalence Of Urinary Incontinence And Its Association With some Chronic Medical Conditions In The Elderly In Isfahan, Iran  
(2) Factors associated with quality of life and sexual satisfaction among premenopausal and menopausal women residing in Klang Valley  
(3) Overcoming the barrier and seeking treatment for Urinary Incontinence: A qualitative study  
(4) Sinuses and always cleaning exercises and healthy ageing inter relationship  
(5) The Prevalence And Determinants Of Left Ventricular Hypertrophy Amongst Elderly Hypertensive In An Asian Multi-Ethnic Population  
1. Dr Amir Farid (Malaysia)  
2. Dr Rajbans Singh  
3. Dr Ching Siew Mooi (M’sia)  
4. Ms Norazat Salleh (Malaysia)  
5. Prof Rokiah Ismail (Malaysia)  
Chairperson: TBA  
Room 306 |

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<tr>
<td>12.00 - 1.00pm</td>
<td>W24: Legal Issues</td>
<td>Human rights, age discrimination, Isolation &amp; neglect; Advocacy to policy - best practice examples, etc.</td>
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<td>W25: Environment</td>
<td>Recycling Therapy (RT) for physical, mental and environmental health</td>
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<td>F7: Sexuality as a mark of overall health</td>
<td>(1) Men’s issues (2) Women’s Issues</td>
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<td>F8: Nursing Homes</td>
<td>(1) Issues and Implications (2) Universal-Service Oriented Long-term Care</td>
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<td>O16: Mind</td>
<td>(1) New Trends of Elderly People in Japan (2) Preference for quality of life or survival: Results from Survey on Preferences for end-of-life care among Singaporeans (3) Implementation of the Living Longer Living Stronger™ community strength training program into a residential care environment</td>
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<tr>
<td>1.00 - 2.00pm</td>
<td>Lunch</td>
<td>Grand Ballroom</td>
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*The organiser reserves the right to make changes and adjustments as needed.*
S29: Healthy Aging is Active Aging - Sponsored Symposium by ACAP

1. Health status and functional capacity of Indonesian elderly
2. Exercise as a countermeasure to sarcopenia, functional decline, and falls
3. Muscle health promotion system for prevention of muscle function decrease

1. Dr Evi Nurvidya Arifin (S’pore)
2. Dr Tim Henwood (Australia)
3. Dr Cheol Min Kim (Korea)

Chairperson: TBA

Conference Hall 3
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<tr>
<td>2.45 - 4.15pm</td>
<td><strong>S30: Social Policy for Long-Term Care – Sponsored Symposium by ACAP</strong>&lt;br&gt;1. Emeritus Prof Dr Takeo Ogawa (Japan)&lt;br&gt;2. Dr Reiko Ogawa (Japan)&lt;br&gt;3. Ms Thelma Kay (S’pore)&lt;br&gt;4. Dr Cullen T. Hayashida (USA)&lt;br&gt;Chairperson: Kathryn Braun&lt;br&gt;Conference Hall 1</td>
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<td><strong>W26: Ageing Brain</strong>&lt;br&gt;A Brain Gym for the Ageing Brain&lt;br&gt;Prof Tony Buzan (U.K)&lt;br&gt;Chairperson: Dr Wong Teck Wee&lt;br&gt;Conference Hall 2</td>
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<td><strong>S31: General Overview of Financing Options for the Care of Ageing Populations: The Singapore Model</strong>&lt;br&gt;1. Prof Phua Kai Hong (S’pore)&lt;br&gt;2. Dr Mary Wong (Malaysia)&lt;br&gt;Chairperson: TBA&lt;br&gt;Conference Hall 3</td>
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<td><strong>S32: Oncology</strong>&lt;br&gt;Nutritional Therapy for Controlling Malignant Growth&lt;br&gt;1. Dato’ Steve Yap (Malaysia)&lt;br&gt;2. Dr Mohamad Roji b Samtid (Malaysia)&lt;br&gt;Chairperson: AssocProf Johnson Stanlas&lt;br&gt;Room 304 &amp; 305</td>
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<td>4.15 - 4.30pm</td>
<td><strong>Closing Remark</strong>&lt;br&gt;Conference Hall 2</td>
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<td>4.30 - 5.00pm</td>
<td><strong>Evening Coffee Break</strong>&lt;br&gt;Banquet Hall</td>
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