

MCGM 2025

MALAYSIAN CONGRESS OF GERIATRIC MEDICINE

COURTYARD BY MARRIOTT, MELAKA

7-9
AUG

Integrating Care for Ageing Populations: Connecting the Dots



PROGRAMME BOOK

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Welcome Message by the MCGM 2025 Organising Chair



Dear all esteemed guests, colleagues, and friends,

It is with great pleasure and honour that I welcome you to the Malaysian Congress of Geriatric Medicine (MCGM) 2025. To all delegates — from within Malaysia and abroad — it is our pleasure to host you in a place where past and present blend seamlessly — a state known for its rich history, cultural diversity, and, increasingly, as a growing hub for healthcare and wellness initiatives. Malacca, as many of you know, is a UNESCO World Heritage Site, a state built on the foundations of trade, knowledge, and multicultural cooperation. Just as Malacca has long been a place where people and ideas converge, this congress too represents a confluence — of knowledge, experience, and vision — all aimed at one noble goal: to improve the lives of older persons in Malaysia and beyond.

The MCGM 2025 is set to be an exceptional gathering, uniting experts, practitioners, and enthusiasts in geriatric medicine from around the world. The theme for this year's congress is "Integrating Care for Ageing Populations: Connecting the Dots". Connecting these dots means building a truly person-centred approach — one where an older patient does not fall through the cracks, but instead receives continuous, coordinated care that evolves with their needs.

We seek to bridge the gaps in the care of older adults, connect various healthcare professionals, including doctors and allied health practitioners, and cultivate valuable collaborations that will significantly contribute to the well-being of our older population.

We have meticulously crafted an all-encompassing programme that includes keynote addresses from esteemed speakers, insightful panel discussions, dynamic breakout sessions, and invaluable networking opportunities. This congress will not only broaden your knowledge of the latest updates on geriatric medicine, but will also provide a platform for sharing both common and uncommon health concerns related to ageing, while exploring different innovative approaches to date. Caring for an ageing population is not merely a medical responsibility — it is a moral imperative. It speaks to the essence of who we are as a society, reflecting our values, our priorities, and our shared humanity.

This congress promises to be the largest gathering of professionals dedicated to the care of older people. Let this congress be a space for bold ideas, honest discussions, and meaningful collaborations. Let it inspire new ways of working together, innovative models of care, and forward-thinking policies that uphold the dignity and worth of every older Malaysian.

Welcome to this vibrant city and making the MCGM 2025 the most enlightening and inspiring conference to date.

Warm regards,

Dr Tay Hui Sian

Organising Chair

Malaysian Congress of Geriatric Medicine



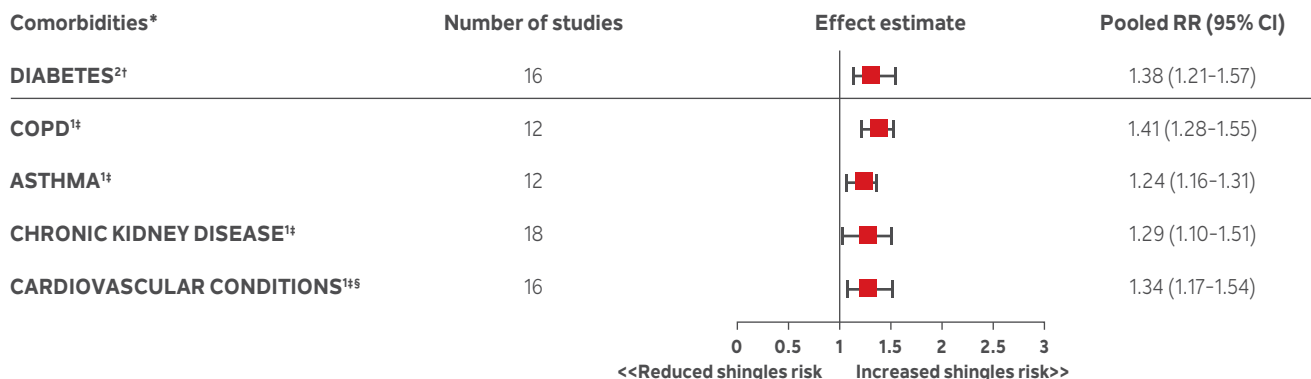
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Chronic conditions can increase the risk of shingles^{1,2}



The same results were first published in Marra R, et al., 2020 and Huang C-T, et al., 2022; the graph has been independently created by GSK from the original data.



Immunosuppressive therapies

Treatments such as oral corticosteroids are also associated with an increased risk of shingles.³

* List of risk factors is not exhaustive. † Systematic review and meta-analysis of 16 studies (4 case-control and 12 cohort studies. 868,582 shingles cases; total population with diabetes mellitus: 65,541,845) that investigated the risk of shingles among non-diabetic and diabetic adults aged ≥ 18 years old (diabetes mellitus type 1 or 2 only) vs the general population. Study populations varied widely (range: N = 750-51,000,000 adults; median: 272,690 individuals), as did the follow-up periods (range: 1.5 - 12 years; median: 5 years). ‡ Absolute risk and incidence rate point estimates not provided in publication. § Pooled results from a meta-analysis of 18 risk factors for shingles across 88 observational studies (N = 198,751,846 total, with 3,768,691 shingles cases) in patients aged 3 months to 104 years old (median age not reported). † Incidence rate or absolute risk not provided in publication. Controls varied between individual studies (general population or subjects without the disease). § The pathological mechanism behind the risk increase is not reported.

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[†] Comorbidities of interest: chronic obstructive pulmonary disease (COPD), asthma, any chronic respiratory / pulmonary disease, chronic heart failure, diabetes mellitus type 1 or type 2, and advanced liver or renal disease (endocrinometabolic).⁵

ARI = respiratory infection; **CI** = confidence interval; **LRTD** = lower respiratory tract disease; **RSV** = respiratory syncytial virus; **VE** = vaccine efficacy.

References: 1. Marra F, Parhar K, Huang B, Vadlamudi N. Risk factors for herpes zoster infection: a meta-analysis. *Open Forum Infect Dis.* 2020;7(1):ofaa005. 2. Huang C-T, Lee C-Y, Sung H-Y, et al. Association between diabetes mellitus and the risk of herpes zoster: a systematic review and meta-analysis. *J Clin Endocrinol Metab.* 2022;107(2):586-597. 3. Safonova E, Yawn BP, Welte T, Wang C. Risk factors for herpes zoster: should people with asthma or COPD be vaccinated? *Respir Res.* 2023;24(1):35. 4. Shingrix Prescribing Information. 5. Arexvy Prescribing Information. 6. Ison MG, et al. Poster presentation at CHEST, 6-9 Oct 2024:3391.

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Welcome Message by the MSGM President



Dear Colleagues, Friends, and Esteemed Guests,

It is with great pleasure and heartfelt enthusiasm that I welcome you to the 2025 Malaysian Congress of Geriatric Medicine, held this year in the historic and beautiful city of Malacca. The Malaysian Society of Geriatric Medicine, is honored to host this important gathering of healthcare professionals, researchers, policymakers, and advocates dedicated to advancing the care of our ageing population.

The theme for this year's congress, "Integrating Care for Ageing Populations – Connecting the Dots," reflects the critical need for a holistic, collaborative approach to geriatric medicine. As our society ages, the complexity of healthcare needs grows, demanding seamless coordination across disciplines, sectors, and communities. This congress aims to foster dialogue, share innovative practices, and build partnerships that bridge gaps in care delivery, ensuring that our older adults receive comprehensive, person-centered support.

Malacca, with its rich cultural heritage and spirit of unity, provides an inspiring backdrop for us to come together and renew our commitment to improving the quality of life for older Malaysians. Over the coming days, we will explore cutting-edge research, clinical advancements, and policy frameworks that embody the essence of integrated care.

I encourage all delegates to actively engage, exchange ideas, and forge meaningful connections that will strengthen our collective efforts. Together, we can truly connect the dots and shape a future where ageing with dignity, health, and happiness is a reality for all.

Thank you for your dedication and participation. Let us make the 2025 Malaysian Congress of Geriatric Medicine a memorable and impactful event.

Warm regards,

Dr Alan Ch'ng Swee Hock

President

Malaysian Society of Geriatric Medicine

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Advisor



Tay Hui Sian
Organising Chair



William Lee
Scientific Chair

Scientific Committee



Lim Wan Chieh



Malarkodi
Suppamutharwya



Mohd Zaquan Arif
Abd Ghafar



Mohd Zulkifli B
Mohamad Zahir



Tan Hui Loo



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Day 1: 7 August 2025, Thursday

0700 – 0800	Registration			
PLENARY Venue: Ballroom 1, 2,3				
0800 – 0802	Negaraku and Melaka Maju Jaya Anthem			
0802 – 0807	Nyonya Dance Performance			
0807 – 0810	Prayers Recitation Al Fadhil Ustaz Azri BinAmran			
0810 – 0815	Welcome Message by MCGM 2025 Organising Chair Dr Tay Hui Sian			
0815 – 0820	Welcome Message by MSGM President Dr Alan Ch'ng Swee Hock			
0820 – 0825	Opening Declaration by Guest of Honour Tuan Yang Terutama Tun Seri Setia Dr. Haji Mohd Ali bin Mohd Rustam			
0825 – 0835	Official Opening and Launch of MCGM 2025			
0835 –0840	Closing Segment			
0845	End of Opening Ceremony			
0845 – 0915	Plenary 1 – Conundrum of the Sick Older Person in Malaysia Chairperson: Prof Philip Poi Speaker: Assoc Prof Dr Yau Weng Keong			
0915 – 0945	Plenary 2 – Integrating Care for Advanced Dementia: Developing Collaborative Models of Care Chairperson: Assoc Prof Dr Yau Weng Keong Speaker: Dr Allyn Hum Yin Mei			
0945 – 1015	Sponsored Session by Menarini: Managing AF in Older Adults: From Complexity to Clarity Chairperson: Dr Tan Hui Loo Speaker: Dr Goh Cheng Beh			
Venue: Ballroom Foyer				
1015 – 1030	Morning Tea Break / Exhibition / E-Poster Viewing			
1030 – 1100	Sponsored Session by Brega: Managing the Joint Aches and Pains of Ageing Chairperson: Dr Mohd Zaquan Arif Abd.Ghafar Speaker: Dr Tay Hui Sian			
1100 – 1130	Plenary 3 – Gerontechnology: Applications and Advances Chairperson: Dato' Dr Tunku Muzafar Shah bin Tunku Jaafar Speaker: Prof Dr Teh Pei Lee			
1130 – 1200	Plenary 4 – The Role of Geriatric Liaison Services in Enhancing Care for Older Adults Chairperson: Assoc Prof Terence Ong Speaker: Dr Malarkodi Suppamutharwyam			
LUNCH SYMPOSIUM Venue: Ballroom 1, 2,3				
1200 – 1240	Pre-Lunch Symposium Sponsored by GSK: Integrating Shingles Vaccination into Patients with Comorbidities Chairperson: Dr Tay Hui Sian Speaker: Assoc Prof John Charles B LITT			
Venue: Courtyard Café, Ground Floor				
1240 – 1410	Lunch / Exhibition / E-Poster Presentations			
BREAKOUT SESSION				
	Breakout Session 1	Breakout Session 2	1410 – 1520	Breakout Session 3
	Track 1: Nutrition	Track 2: Mental Health		Track 3: Oral Presentations
	Chairperson: Dr Rosdina Zamrud binti Ahmad Akbar	Chairperson: Dr Muhamad Danial Zulkifli		Judges– Dr Ainy Abdullah, Dr Hakimah Sallehuddin & Dr Mohd Zaquan Arif Abd.Ghafar
	Venue: Ballroom 1	Venue: Ballroom 2		Venue: Ballroom 3
1410 – 1430	Topic 1: Sarcopaenic Dysphagia Speaker: Ms Puspa Maniam	Topic 1: Disorder of Gut Brain Interaction – A Case Based Talk Speaker: Dr Chuah Seong York	1410 – 1418	ID: SOP_05: Factors Associated with Willingness Towards Pneumococcal Vaccine Among the Elderly in the Klang Valley – A Cross-Sectional Study Mr Mohd Hisham Muhammad Faiz
1430 – 1450	Topic 2: Nutritional Intervention During Acute Illness Speaker: Dr Lee Zheng Yii	Topic 2: Adjustment Disorder in Elderly Speaker: Dr David Yeoh	1418 – 1426	ID: COP_10 Enhancing Medication Safety in Geriatric Critical Care: Impact of Clinical Pharmacist Interventions from Multidisciplinary Viewpoint Mr Chong Zan Kai
1450 – 1510	Topic 3 Geriatric Dentistry Speaker: Dr Norjehan binti Yahaya	Topic 3: Rare Psychiatric Disorders in Geriatric Patients Speaker: Dr Suhaila Mohamad Zahir	1426 – 1434	ID: SOP_13 Predictors of 30-Days Unplanned Readmission Among Older Patients Discharged from an Acute Geriatric Medicine Unit at Universiti Malaya Medical Centre (UMMC) Dr Leong Jia Yen Beatrice
1510 – 1520	Q&A	Q&A	1434 – 1442	ID: CP_26 Improving In-Hospital Sleep Hygiene to Reduce Inpatient Falls: A Quality Improvement Initiative Mr Mohd Poad Mohamad Zahin
			1442 – 1450	ID: CO_28 Silent Snap: A Decade of Atypical Femoral Fractures and What We're Still Missing Dr Hoh Hai Jian
			1450 – 1458	ID: SO_29 The Relationship Between Malnutrition, Sarcopenia and Cognitive Frailty in Clinical Settings Ms Thomat Nurul Nishahira
			1458 – 1506	ID: CO_55 Discharge Transition Programme to Reduce Readmission to Hospital Among Older People: A Feasibility Study Dr Ong Terence
			1506 – 1514	ID: CP_77 Understanding the Impact of Social Determinants on Malnutrition in Hospitalized Elderly Patients Dr Teoh Keang Tat

