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A/P Izzati graduated from the University of Malaya in 2006. She was selected to join the SLAB programme and the Ministry of Education in 2008. She has been pursued in medical research and teaching since then. Despite actively continuing her speciality training in Internal Medicine and subspecialty training Geriatric, she keeps grounded and raises her 3 beautiful boys. Her main research is focused on blood pressure changes in older adults. Exploring the blood pressure changes and their impact on the perfusion of the brain. Blood pressure changes in older adult are still an exploration of knowledge. Although it's important to keep your blood pressure within normal range. The blood pressure changes in the older adult are much more complex. Older adults with multiple premorbid conditions make the blood pressure treatment in this older group more delicate to manage. The complication that occurs with poor blood pressure management was more devastating as the organ dependent are sensitive to changes. Cognitive impairment, falls and frailty is a devastating complication in older adults with poor blood pressure management.