



Nor Izzati Saedon

**Consultant Geriatrician & Senior Lecturer
University of Malaya Medical Center
Malaysia**

Dr. Nor Izzati obtained her degree from the University of Malaya in 2006. In 2008, she was chosen to participate in the SLAB program and the Ministry of Education. Since then, she has dedicated herself to medical research and teaching while simultaneously pursuing her specialty training in Internal Medicine and subspecialty training in Geriatric care. Despite her busy schedule, she manages to balance her career with raising her three wonderful sons. Her research is focused on the impacts of blood pressure changes in older adults, particularly their effect on brain perfusion. Although it is crucial to maintain normal blood pressure levels, managing blood pressure in older adults is more complex due to multiple pre-existing conditions. Poor blood pressure management can lead to serious complications, such as cognitive impairment, falls, and frailty. These complications are especially devastating as older adults' organs are more sensitive to changes.