TEA SYMPOSIUM				
Venue: Ballroom 1: Simulcast Live Feed / Ballroom 2: Live				
1520 - 1550	Sponsored Session by Pfizer: DOACs in the Older Person: Balancing Safety and Efficacy Chairperson: Dr Malarkodi Suppamutharwamy Speaker: Assoc Prof Tan Kit Mun			
Venue: Ballroom Foyer				
1550 - 1605	Afternoon Tea Break / Exhibition / E-Poster Viewing			
	Breakout Session 1	Breakout Session 2	1605 - 1805	Breakout Session 3
	Track 4: Acute Geriatric Medicine	Track 5: Urology		Track 6: Oral Presentations
	Chairperson: Dr Teoh Keang Tat	Chairperson: Dr Wong Yee Ling		Judges- Dr Aimy Abdullah, Dr Hakimah Sallehuddin & Assoc Prof Tan Kit Mun
	Venue: Ballroom 1	Venue: Ballroom 2		Venue: Ballroom 3
1605 - 1625	Topic 1: Acute Frailty Services - How Do We Make ED Environments Frailty Friendly? Speaker: Prof Dr Mohd Idzwan bin Zakaria	Topic 1: Sexuality in Older Adults: Comprehensive Strategies for Clinicians Speaker: Prof Dato Dr Zulkifli Md Zainuddin	1605 - 1613	ID: SOP_50 Unseen Patients: Addressing the Mental and Emotional Health of Dementia Caregivers in Malaysia Dr Yeoh Eugene
1625 - 1645	Topic 2: Acute Care for the Elderly (ACE) Speaker: Dr Rizah Mazzuin Razali	Topic 2: Testosterone Deficiency Syndrome Speaker: Prof Dr George Lee Eng Geap	1613 - 1621	ID: SO_42 Association Between Salt Taste Sensitivity Threshold (STST) and Sodium Consumption among Older Adults in Malaysia Ms Sazali Azira
1645 - 1705	Topic 3: Virtual Ward - Rethinking Acute Care for Older People Speaker: Assoc Prof Dr Terence Ong Ing Wei	Topic 3: Overactive Bladder in the Elderly Speaker: Dr Warren Lo Hwa Loon	1621 - 1629	ID: CP_57 The Cost Offset of Preventing Versus Treating Osteoporotic Hip Fractures Dr Suhada Norsyamira
1705 - 1715	Q&A	Q&A	1629 - 1637	ID: SO_62 Oldest-old at Greater Risk of Injurious Inpatient Falls - Myth or Truth? Dr Khaw Mae Jane
			1637 - 1645	ID: SOP_70 The Acute Geriatric Virtual Ward Project in Universiti Malaya Medical Centre Dr Azemee Farah Waheeda
			1645 - 1653	ID: COP_48 Emergency Department (ED) Frailty In-Reach Service: Improving the care of older people within the ED Dr Teo Angelene
			1653 - 1701	ID: CO_80 Impact of Social Determinants on Healthcare Utilisation Among Hospitalised Older Adults: A Cross-Sectional Study Dr Ang Zi Heng
			1701 - 1709	ID: SO_82 Frequency of APOE Genotypes and Association with MoCA Scores in The AGELESS Cohort Study Ms Gunaseelan Vilassiny
			1709 - 1717	ID: SO_83 Gender, Lean Mass, and Education as Predictors of Recurrent Falls in Older Malaysian Adults Dr Alex Deepa
			1717 - 1725	ID: SO_90 Overview of Hospital-Acquired Pressure Injuries Among Patients in the Geriatric Cubicle, Tertiary Hospital Johor Bahru Dr Loh Ai Yun
			1725 - 1733	ID: SO_96 Tackling Cognitive Frailty: Development and Validation of a Practical Toolkit Ms Mohammad Hanipah Jamilah
			1733 - 1741	ID: SOP_99 Palliative Care for Frail Older Adults: A Snapshot of Needs, Access and Outcomes in the Community Dr Lim Zee Nee
			1741 - 1749	ID: CO_102 Weak Blood, Brittle Bones: Unravelling the Connection Between Anaemia and Osteoporosis Dr Zenol Ariffin Nor Hazwani
			1749 - 1757	ID: SOP_103 Older Adults' Perceptions on Feasibility of Smartphone-Based Applications for Early Detection of Alzheimer's Disease in Low- and Middle-Income Countries: A Qualitative Study Dr Rosli Roshalina
			1757 - 1805	ID: SO_105 Exploring the Effects of Carotenoids Supplementation on Memory: A Randomised Controlled Trial Ms Khor Khai Ling
1715 - 1815	Geriatric Trainee Meeting (by invitation) @ Ballroom 1 Exhibition / E-Poster Viewing			
END OF DAY 1				

Day 2: 8 August 2025, Friday

0800 – 0830	Registration		
<div>PLENARY</div> <div>Venue: Ballroom 1: Simulcast Live Feed / Ballroom 2: Live</div>			
0830 – 0900	Plenary 5 – Bringing Humanism Back to Surgery and Medical Care – A Collaboration with Humanity International <i>Chairperson: Prof Chin Ai-Vryn</i> <i>Speaker: Assoc Prof Tan Kok Yang</i>		
0900 – 0930	Plenary 6 – Advance Care Planning (Who, When, How) <i>Chairperson: Assoc Prof Tan Kit Mun</i> <i>Speaker: Dr Richard Lim Boon Leong</i>		
0930 – 1000	Sponsored Session by Pfizer: RSV Prevention in Adults: Latest Clinical and Real-World Evidence <i>Chairperson: Dr Alan Ch'ng Swee Hock</i> <i>Speaker: Dr Wong Chee Kuan</i>		
1000 – 1030	Sponsored Session by GSK: Elderly Vaccination: A Key to Healthy Aging and Disease Prevention <i>Chairperson: Dr Mohd Zulkifli Bin Mohamad Zahir</i> <i>Speaker: Assoc Prof John Charles B LITT</i>		
Venue: Ballroom Foyer			
1030 – 1100	Morning Tea Break / Exhibition / E-Poster Presentations		
BREAKOUT SESSION			
	Breakout Session 1	Breakout Session 2	Breakout Session 3
	Track 7: Caring for Patients with Dementia	Track 8: Sensory	Track 9: Nephrology
	Chairperson: Dr Sabrina Ting Lee Yee	Chairperson: Dr Erin Ong Wan Feng	Chaiperson: Dr Navena Sharma
	Venue: Ballroom 1	Venue: Ballroom 2	Venue: Ballroom 3
1100 – 1120	Topic 1: Reimagining Dementia Together <i>Speaker: Dr Cecilia Chan Woen Min</i>	Topic 1: Vision & Fall <i>Speaker: Assoc Prof Dato Dr Khairidzan Mohd Kamal</i>	Topic 1: Chronic Kidney Disease–Mineral Bone Disease and Fracture Risk <i>Speaker: Prof Dr Goh Bak Leong</i>
1120 – 1140	Topic 2: Care Giver Empowerment on Dementia Care <i>Speaker: Ms Isma Hanis Ghafar</i>	Topic 2: Hearing/Vestibular Causes with Falls in the Elderly <i>Speaker: Pn Nuwairani binti Khir Amin</i>	Topic 2: When is Long-Term Renal Replacement Therapy (RRT) Initiation Appropriate in Older Adults <i>Speaker: Dr Yew Shiong Shiong</i>
1140 – 1200	Topic 3: Unmet Needs in Advanced Dementia: Caring at the End of Life <i>Speaker: Dr Allyn Hum Yin Mei</i>	Topic 3: Foot Care & Risks of Falls <i>Speaker: Dr Chung Tze Yang</i>	Topic 3: Premature Aging in Chronic Kidney Disease <i>Speaker: Assoc Prof Chow Yok Wai</i>
1200 – 1210	Q&A	Q&A	Q&A
Venue: Courtyard Café, Ground Floor			
1210 – 1420	Lunch / Exhibition / E-Poster Viewing		
<div>PLENARY</div> <div>Venue: Ballroom 1: Simulcast Live Feed / Ballroom 2: Live</div>			
1420 – 1450	Statement for Vaccine Preventable Disease on Older Adults <i>Speaker: Dr Kejal A/P Hasmukharay</i>		
BREAKOUT SESSION			
	Breakout Session 1	Breakout Session 2	Breakout Session 3
	Track 10: Palliative Care	Track 11: The Vulnerable Older Adults	Track 12: MyICOPE
	Chairperson: Dr Ng Tyng Sam	Chairperson: Dr Nuur Habibah Ghazali	Chaiperson: Dr Ooi Seok Ling
	Venue: Ballroom 1	Venue: Ballroom 2	Venue: Ballroom 3

1450 – 1510	Topic 1: Spiritual Perspective on EOL Care <i>Speaker: Dr Lim Shu Xian</i>	Topic 1: Reframing the Narrative on Ageing <i>Speaker: Pn Lily Fu</i>	Topic 1: An Integrated Frailty and Intrinsic Capacity Care Model for Community-dwelling Older Adults in Singapore <i>Speaker: Assoc Prof Dr Laura Tay Bee Gek</i>
1510 – 1530	Topic 2: Symptomatic Relief in Palliative Care <i>Speaker: Dr Sheriza Izwa binti Zainuddin</i>	Topic 2: Social Worker Roles <i>Speaker: Pn Salasiah binti Man</i>	Topic 2: Advancing Hearing Health in Older People: Innovations in Assessments and Integration into iCOPE Frameworks <i>Speaker: Dr Nurul Huda Bani</i>
1530 – 1550	Topic 3: Formal Care Giver Perspectives <i>Speaker: Dr Gan Chia Ying</i>	Topic 3: Elder Abuse and the Legal Frameworks Around It <i>Speaker: Pn Shanti Abraham</i>	Topic 3: Bridging Communication Gaps in Older People: Assessment, Interventions, and Life Beyond Impairment through the iCOPE Lens <i>Speaker: Dr Fatimah Hani binti Hassan</i>
1550 – 1600	Q&A	Q&A	Q&A
TEA SYMPOSIUM Venue: Ballroom 1: Simulcast Live Feed / Ballroom 2: Live			
1600 – 1630	Sponsored Session by Menarini: The Right Time is NOW – Slowing Cognitive Decline with Clinical Evidence for Novel “Drug” Solutions <i>Chairperson: Dr Lim Wan Chieh</i> <i>Speaker: Prof Tan Maw Pin</i>		
Venue: Ballroom Foyer			
1630 – 1645	Afternoon Tea Break / Exhibition / E-Poster Viewing		
1645 – 1745	MSGM AGM (by Invitation) @ Ballroom 1		
1830	Faculty Dinner (by Invitation) @ Pool Terrace, Level 8		
END OF DAY 2			

Day 3: 9 August 2025, Saturday

0800 – 0830	Registration
PLENARY Venue: Ballroom 1: Simulcast Live Feed / Ballroom 2: Live	
0830 – 0900	Plenary 7 – Seamless Geriatric Care: Concepts and Models <i>Chairperson: Dr Alan Ch'ng Swee Hock</i> <i>Speaker: Dr Rizah Mazzuin Razali</i>
0900 – 0930	Sponsored Session by GSK: RSV Protection in Older Adults Starts Here <i>Chairperson: Dr Tan In Jiann</i> <i>Speaker: Assoc Prof John Charles B LITT</i>
0930 – 1000	Sponsored Session by Amgen: Osteoporosis in Geriatric Practice: Evidence-Based Sequential Treatment Strategies for Very High Risk Patients <i>Chairperson: Dr Tay Hui Sian</i> <i>Speaker: Dr Angel Ho Yun Ying</i>
Venue: Ballroom Foyer	
1000 – 1015	Morning Tea Break / Exhibition / e-Poster Viewing
BREAKOUT SESSION	
	Breakout Session 1
	Track 13: Rehabilitation
	Chairperson: Dr Amanda Goh Mae Ching
	Venue: Ballroom 1
	Breakout Session 2
	Track 14: Special Topics
	Chairperson: Dr Tan Shin Wuei
	Venue: Ballroom 2
	Breakout Session 3
	Track 15: Special Interest Group (SiG) in Integrated Care Meet Session
	Chairperson: Dr Keng Jun Ni / Panelist: Dr Wong Chek Hooi
	Venue: Ballroom 3
1015 – 1035	Topic 1: Pain Intervention Services <i>Speaker: Dr Abdul Rahman bin Ab Hamid</i>
1035 – 1055	Topic 2: Deconditioning <i>Speaker: Dr Cheng Wern Loong</i>
1055 – 1115	Topic 3: Physiotherapy Exercise in Elderly <i>Speaker: Ms Hanan Farhanah binti Ahmad</i>
1115 – 1125	Q&A
LUNCH SYMPOSIUM Venue: Ballroom 1: Simulcast Live Feed / Ballroom 2: Live	
1125 – 1205	Pre-Lunch Sponsored Symposium by Pfizer: A New Era of Pneumococcal Protection for Adult Population <i>Chairperson: Dr Tay Hui Sian</i> <i>Speaker: Dr Leong Hoe Nam</i>
1205 – 1235	Closing Ceremony / Abstract Awards / Rising Star Awards / Lucky Draw
Venue: Courtyard Café, Ground Floor	
1235 – 1330	Lunch
Seminar Warga Emas & Health Screening **Registration is required for seminar and health screening**	
Venue: Ballroom 3	
1330 – 1400	Registration
1400 – 1420	Young at Heart: Secrets to Healthy Aging <i>Speaker: Dr Deepa Alex</i>
1420 – 1450	Cognitive & Mental Well-being <i>Speaker: Dr Roshaslina Rosli</i>
1450 – 1600	Health Screening (for first 30 registrations)
END OF DAY 3	

**The programme is correct at the time of publication and is subject to change.

Managing postmenopausal osteoporosis with EVENITY® (romosozumab) – Insights from FRAME study

Every patient has a different starting point

MEET HER THERE

1-3

and help make her bones stronger



MS FLORENCE



Treatment naïve with a recent spinal fracture

- A 65-year-old recently diagnosed with a compression fracture after complaining of back pain
- Diagnosed with post-menopausal osteoporosis
- Not on any osteoporosis treatment

Patients like Ms Florence need a treatment option which helps build bone before another fracture occurs

PUAN KHADIJAH



Treatment naïve, without fractures, and with very low T-score

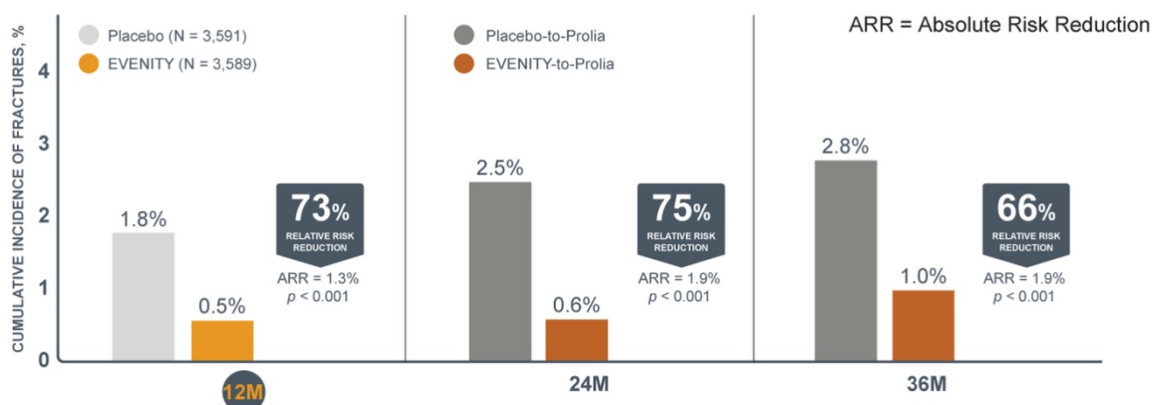
- A 60-year-old complaining of back pain
- Bone mineral density (BMD) T-score of less than -3.0
- Not on any osteoporosis treatment

Patients like Puan Khadijah need a treatment option which helps build bone prior to a fracture

FRAME study⁴

The Fracture Study in Postmenopausal Women with Osteoporosis (FRAME) was a randomized, double-blind, placebo-controlled, parallel-group trial which assessed the effect of romosozumab treatment in postmenopausal women with osteoporosis.

EVENITY® (romosozumab) rapidly and significantly reduced vertebral fracture risk in just 12 months, with persistent benefits observed through 36 months post-transitioning to PROLIA® (denosumab)^{4,5}



References: 1. Silverman S, et al. *Osteoporos Int* 2012;23:797-809. 2. EVENITY® (romosozumab) Malaysia prescribing information, Amgen. 3. Prolia® (denosumab) Malaysia prescribing information, Amgen. 4. Cosman F, et al. *N Engl J Med* 2016;37:1532-1543. 5. Lewiecki EM, et al. *J Bone Miner Res* 2019;34:419-428. 6. Cosman F, et al. *J Bone Miner Res* 2018;33:1219-1226. 7. Miyauchi A, et al. *Arch Osteoporos* 2019;14:59. 8. Saag KG, et al. *N Engl J Med* 2017;377:1417-1427. 9. Data on file, Amgen. 2017. 10. Lau EMC, et al. *Osteoporos Int* 2020;31:677-685.

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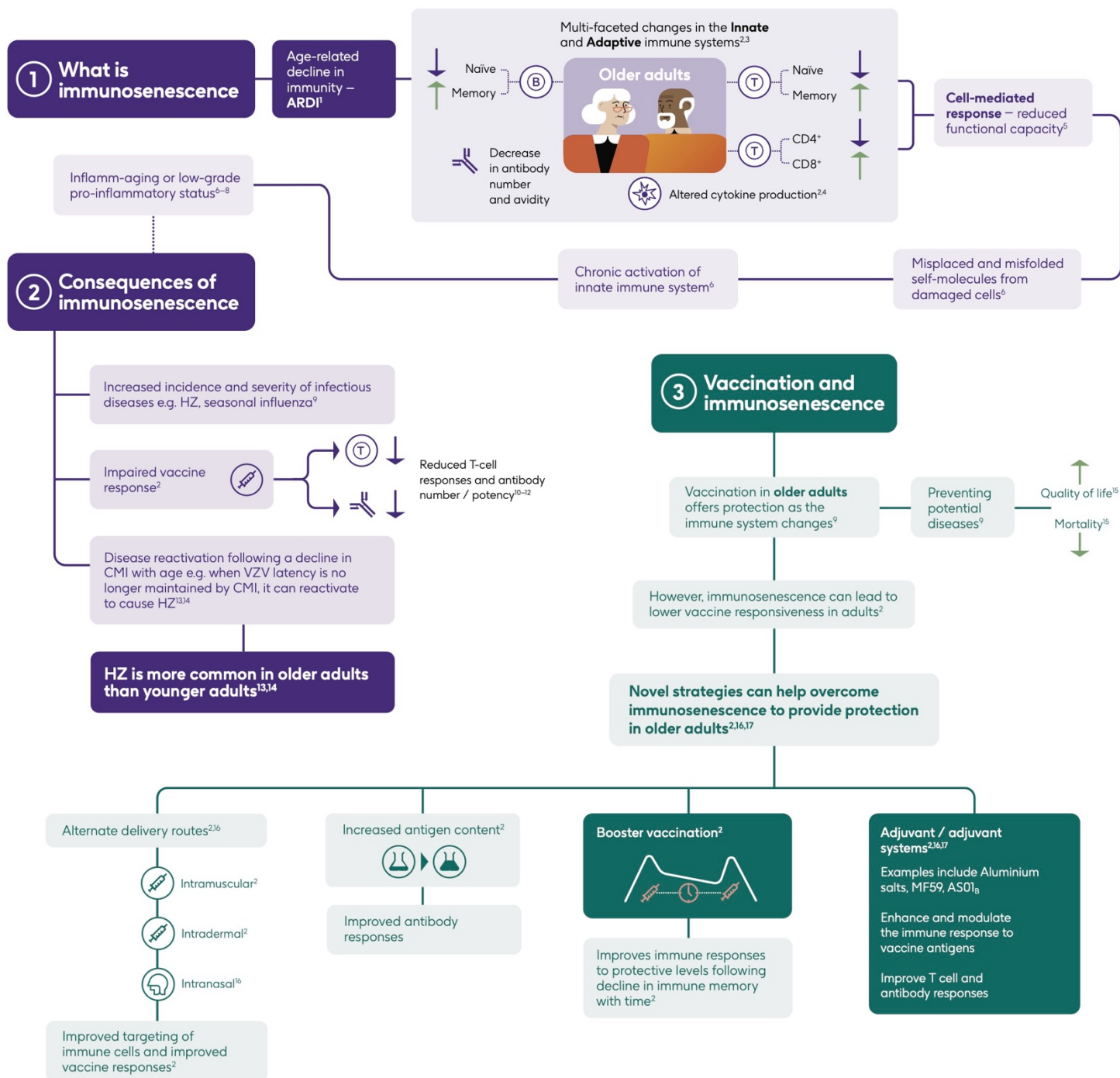
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Immunosenescence: mechanisms, consequences and vaccine strategies

GSK



Key points:

- Immunosenescence is the decline in immune responsiveness with age. This impairs resistance to infection and vaccination responses¹
- Novel strategies such as use of adjuvants, can help to overcome immunosenescence²

Abbreviations: ARDI, age-related decline in immunity; AS, adjuvant system; CMI, Cell-mediated immunity; HZ, Herpes zoster disease; VZV, varicella zoster virus.

References: 1. Kumar R, Burns EA. Age-related decline in immunity: implications for vaccine responsiveness. *Expert Rev Vaccines* 2008;7:467–79. 2. Boraschi D, Italiani P. Immunosenescence and vaccine failure in the elderly: strategies for improving response. *Immunol Lett* 2014;162:346–353. 3. Gibson KL, Wu YC, Barnett Y, et al. B-cell diversity decreases in old age and is correlated with poor health status. *Aging Cell* 2009;8:18–25. 4. Kang I, Hong MS, Nolasco H, et al. Age-associated change in the frequency of memory CD4⁺ T cells impairs long term CD4⁺ T cell responses to influenza vaccine. *J Immunol* 2004;173:673–681. 5. Lewis ED, Wu D, Meydani SN. Age-associated alterations in immune function and inflammation. *Prog Neuropsychopharmacol Biol Psychiatry* 2022;118:110576. 6. Franceschi C, Garagnani P, Parini P, et al. Inflammaging: a new immune-metabolic viewpoint for age-related diseases. *Nat Rev Endocrinol* 2018;14:576–590. 7. Xia S, Zhang X, Zheng S, et al. An update on inflamm-aging: mechanisms, prevention, and treatment. *J Immunol Res* 2016;2016: Article 8426874. 8. Ferrucci L, Fabbri E. Inflammaging: chronic inflammation in ageing, cardiovascular disease, and frailty. *Nat Rev Cardiol* 2018;15:505–522. 9. Philip RK, Attwell K, Brewer T, Di Pasquale A, Lopcalo PL. Life-course immunization as a gateway to health. *Expert Rev Vaccines* 2018;17:851–864. 10. Rosenberg C, Bovin NV, Bram LV, et al. Age is an important determinant in humoral and T cell responses to immunization with hepatitis B surface antigen. *Hum Vaccin Immunother* 2013;9:1466–1467. 11. Sasaki S, Sullivan M, Narvaez CF, et al. Limited efficacy of inactivated influenza vaccine in elderly individuals is associated with decreased production of vaccine-specific antibodies. *J Clin Invest* 2011;121:3109–3119. 12. Schenkein J, Park S, Nahm MH. Pneumococcal vaccination in older adults induces antibodies with low opsonic capacity and reduced antibody potency. *Vaccine* 2008;26(43):5521–5526. 13. Cohen JI. Clinical practice: Herpes zoster. *N Engl J Med* 2013;369:255–63. 14. Harpaz R, Ortega-Sanchez IR, Seward JF. Advisory Committee on Immunization Practices (ACIP). Prevention of herpes zoster: Recommendations of the Advisory Committee on Immunization Practices (ACIP). *MMWR Recomm Rep* 2008;57:1–30; quiz CE32–34. 15. Lang PO, Aspinall R. Vaccination in the elderly: what can be recommended? *Drugs Aging* 2014;31:581–599. 16. Didierlaurent AM, Laupreze B, Di Pasquale A, Hergli N, Collignon C, Garçon N. Adjuvant system AS01: helping to overcome the challenges of modern vaccines. *Expert Rev Vaccines* 2017;16:55–63. 17. Apostólico J de S, Lunardi VA, Coirada FC, Boscardin SB, Rosa DS. Adjuvants: Classification, Modus Operandi, and Licensing. *J Immunol Res* 2016;1459394.

Material supplied by the above-country business unit to LOCs for localisation must be subject to local Medical and/or Regulatory review and approval prior to use. This material aims at providing healthcare professionals with an overview of the adjuvant use in the Recombinant Zoster Vaccine (RZV).

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Faculty



Dr Abdul Rahman Ab Hamid
Malaysia
Speaker

Dr Abdul Rahman is a rehabilitation specialist with subspecialization in neurorehabilitation, geriatric rehabilitation, and musculoskeletal rehabilitation. He currently serves as a Rehabilitation Medicine Specialist at Hospital Rehabilitasi Cheras, a position he has held since 2021. Previously, from July 2015 to 2021, he was the Head of the Department of Rehabilitation Medicine at Hospital Sultanah Bahiyah, Alor Setar, Malaysia.

Dr Abdul Rahman completed his MBBS at the University of Malaya in 2005 and his residency in Physical Medicine & Rehabilitation (PM&R) in 2010. He also underwent a fellowship program at SNUH and AMC in Seoul, South Korea. His research focuses on the effect of specific spinal exercises versus conventional physiotherapy in improving subacute and chronic low back pain in Malaysia, with a publication pending. Additionally, he has served as an external reviewer for the Ministry of Health (MOH) on health technology studies, including repetitive transcranial magnetic stimulation for stroke patients.

Dr Abdul Rahman is a member of the International Society of Physical and Rehabilitation Medicine (ISPRM) and the Malaysian Association of Rehabilitation Physicians.

Topic: Track 13: Rehabilitation: Pain Intervention Services

This is comprehensive overview of pain management, particularly focusing on chronic pain in older adults. It emphasizes a multidisciplinary approach that integrates both traditional and holistic strategies to address various conditions, including low back pain, neuropathy, and fibromyalgia.

Key aspects include the use of USG-guided injections for precise treatment delivery, highlighting the importance of accurate diagnosis and assessment in managing pain. The presentation discusses the psychological and emotional factors that influence pain perception, advocating for techniques that promote a mind-body connection, such as stress reduction methods and self-healing practices.

It also addresses the role of caregivers in supporting older adults, emphasizing the need for lifestyle modifications and non-pharmacological interventions to enhance

overall well-being. Emerging technologies, including AI-driven tools and telemedicine, are explored as means to improve personalized care and monitoring.

The document underscores the significance of rehabilitation programs tailored to individual needs, aiming to improve function and quality of life while reducing reliance on pharmacological treatments. Overall, it advocates for a holistic approach that considers the interconnectedness of physical, emotional, and social factors in effective pain management



Dr Alan Ch'ng Swee Hock
Malaysia
Chairperson

Dr Ch'ng completed fellowship training in Geriatric Medicine at HKL, UMMC and Tan Tock Seng Hospital, Singapore in 2015. He currently heads the geriatric service for Penang. He is the President of the Postgraduate Medical Education Society and Deputy head of CRC, Seberang Jaya Hospital; Vice-President of Penang Dementia Association; Honorary Treasurer of the Malaysian Society of Geriatric Medicine, and council member of the Fragility Fracture Network of Malaysia. He has contributed to authoring the Malaysian clinical practice guidelines for: management of osteoporosis; management of ischemic stroke; falls prevention in hospitals, and pain management in older people.



Dr Allyn Hum Yin Mei
Singapore
Speaker

Dr Allyn Hum is dually accredited in Geriatrics and Palliative Medicine. Alongside her role as a clinician in the Departments of Geriatrics and Palliative medicine in Tan Tock Seng Hospital in Singapore, she is also the Director of the Palliative Care Centre for Excellence in Research and Education (www.palc.org.sg). Her research feeds into the educational endeavors undertaken at PalC, and include the use of prognostic models to integrate early palliative care in cancer and non-cancer.

Allyn is currently working to develop seamless models of care for advanced illnesses (including dementia) in Singapore with the use of predictive AI in electronic health records. She is currently, also the academic director of the Holistic Palliative (HoPE) degree, the first Masters in Science in Palliative medicine developed in conjunction with LKCMedicine, NTU for the Asia Pacific region.

Topic: Plenary 2: Integrating Care for Advanced Dementia: Developing Collaborative Models of Care

Caring for patients with dementia means having the skills, knowledge and capacity to meet their evolving needs across the trajectory of this progressive neurodegenerative illness. These aspirations are lofty but the reality is that non-cancer palliative care, including that for dementia still trails far behind cancer palliative care. Many advanced dementia patients suffer with burdensome symptoms in the last year of their life, and die in the hospital with interventions which do not extend survival. Are we truly applying the evidence available to maintain their dignity and quality of life? And are we really working collaboratively as healthcare professionals to care for them across different sites of care? We review the evidence for efficient models of care which integrate best practices to advance care for our patients living with dementia and support their caregivers.

Topic: Track 7: Caring for Patients with Dementia: Unmet needs in Advanced Dementia: Caring at the End of Life

If dementia is an irreversible, progressive neurodegenerative disease with burdensome complications for patients and their caregivers, what should we be doing next to help them? Is there a form of care where we can improve their quality of life, respect who they are as individuals and alleviate their suffering, all at the same time? We fail our patients with advanced dementia because they are not seen, and their needs are not assessed well, if at all. In this discussion, we will examine ways to identify our most vulnerable patients with dementia, and what are their

unmet needs in the different domains of suffering. We discuss some of the bedside clinical tools which help us speak on their behalf, and how to respond to their needs in a respectful, humanistic manner.



Dr Amanda Goh Mae Ching
Malaysia
Chairperson

Dr Amanda Goh is a compassionate and dedicated geriatric trainee at University Malaya Medical Centre. She earned her MBBS from the International Medical University (IMU) and completed her Master of Internal Medicine (MMed) at the University of Malaya (UM). With a strong passion for geriatric medicine and patient-centered care, she strives to improve the quality of life for older adults.



Assoc Prof Dr Andrea Ban Yu-Lin
Malaysia
Speaker

Andrea Ban Yu-Lin is an Associate Professor and Consultant Pulmonologist at the Faculty of Medicine, Hospital Canselor Tuanku Muhriz, Universiti Kebangsaan Malaysia. She obtained her medical degree from the National University of Ireland, Galway, and later completed her Master's in Internal Medicine at Universiti Kebangsaan Malaysia.

Her main areas of interest are asthma and chronic obstructive pulmonary disease (COPD), and she has published a notable number of articles in indexed medical journals. She currently serves as the Chairperson for the Malaysian Clinical Practice Guidelines (CPG) for Asthma in Adults, marking her second consecutive term in this role.

Dr Ban is also an Associate Editor for Respiriology Case Reports. She previously chaired the National Respiratory Exit Viva Examination Committee and continues to serve on the national respiratory training committee. She is a Fellow of the Academy of Medicine Malaysia and the Asian Pacific Society of Respiriology.

Topic: Track 14: Special Topics: Airway Disease in the Elderly: A Malaysian Perspective with Insights from the Latest Asthma CPG

Airway diseases such as asthma, chronic obstructive pulmonary disease (COPD), and bronchiectasis are increasingly common in Malaysia's ageing population. However, these conditions are often underdiagnosed in the elderly due to overlapping symptoms with other chronic illnesses and age-related changes. As Malaysia moves toward becoming an ageing nation, the burden of chronic respiratory disease among older adults is expected to rise. Although the newly launched 2024 Malaysian Asthma Clinical Practice Guidelines (CPG) do not specifically address elderly patients, many of its core principles remain relevant. Key recommendations such as appropriate inhaler use, regular assessment of inhaler technique, and stepwise treatment adjustment are especially important for elderly patients, who may have reduced coordination, vision, or cognitive function. In the Malaysian setting, additional challenges include environmental exposure to tobacco smoke and biomass fuel, especially in rural communities, as well as limited access to spirometry and respiratory care services. Bronchiectasis, often post-infectious, is another under-recognised condition in older adults that requires greater awareness. Sociocultural factors, caregiver roles, and urban-rural health

gaps also influence disease control. Although elderly-specific guidance is limited, adapting the Asthma CPG to individual patient needs and strengthening primary care capacity can help improve respiratory outcomes for Malaysia's elderly population.



Dr Angel Ho Yun Ying
Malaysia
Speaker

Dr Angel Ho Yun Ying holds the position of Head of Geriatric Service for the state of Pahang, practising in Hospital Tengku Ampuan Afzan Kuantan. She is a Fellow of the Royal College of Physicians of Edinburgh, an alumnus of Monash University, Australia, and has recently been appointed as a research fellow at Neuroscience Australia for an international research collaboration. Her professional specializations include comprehensive geriatric assessment, orthogeriatrics, and multifactorial falls assessment and intervention, substantiated by presentations and publications in numerous national and international journals and conferences.

Furthermore, she serves as the Pahang State Falls Champion, presides over the Malaysian Falls Prevention Society, and has shared her expertise at regional and national conferences.

**Topic: Sponsored Session (AMGEN): Osteoporosis in Geriatric Practice:
Evidence-Based Sequential Treatment Strategies for Very High Risk Patients**



Dr Cecilia Chan Woen Min
Malaysia
Speaker

Dr Cecilia Chan has been involved in the eldercare industry for over twenty years. She is a Gerontologist, a Trainer, a researcher, and a very passionate dementia advocate and activist. She has been involved in various projects concerning providing services and facilities to the Malaysian elderly. She has introduced a variety of innovative projects, based on creative care models. She worked with international creative care practitioners and introduced them to Malaysia, one of which was the Totsu-Totsu dance.

She has successfully implemented novel dementia projects in Malaysia, e.g. Reimagining Dementia Malaysia, the first-ever pop-up "Forgotten Mutiara Café" run by Malaysians living with Dementia, and the first stay-in Dementia Retreat. She provides training on dementia care and speaks at national and international conferences. She has written (and contributed to) various articles and reports on dementia, advocacy, ageism, and aging issues in Malaysia and is on national advisory groups and boards.

Topic: Track 7: Caring for Patients with Dementia: Reimagining Dementia Together

According to Alzheimer's Disease International (2014), the prevalence of people with dementia in Malaysia is projected to be 261,000 by 2030 and will continue to increase to 590,000 by 2050. In Malaysia, Dementia is a condition that often results in heavy stigma resulting in social isolation, exclusion, discrimination, and disempowerment as well as frustration for all parties involved. We need to create a model of care that supports those living with Dementia and their care partners that enable them, rather than restrict them. This new supportive community result is a new dementia story, based on hope, joy, and meaning. This new narrative could eliminate the toxic stigma and enable us to connect beyond dementia. This could empower us to challenge the negative narratives that fuels the dehumanization, segregation, and institutionalization of those with dementia and allow us to be in a society that includes everyone. In order to do this, we need to reimagine dementia together.



Dr Cheng Wern Loong
Malaysia
Speaker

Dr Cheng Wern Loong is a highly skilled and compassionate Sports & Exercise Medicine physician, a trusted expert in musculoskeletal health and sports-related injuries, providing comprehensive care to individuals of all level of participation.

Dr Cheng earned both his Medical degree and Masters in Sports Medicine from University Malaya. He is currently the Head of Sports Medicine Unit at Hospital Taiping where he initiated Sarcopenia Clinic to screen and treat older adults with Sarcopenia. Dr Cheng has special interest in the care of older adults and is a recognized speaker locally in sharing insights on various Healthy Ageing topics. He is also one of the focus group expert for FitMAS programme, a national level programme which aims to raise awareness and promote healthy lifestyle among the older adults.

In addition to his clinical work, Dr Cheng is an active leader in the sports medicine field. He hold several prominent positions in leading medical organizations, including:

- Treasurer at the Malaysian Association of Sports Medicine (MASM)
- Medical Director at the Perak Football Club
- Chief Medical Officer at Majlis Sukan Negeri Perak

Topic: Track 13: Rehabilitation: Deconditioning

This lecture explores the phenomenon of deconditioning in older adults, focusing on how physical and mental decline can occur due to inactivity, illness, and the natural aging process. Deconditioning refers to the loss of physical strength, endurance, and overall functional capacity that can lead to decreased mobility, independence, and quality of life.

The lecture will cover:

1. **Understanding Deconditioning:** A comprehensive definition of deconditioning, including its physical, psychological, and social dimensions.
2. **Causes and Risk Factors:** The primary contributors to deconditioning in the elderly, such as prolonged bed rest, sedentary lifestyle, chronic illness, medication side effects, and cognitive decline.
3. **Impact on Health and Well-being:** The physical consequences (muscle atrophy, reduced bone density, poor cardiovascular health) and mental effects (depression, anxiety, cognitive decline) of deconditioning.

4. **Prevention and Management Strategies:** Practical approaches to prevent or reverse deconditioning, including tailored physical activity programs, nutrition, cognitive exercises, and social engagement.

The lecture aims to raise awareness about the importance of proactive measures in maintaining the health and functional abilities of elderly individuals, with a focus on promoting longevity and enhancing the quality of life for older adults.



Prof Chin Ai-Vryn
Malaysia
Chairperson

Professor Dr Chin Ai-Vryn is a Senior Consultant Geriatrician and Professor of Geriatric Medicine. He completed his undergraduate and postgraduate training in the UK and Ireland before returning to Malaysia. He is a Fellow of the Royal College of Physicians in Edinburgh and holds a Doctorate in Medicine from Trinity College, Dublin. He is a founding member of the Malaysian Society of Geriatric Medicine as well as the Ageing and Age-Associated Research Group at University Malaya. Professor Chin was the Head of Geriatric Medicine at University Malaya before joining Subang Jaya Medical Centre this year and is actively involved in teaching, research, and clinical work. Despite the challenges, he remains committed to the development of Geriatric Medicine in Malaysia.



Assoc Prof Chow Yok Wai
Malaysia
Speaker

Dr Chow is currently Consultant Nephrologist and Physician in Pantai Hospital Ayer Keroh, Melaka. He is also Associate Professor to the Manipal University Medical College, Malaysia.

He obtained his membership into the Royal College of Physicians of United Kingdom in 2003 and was conferred the Fellowship of College of Physicians of Edinburgh, United Kingdom in 2010.

Dr Chow pursued a 3 year Nephrology Fellowship Programme in 2005 and went on with advance nephrology training in the field of vasculitis in Addenbrooke's Hospital, Cambridge.

In 2018, he obtained certification for renal nutrition from International Society of Renal Nutrition and Metabolism (ISRNM). Subsequent to that he underwent renal nutrition training in Karolinska Institute, Sweden.

In 2024, he completed the Blackburn Obesity Programme certification from Harvard Medical School and is currently pursuing his Msc(UK) in obesity medicine.

He is also an expert panel to the Malaysian Dialysis and Transplantation registry since 2011, Malaysian Dialysis Quality Standards since 2016 and ResetHealth Malaysia (Type 2DM and Obesity Lifestyle technology- enabled metabolic interventional programme) since 2021.

Awards received includes the Prime Minister's National Science Award in 1993, Dato Dr Zaki Morad Best Nephrology Fellow Award in 2008 and Young Investigator Award for his work on cognitive function in haemodialysis patients (11th Asia Pacific Congress of Nephrology) in 2008.

Topic: Track 9: Nephrology: Premature Aging in Chronic Kidney Disease

Chronic Kidney Disease (CKD) is increasingly recognized as a condition of premature aging, as it shares numerous biological mechanisms and pathways with the aging process. Patients with CKD experience accelerated declines in

physiological function, leading to frailty, cognitive impairment, cardiovascular disease, and immune dysfunction—hallmarks of aging.

Key mechanisms linking CKD and aging include:

- **Oxidative Stress & Mitochondrial Dysfunction:** CKD is associated with increased oxidative stress and mitochondrial dysfunction, leading to cellular damage and energy deficits, both central to aging.
- **Inflammation & Senescence:** Chronic systemic inflammation in CKD promotes cellular senescence, where cells lose function and secrete pro-inflammatory mediators, accelerating tissue damage and aging.
- **Telomere Shortening:** CKD patients often exhibit shortened telomeres, a marker of biological aging, due to persistent oxidative stress and inflammation.
- **Dysregulated Autophagy:** Impaired cellular repair and autophagy mechanisms in CKD contribute to the accumulation of damaged proteins and organelles, hastening aging-related decline.
- **Epigenetic & Metabolic Alterations:** CKD induces epigenetic changes that mirror those seen in aging, including DNA methylation shifts and metabolic dysfunctions that accelerate tissue degeneration.

Understanding CKD as a model of premature aging allows researchers to identify key molecular pathways that drive both conditions. By targeting these mechanisms—such as enhancing mitochondrial health, reducing inflammation, and improving autophagy—scientists may develop interventions not only to slow CKD progression but also to prevent or delay aging itself.

This perspective positions CKD as a valuable paradigm for aging research, offering insights into novel therapeutic strategies that could benefit both CKD patients and the broader aging population.



Dr Chuah Seong York
Malaysia
Speaker

Dr Chuah Seong York graduated from Cardiff in 1985 with distinction in Pathology & Microbiology and obtained the MRCP in 1989. Having worked in UK for 7 years including Liverpool and Leicester, he returned to UMMC as lecturer in 1992. In 1996 he joined Pantai Hospital Ayer Keroh. Dr Chuah maintains a healthy interest in all areas of medicine and currently lectures once a week in Manipal University College Melaka. He has written 2 medical books in Chinese and has contributed articles to Berita MMA including "Mental Anguish of Non-Psychiatrists Treating Mental Anguish" in its November 2018 issue. In the 2023-year end issue of The Internist, Bulletin of the College of Physicians, Dr Chuah contributed an article on His Journey in Treating Functional GI Disorder, A ROAD LESS TRAVELLED. Hitherto his greatest honour has been to speak to his fellow gastroenterologists at their annual GI conference, GUT 2020 on "Separating Dyspepsia from Depression".

Topic: Track 2: Mental Health: Disorder of Gut Brain Interaction - A Case Based Talk

Gastroenterologists have been at the fore front of treating functional medical disorders since the Rome I Criteria for Functional GI Disorder (FGID) in 1990. 30 years on FGID are now called Disorders of Gut-Brain Interaction (DGBI) in the Rome V Criteria of 2022. Many non-psychiatrists use amitriptyline to treat non-psychiatric conditions. And yet many non-psychiatrists are not at ease using other antidepressants. The gastroenterologists have taken the fore front in venturing beyond amitriptyline. With research on DGBI, including and excluding depressed patients, they now talk about neuromodulators instead of antidepressants. Dr Chuah will present a case, during which various psychiatric terms, like combination & augmentation, now used by gastroenterologist will be introduced. He will end with some landmark studies on the use of non-amitriptyline antidepressants in treating FGID.



Dr Chung Tze Yang
Malaysia
Speaker

Dr Chung Tze Yang is a senior lecturer in the Faculty of Medicine in his alma mater, Universiti Malaya, having graduated from there in 2000. He practices as the senior rehabilitation consultant at the Universiti Malaya Medical Centre overseeing the neuromedical, amputee rehabilitation and diabetic footcare services due to his special interest in spasticity management, neuromodulation, biomechanics and prosthetics & orthotics. However, he retains his broad interest in general rehabilitation, especially with developments in medical technology which interacts with human function. He believes in function over form especially in footwear.

Topic: Track 8: Sensory: Foot Care & Risk of Falls

Is there a link between foot wear and falls? We will first review the anatomy and varied nomenclature of shoes. Followed by the review of the evidence from research on footwear and falls, with the probable positive features that should be looked into when choosing shoes such as dorsal fixation, heel counter, wide heel and non-slip soles. We will also look at pressure relieving features such as total contact insoles for neuropathic and other problematic feet. Lastly we close with the discussion on challenges of choice and cosmesis over function.



Dr David Yeoh
Malaysia
Speaker

Dr David Yeoh received his MBBS from MAHE University India and his master of psychological medicine from University of Malaya, Malaysia. Upon completion of his master's he worked at Hospital Kuala Lumpur. In 2002, he joined Mahkota Medical Centre as a consultant psychiatrist.

Dr Yeoh holds memberships of several professional organizations such as Malaysian Psychiatric Association, Academy of Medicine and Malaysian Medical Association. He is also a registered with National Specialist Registry.

He has been invited to speak in many public forums, workshops and scientific conferences.

Dr Yeoh participates actively in many scientific conferences /convention either locally or internationally. He strives to keep himself updated with the latest medical information and to give the best possible care to his patients.

Dr Yeoh is dedicated in raising awareness on mental illnesses and reducing the stigma. Often in his practice, he encounters many complex and complicated psychiatric cases. He has successfully treated many of such patients and improved their quality of life.

Topic: Track 2: Mental Health: Adjustment Disorder in Elderly

Adjustment disorder is very common among the elderly. How do we detect the red flags? Learn about the causes and management of this disorder. Early detection and prevention is the key.



Dr Erin Ong Wan Feng
Malaysia
Chairperson

Erin Ong Wan Feng is currently final year Geriatrics trainee currently in the midst of her overseas attachment in Singapore. Obtained undergraduate degree from International Medical University and post graduate in Internal Medicine at University of Malaya Medical Center.



Dr Fatimah Hani Binti Hassan
Malaysia
Speaker

Fatimah Hani Hassan is a lecturer and clinical coordinator in the Speech Sciences Programme, Faculty of Health Sciences, Universiti Kebangsaan Malaysia (UKM) and a lead investigator of the Psychosocial Enhancement and Advanced Rehabilitation for Adults (PEARL) research group at the UKM's Research Centre for Rehabilitation and Special Needs.

She is a qualified speech-language pathologist with research, clinical and teaching interests focused on the development of resources and programs related to aphasia and cognitive-communication disorders for multilingual populations. Fatimah Hani plays an active role as the Malaysian representative at the Asia Pacific Society for Speech, Language, and Hearing. <https://orcid.org/0000-0002-4527-1483>

Topic: Track 12: MyICOPE: Bridging Communication Gaps in Older People: Assessment, Interventions, and Life Beyond Impairment through the iCOPE Lens

This presentation will explore the multifaceted challenges of communication disorders in aging populations through the iCOPE lens. Emphasis will be given to the psychosocial impacts of communication difficulties. The session will highlight the person-centered approach to care, life participation, and overall well-being. A case study will be used to illustrate the application of comprehensive frameworks to perform assessments and provide treatment. Beyond impairment, the presentation addresses advocacy efforts for empowering older adults to maintain autonomy and meaningful connections.



Dr Gan Chia Ying
Malaysia
Speaker

Dr Gan Chia Ying is a Family Medicine Specialist with expertise in geriatric care, wound care, and medical education. She holds the Fellowship of the Academy of Family Physicians (FAFP) and serves as a clinical mentor and examiner for the Advanced Training in Family Medicine (ATFM) program.

Dr Gan is the Medical Director of BIGTREE Medicare and Nursing Home and the Doctor-in-Charge at Senior Garden Elderly Care Center, where she focuses on comprehensive care for elderly residents. She is also a part-time lecturer at Manipal University, contributing to the development of future medical professionals. In addition, she oversees operations as the Person-in-Charge (PIC) for Bachang Charity Dialysis Center, supporting community healthcare initiatives.

Topic: Track 10: Palliative Care: Formal Care Giver Perspectives

This talk, Formal Caregivers in Palliative Care, highlights the unique role of formal caregivers in supporting patients during their final stages of life. Drawing from real cases in a nursing home setting, the presentation explores how trained caregivers provide not just physical care, but also emotional presence, symptom monitoring, and spiritual support—especially for patients with limited family involvement.

Dr. Gan shares how caregivers manage symptom changes, emotional needs, and home death arrangements, while also navigating physical fatigue and grief. The talk will also touch on the mismatch between family expectations and on-the-ground realities, offering a clearer view of what care looks like in practice.

Attendees will gain insight into the strengths and limits of formal caregiving, and how it plays a critical role in delivering professional care that is both realistic and meets patients' needs and expectations.



Prof George Lee
Malaysia
Speaker

Dr George Lee Eng Geap completed his basic degree in Pharmacology from Cambridge University, and medical degree at Addenbrookes' Clinical School of Medicine in Cambridge. Dr Lee pursued his Surgical Career in Oxford and his Urological training at Imperial College School of Medicine in London.

He became a consultant Urologist in the United Kingdom, before he took on the position as the Associate Professor of Surgery at University Malaya, Kuala Lumpur. Professor George Lee is currently a clinical Associate Professor of Surgery at Monash University and Consultant Urological Surgeon from Gleneagles Intan Medical Centre, Kuala Lumpur.

Professor George Lee Basic research work was on the mechanism and the mutagenesis of receptors in exocytosis. His main clinical interests are in endourology, Prostate Diseases and Andrology. He published extensively in Biochemical Journal, BJUI and International Urology and Nephrology.

Topic: Track 5: Urology: Testosterone Deficiency Syndrome

Testosterone Deficiency Syndrome (TDS): Diagnosis, Treatment, and Controversy
Testosterone Deficiency Syndrome (TDS), also known as male hypogonadism or late-onset hypogonadism, is a clinical and biochemical condition characterized by low serum testosterone levels accompanied by symptoms such as fatigue, decreased libido, erectile dysfunction, reduced muscle mass, mood disturbances, and diminished cognitive function. TDS may arise from primary testicular failure or secondary hypothalamic-pituitary dysfunction, and its prevalence increases with age.

The diagnosis involves both clinical assessment and biochemical confirmation. Decreased sexual desire, erectile dysfunction, low energy, depression, poor concentration, and decreased bone density or anemia. Biochemical Criteria: Consistently low morning total testosterone levels <10.4 nmol/L on at least two occasions, confirmed with free testosterone if needed.

Testosterone Replacement Therapy (TRT) is the mainstay of treatment, aiming to restore normal testosterone levels and alleviate symptoms. Available delivery methods. Benefits of TRT may include improved libido, sexual function, mood,

muscle mass, and bone density. Regular monitoring is essential to track testosterone levels, hematocrit, prostate health, and cardiovascular markers.

Despite its therapeutic benefits, TRT remains controversial. Some studies suggest an increased risk of heart attack and stroke, while others show neutral or beneficial effects. The evidence remains inconclusive. Historically, concerns linked TRT with prostate cancer, though current data suggest that TRT does not significantly increase prostate cancer risk in screened men. Critics argue that age-related testosterone decline is being medicalized, leading to inappropriate TRT use without confirmed deficiency. Lack of Consensus: Guidelines vary across medical societies (e.g., Endocrine Society, AUA, ISSM), particularly regarding treatment thresholds, age-related hypogonadism, and screening practices.

In conclusion, TDS is a complex condition that requires careful diagnosis and individualized treatment. While TRT can offer substantial benefits, its use must be balanced against potential risks and guided by evidence-based protocols. The ongoing debate underscores the need for more robust, long-term clinical trials.



Prof Goh Bak Leong
Malaysia
Speaker

Prof Goh is the Head and Senior Consultant Nephrologist, and Head of Clinical Research Centre Hospital Sultan Idris Shah Serdang. He is currently the Head of the Nephrology Subspecialty Service, Selangor.

He chairs the Malaysian Society of Nephrology (MSN) nephrology fellowship training programme (NSTEC), MOH National Transplantation Policy and MOH Handbook of KRT review committee. He is a member of Nephrology Subspecialty Education Subcommittee of the Malaysian Medical Council (MMC).

He became a member of the Royal College of Physicians in United Kingdom MRCP(UK) in 1996. He obtained his further training as Renal Fellow at Monash Medical School, Melbourne, Australia. He was awarded the Fellowship of Royal College of Physicians and Surgeons (FRCP) in 2002 and Fellowship of Academy of Medicine of Malaysia in 2012.

Prof Goh is an active member of many local and international professional societies. He was the President of MSN from 2016-2018 and the Editor of Malaysian Dialysis & Transplant Registry 2012-2022. He was the chairs of the organising committees for the 1st Asia Pacific Congress of AKI CRRT, Congress of Asian Society of Transplantation (CAST) 2021, and the first ISN World Congress of Nephrology in Malaysia. He was also the advisors for the 4th Asia Pacific Society of Dialysis Access, the 3rd Asia Pacific Congress of AKI CRRT, and the 2025 ISPD ACM organising committee.

He was a member of ISPD Advisory Board member on PD Access and he is instrumental in introducing nephrologist initiated PD catheter insertion programme in Malaysia and many neighbouring countries. He had served as a member of Working Party on PD Access Guidelines and also dedicated as an international trainer of PD to the nephrologists from Asia Pacific such as Singapore, Brunei, Indonesia under ISPD AC fellowship programme.

He is active in undergraduates, postgraduates and fellowship teaching and training. He is a regular examiner for MRCP PACES UK and Malaysia Nephrology Board

Examinations. He has been involved in the development of many local and international registries and CPGs for kidney replacement therapy, CKD-MBD, ISPD PD catheter insertion, anaemia and parathyroidectomy. He also sits in many panels / committees / advisory boards as well as professional societies at both national and international levels. He is the Host Examiner for MRCP (UK) PACES since 2012.

Topic: Track 9: Nephrology: Chronic Kidney Disease- Mineral Bone Disease and Fracture Risk

CKD-MBD affects the skeletal and cardiovascular systems, occurs across all CKD stages, and results from the individual and combined effects of traditional and CKD-specific risk factors for skeletal and cardiovascular diseases. Diagnosis of CKD-MBD can be based upon the following: (1) biochemical assessment; (2) skeletal imaging; (3) histomorphometric assessment; and/or (4) cardiovascular imaging (vascular calcification, echocardiogram).

Osteoporosis is a disorder of bone that decreases bone strength and increases risk of fracture. Bone strength is defined by both quantity and quality of bone. ROD is regarded as part of the osteoporosis spectrum. Bone disease in patients with CKD is complex and multi-faceted, with overlapping features of ROD and other forms of osteoporosis. Because CKDaO is a distinct form of osteoporosis with overlapping metabolic bone diseases, management strategies must be tailored to the distinct features of bone quality that are impaired in an individual rather than algorithmized, as for post-menopausal osteoporosis.



Dr Goh Cheng Beh
Malaysia
Speaker

Dr Goh Cheng Beh is currently Consultant Geriatrician at Hospital Tuanku Ja'afar, Seremban. She obtained her MBBS from Kasturba Medical College, India in 1998, and subsequently Master of Medicine from Universiti of Malaya in 2011.

Dr Goh specializes in the field of Geriatric Medicine.

Topic: Sponsored Session by Menarini: Managing AF in Older Adults: From Complexity to Clarity

This presentation addresses the multifaceted feature of managing non-valvular atrial fibrillation (NVAf) in elderly patients, focusing on the intricate balance between efficacy and safety in anticoagulation therapy. The challenges inherent in using anticoagulants in this demographic, such as renal function decline and polypharmacy, underscores the need for tailored approaches. Central to the discussion is the once-daily dosing regimen of edoxaban, offering practical benefits in enhancing medical compliance while reducing bleeding risk. Attendees will gain insights into the compelling clinical data supporting the efficacy of edoxaban in stroke prevention, coupled with its favorable safety profile. Through a comprehensive review, this presentation equips healthcare professionals with strategies to navigate the complexities of anticoagulation therapy in elderly NVAf patients, ensuring optimal outcomes while mitigating potential risks.



Dr Goh Siew Wen
Malaysia
Speaker

Dr Goh Siew Wen is a consultant dermatologist at SKINCENTRIC, Bukit Tinggi Medical Centre in Klang, and a visiting dermatologist at Hospital Orang Asli Gombak. With a strong foundation in dermatology (BMed, MRCP UK, Advanced Masters UKM, LCP Malaysia), she specializes in medical, aesthetic, and aging-related skin concerns.

Beyond clinical practice, Dr Goh is actively involved in dermatology education and leadership. She serves on the Organizing Committee of the Academy of Medicine of Malaysia's Dermatology Chapter (AMM) and the Scientific Committee of the Asia Master Course in Cosmetic and Dermatology Surgery (AMCADS). She is also a frequent speaker at conferences, sharing expertise on skin aging, hyperpigmentation, and acne scarring.

Passionate about bridging science with real-world practice, she mentors healthcare professionals and contributes to improving patient care. Her work emphasizes a balance between beauty and safety, empowering both doctors and patients with knowledge-based dermatology solutions.

Topic: Track 14: Special Topics: Itch In Elderly

Pruritus remains a challenging symptom in geriatric care. With advancing age, intrinsic changes in skin physiology predispose older adults to chronic itch. Additionally, systemic conditions like diabetes, renal insufficiency, and malignancies further complicate the clinical picture, while polypharmacy and medication-induced reactions add another layer of complexity.

This presentation will examine the multifactorial etiology of pruritus in elderly patients, focusing on the interplay between age-related dermatologic changes and systemic disease. Evidence-based management strategies, including skin hydration, barrier repair, and targeted pharmacologic interventions, will be discussed. Understanding the underlying mechanisms is key to tailoring interventions and ultimately improving quality of life.



Ms Hanan Farhanah Binti Ahmad
Malaysia
Speaker

Ms Hanan Farhanah graduated with a Bachelor's degree in Physiotherapy from Universiti Teknologi MARA (UiTM) in 2015, after completing her Diploma in Physiotherapy in 2012. She has 8–9 years of experience working as a physiotherapist.

She joined Hospital Sultan Abdul Aziz Shah (HSAAS), UPM, in 2021 and was appointed as the Head of the Physiotherapy Unit at HSAAS for the 2023/2024 term. She has a special interest in vestibular and neurological rehabilitation and is certified in Cyberdyne HAL, utilizing robotics in neurorehabilitation.

Additionally, she has been actively involved in several research projects at HSAAS, including the Bounce Study Research.

Topic: Track 13: Rehabilitation: Physiotherapy on Bone Strength among Post Stroke Elderly

Post stroke elderly have high risk of fall due to impairments such as weakness of limbs, loss of balance and reduced sensations. They are also at risk of extensive bone mineral density loss after stroke at the age of sixties. Thus, post-stroke elderly who have osteoporosis and high risk of fall are prone to fracture their bone when they fall. Prevention of fractures among elderly includes enhancing bone strength and reducing the risk of falls. There is a study that found the combination of high impact exercises with resistance training are effective in improving bone mineral density in elderly. High impact exercises lead to mechanical loading that will promote bone formation. However, there are also some challenges in prescribing the high impact exercises to the post stroke elderly patients as they mostly had underlying conditions like musculoskeletal pain, heart disease or chronic kidney disease. The exercise must be customized according to the patient's condition so that it is safe and effective.



Ms Isma Hanis Ghafar
Malaysia
Speaker

Isma Hanis Binti Abd Ghafar is an occupational therapist and clinician-researcher with a keen interest in geriatric rehabilitation and caregiver empowerment. Based at Hospital Tengku Permaisuri Norashikin, she focuses on enhancing caregiver training and support for older adults during hospitalization and after discharge. As a PhD candidate at Universiti Kebangsaan Malaysia (UKM), her research explores structured approaches to equip occupational therapists in delivering effective caregiver training, ensuring caregivers are well-supported and patients remain actively engaged in daily activities—key factors in reducing morbidity and mortality.

Rooted in a multidisciplinary approach, Isma collaborates with professionals in geriatrics, neurology, and rehabilitation to optimize post-hospital care. She has presented at national and international conferences and is dedicated to translating evidence-based occupational therapy strategies into practice. Her advocacy emphasizes strengthening caregiver education and training while promoting holistic, caregiver-centered care for aging populations.

Topic: Track 7: Caring for Patients with Dementia: Care Giver Empowerment on Dementia Care

Caregivers play a pivotal role in dementia care, yet they often encounter significant challenges, including emotional strain, limited access to resources, and inadequate training. This session explores the role of occupational therapy in equipping caregivers with evidence-based strategies to enhance their skills, optimize patient engagement, and improve overall care outcomes. Key areas of focus include understanding dementia progression, managing behavioural and psychological symptoms, facilitating meaningful daily activities, and implementing self-care strategies to prevent caregiver burnout. Through a multidisciplinary lens, this presentation will highlight practical interventions that can be integrated into clinical practice to support caregivers, strengthen their resilience, and ultimately enhance the quality of life for individuals living with dementia.



Assoc Prof John Charles B LITT
Australia
Speaker

Associate Professor John Litt is a retired academic GP and public health physician in the Discipline of General Practice at Flinders University. John was one of the inaugural directors of the ISG and is a current member of the IC Scientific Advisory Board.

John's major research interests are in prevention and its implementation with over 130 refereed publications. John conducted the first Australian National Influenza and Pneumococcal Survey in older adults in 1998 and the first Australian Zoster attitudes and beliefs survey in older persons and GPs in 2009.

More recently he co-led a four university consortium to develop a COVID Risk calculator (CoRiCal), an online risk-benefit tool, that can help GPs and patients assist patients in deciding to have a COVID vaccine. Four different versions have been developed, the latest one on the risk of long COVID.

John has been a member of several national committees, consortia, and Scientific Advisory Committees including NHMRC, ATAGI, and NCIRS.

Topic: Pre-Lunch Symposium Sponsored by GSK: Integrating Shingles Vaccination into Patients with Comorbidities

Shingles presents a significant burden among older adults, particularly those with comorbidities such as diabetes, cardiovascular disease, and chronic kidney conditions. Beyond advancing age and immune senescence, numerous studies and meta-analyses have identified comorbidities as significant risk factors for shingles. Individuals with diabetes have a 30% increased risk, while those with cardiovascular disease (CVD) have a 34% increased risk of developing shingles compared to the general population. This presentation will explore the clinical rationale for prioritising shingles vaccination in these vulnerable groups. It will highlight current evidence on the heightened risk and complications of shingles in patients with chronic diseases, the safety and efficacy of Shingrix in multimorbid populations, and the benefits of vaccination in reducing healthcare resource utilisation. The session aims to equip healthcare providers with practical guidance on integrating shingles vaccination into routine management plans for patients with comorbidities, ultimately supporting healthy aging and disease prevention.

Topic: Sponsored Session by GSK: Elderly Vaccination: A Key to Healthy Aging and Disease Prevention

Vaccines play a critical role in safeguarding the health of older adults. As people age, their immune systems naturally weaken, making them more vulnerable to infectious diseases and increasing the risk of complications. Moreover, many older adults live with multiple comorbidities—such as diabetes, heart disease, or respiratory conditions—that further heighten their susceptibility to severe illness. Despite these risks, vaccination rates among the elderly remain suboptimal due to challenges like vaccine hesitancy and lack of awareness. With our population aging rapidly, it is essential to implement effective strategies to improve vaccine coverage in this group. Immunization not only reduces the incidence of disease but also decreases hospital visits, lowers healthcare costs, and helps older adults maintain their independence and quality of life. Prioritizing elderly vaccination is crucial as a cornerstone of disease prevention and promoting healthy, longer lives for aging populations.

Topic: Sponsored Session by GSK: RSV protection in Older Adults starts here

Respiratory Syncytial virus (RSV) is a common, contagious viral infection that may lead to moderate-to-severe lower respiratory tract infection. RSV Typically Presents as an Upper Respiratory Tract Infection that may progress to a Lower Respiratory Tract Infection. A global study in older adults (≥ 60 years) in industrialized countries estimated that in 2019 RSV accounted for 5.3 Mn Acute Respiratory Infections & 470000 hospitalizations. RSV can have a considerable long-term impact on the functional status and quality of life of older adults. The presentation will focus on introducing Arexvy which induces antigen-specific cellular immune responses that contribute to protection against RSV-Associated LRTD. Older adults may benefit from vaccines specifically developed to enhance immune responses in the presence of age-related decline in immunity.



Dr Keng Jun Ni
Malaysia
Chairperson

Dr Keng Jun Ni obtained her postgraduate in Internal Medicine from Member of Royal College of Physician, UK in 2014. She completed her fellowship in Geriatric Medicine at the Royal Perth Hospital, Western Australia in 2019. She is currently serving as a Geriatrician and Internal Medicine Physician in Medical Department, Hospital Seberang Jaya.



Assoc Prof Khairidzan Mohd Kamal
Malaysia
Speaker

Dato' Dr Khairidzan is currently Associate Professor in Department of Ophthalmology in the Faculty of Medicine, International Islamic University Malaysia (IIUM). He is also the present Director of Cornea, External Disease and Refractive Surgery Services at IIUM Eye Specialist Clinic, Kuantan. Dr Khairidzan spent a year as an Adjunct Clinical Instructor and International Fellow in Cornea, External Disease and Refractive Surgery at the UCLA in 2008.

Dr Khairidzan has published a number of articles in scientific journals and made over 300 other scientific presentations. In addition to receiving 7 awards from the IIUM for quality research, he also contributes his expertise on the Malaysia Dry Eye Advisory Board and directly supervised a number of PhD and Masters candidates in the external disease and refractive surgery research works. He was part of Asia Pacific Association of Ophthalmology Leadership Development Programme in 2010. He is the recipient of Malaysia Society of Ophthalmology Achievement Award and Asia Pacific Association of Cataract and Refractive Surgery Certified Educator Award in 2018. He has also been appointed as Council Member of International Society of Refractive Society (ISRS) for year 2021. He was awarded best teacher award by Kulliyyah of Medicine, IIUM in 2022, 2023 and best clinical award for 2023.

Topic: Track 8: Sensory: Vision & Fall

Falls are a leading cause of morbidity and mortality in older adults, and impaired vision is a significant, yet often under-recognized, contributor. This session explores the intricate link between declining visual function and fall risk among the elderly. Drawing from both clinical evidence and real-world case scenarios, the presentation will highlight key visual impairments—such as reduced contrast sensitivity, visual field defects, and presbyopia—that compromise balance and spatial orientation. Special emphasis will be placed on the role of cataract, uncorrected refractive errors, and ocular surface disease. The session will conclude with practical recommendations on fall prevention strategies from an ophthalmologist's perspective, including timely referrals, visual aids, surgical options, and multidisciplinary collaboration with geriatricians and rehabilitation teams to enhance patient safety and quality of life.



Assoc Prof Laura Tay Bee Gek
Malaysia
Speaker

A/Prof Laura Tay is Head of Singhealth Duke-NUS Memory and Cognitive Disorder Centre, and Head of Geriatric Medicine in Sengkang General Hospital. She co-leads the SingHealth Office of Ageing Research, and is lead scientist at Geriatric Education & Research Institute. Her research interests are in cognition, intrinsic capacity, frailty and sarcopenia, and she has published extensively in these areas.

Topic: Track 12: MyICOPE: An Integrated Frailty and Intrinsic Capacity Care Model for Community-dwelling Older Adults in Singapore

Central to healthy ageing is intrinsic capacity (IC), representing the composite of all physical and mental, including psychosocial, capacities of an individual. Maximising and maintaining IC will be a necessary strategy to prevent frailty, which is a clinically recognisable state of excess vulnerability stemming from age-associated declines in physiological reserves. The transition from IC decline through frailty parallels the three subpopulations of older people identified in the WHO public health framework for healthy ageing: (i) people with high and stable capacity, (ii) those with decreasing capacity, and (iii) those with significant IC losses. The INFINITY-ICOPE (Optimising INtrinsic Capacity for Functional INdependence and to Impede FrailTY in Older Adults: Adaptation of the WHO ICOPE for Healthy Ageing in Singapore) programme has been developed as a coordinated multi-disciplinary programme anchored in the community and primary care, with its focus on optimising intrinsic capacity and managing frailty. We share early findings from the programme.



Dr Lee Zheng Yii
Malaysia
Speaker

Dr Lee Zheng Yii is a postdoctoral research fellow in the Department of Anaesthesiology, Faculty of Medicine, University of Malaya, Malaysia. He is also a visiting scientist in two German institutions: the Department of Cardiac Anesthesiology & Intensive Care Medicine, Charité Berlin and University Hospital Würzburg, Department of Anaesthesiology, Intensive Care, Emergency and Pain Medicine, Würzburg. He has more than 40 publications on topics related to Critical Care Nutrition.

He is one of the editorial board members of the Journal of Parenteral and Enteral Nutrition and Nutrition: The International Journal of Applied and Basic Nutritional Science. He is also the Lead Coordinator of the "Critical Care Nutrition Systematic Review," which served as one of the most important resources for critical care nutrition guidelines. He has obtained more than MYR 1.8 million in international grants for his research in critical care nutrition.

Topic: Track 1: Nutrition: Nutritional Intervention During Acute Illness

This presentation will offer a comprehensive overview of the current evidence regarding nutritional interventions for acute and critical illnesses in the geriatric population. Topics will include the route and timing of nutrition therapy, the determination of energy and protein requirements, appropriate energy and protein dosages, and the application of pharmaconutrition therapy. Traditionally, the adage 'more is better' has been applied, but recent trials suggest that 'less is more' during critical illness. The results and implications of these recent trials will be summarized.



Dr Leong Hoe Nam
Malaysia
Speaker

Dr Leong Hoe Nam is a Senior Consultant Infectious Diseases Physician at Mount Elizabeth Novena Hospital. He graduated from the National University of Singapore in 1996 and obtained his MRCP (UK) and Master of Medicine in Internal Medicine in 2001. He trained in virology at the Royal Free and University College Medical School, London, and later at Columbia University, New York, under fellowships awarded by the National Medical Research Council.

Dr Leong is now in private practice at Mt Elizabeth Novena Hospital. He is passionate on education and vaccines. He believes that vaccines can improve the life and quality of many people, if not all. Letting them live a fruitful meaningful life, especially in their golden years.

Topic: Pre-Lunch Sponsored Symposium by Pfizer: A New Era of Pneumococcal Protection for Adult Population

Pneumococcal disease is a significant health issue, especially for adults with underlying conditions and older adults. This lecture will cover advancements in pneumococcal protection, highlighting Malaysia's latest approved vaccine, PCV20.

Dr Leong will discuss history of pneumococcal vaccine and the recent developments in pneumococcal vaccines, comparing polysaccharide and conjugated vaccines. Key features of PCV20, including its immunogenicity, safety profiles, and additional pneumococcal serotypes, will be examined to emphasize the importance of broader coverage and PCV20 relation to PCV13 clinical efficacy and effectiveness.



Pn Lily Fu
Malaysia
Speaker

Lily Fu, SeniorsAloud founder, holds an MSc in Applied Gerontology from NTU, Singapore. She currently writes for the Star in the column "Grey Matters". In 2023, she was a recipient of the Community Leadership Award. In 2022, she was selected as UMMC/PPUM Icon of Active Ageing.

In 2020, she produced the documentary Meniti Senja about a Muslim aged care home. From 2019 to 2023, she served as Vice President of the University of the Third Age (U3A) Malaysia. In 2017, she was appointed first editor of The Senior magazine.

Fu is a strong advocate of Active Ageing and Retirement Living. She currently conducts a 6-week course on 'Ageing Smart – Building Habits for Longevity and Vitality' at U3A Malaysia.

An active digital content creator, Fu has over 3.7m visits on her blog, and 17.3k followers on her SeniorsAloud FB page. Her views are often sought after by the media.

Topic: Track 11: The Vulnerable Older Adults: Reframing the Narrative on Ageing

As older adults age, they face many changes, not just physically but also in their physiology, lifestyle and environment. It is a period of adjustment, a transition to a slower pace of life, less mobility and higher dependency on others. They face not only health issues but may also have difficulty dealing with their new status quo as a retiree. The traditional family unit no longer exist as a support system. They have lost touch with their former colleagues and friends. Loneliness creeps in, worsened by the inability to adapt to the digital environment. How can they cope with these and other changes? The session will offer practical solutions to help older adults face these challenges positively so that they can continue to enjoy their retirement years in good health and wellbeing.



Dr Lim Shu Xian
Malaysia
Speaker

Dr Lim Shu Xian is a Palliative Physician at Hospital Kuala Lumpur. She is dedicated to helping her patients and their loved ones live their lives to the fullest.

Topic: Track 10: Palliative Care: Spiritual Perspective on EOL Care

Discover how spirituality brings comfort, meaning, and dignity in end-of-life care through a holistic palliative approach.



Dr Lim Wan Chieh
Malaysia
Chairperson / Committee

Dr Lim is a Geriatrician at Sunway Medical Centre Ipoh and the Secretary of the Fragility Fracture Network of Malaysia. He serves on the scientific committees for the Malaysian Congress of Geriatric Medicine and the 2025 AFN/FFNM annual scientific meeting. His interests include falls, fragility fractures, frailty, and neurogeriatric conditions like Parkinson's disease and dementia.



Dr Malarkodi Suppamutharwyam
Malaysia
Speaker / Chairperson

Dr Malarkodi Suppamutharwyam is a dedicated geriatrician based in Klang, Malaysia, with a strong commitment to improving the health and wellbeing of older adults. She currently serves at Klang General Hospital, where she leads initiatives focused on falls, fragility fractures, and osteoporosis. Previously, she completed a prestigious geriatric fellowship through the Ministry of Health Malaysia and NHS Grampian and Birmingham in the UK, gaining expertise in community geriatric care and fracture liaison services.

Dr Malar's clinical and research interests span dementia, frailty, falls, fragility fractures and complex multimorbidity in ageing populations. She has published multiple peer-reviewed articles on topics such as delirium, COVID-19 in older adults, healthy ageing, and pain assessment in dementia. Her work has been featured at various national and international conferences, reflecting her active engagement in academic medicine.

She holds memberships in the Malaysian Society of Geriatric Medicine and Fragility Fracture Network Malaysia, and is an Honorary Research Fellow at the University of Aberdeen. With a passion for advocacy and education, she has participated in public outreach programs and contributed to position statement for vaccine-preventable diseases in the elderly.

Dr Malar brings a compassionate, research-driven, and holistic approach to geriatric care, with the aim of advancing healthy ageing in Malaysia.

Topic: Plenary 4: The Role of Geriatric Liaison Services in Enhancing Care for Older Adults

Geriatric liaison services are emerging as a cornerstone in improving care for older adults with multimorbidity. This session will explore how a dedicated geriatric team—embedded within services such as orthogeriatrics, perioperative care, and oncogeriatrics—can enhance clinical outcomes through early comprehensive geriatric assessment, risk stratification, and multidisciplinary coordination. By working alongside surgical, orthopaedic, oncology, and medical teams, geriatric

liaison teams play a vital role in preventing hospital-related complications, reducing readmissions, supporting rehabilitation, and facilitating timely discharge planning. The talk will also address potential challenges and barriers faced by geriatric liaison services, and discuss practical strategies to overcome them.



Prof Mohd Idzwan bin Zakaria
Malaysia
Speaker

Prof Dr Mohd Idzwan bin Zakaria is an academic emergency physician specializing in Geriatric Emergency Medicine (GEM). He graduated from the National University of Ireland, Galway in 1996 and earned his Master's in Emergency Medicine from Universiti Sains Malaysia in 2004.

Currently, he is a Professor of Emergency Medicine at Universiti Malaya, focusing on innovative approaches to managing older patients in emergency settings. He actively contributes to the GEM Special Interest Group (SIG) of the College of Emergency Physicians, Academy of Medicine Malaysia, representing the SIG at the International Federation for Emergency Medicine (IFEM).

Prof Idzwan is involved in national and international initiatives to improve emergency care for older persons. Beyond academia, he engages with the public on patient safety and frailty assessment in emergency care. His contributions have significantly impacted geriatric emergency services in Malaysia and globally.

Topic: Track 4: Acute Geriatric Medicine: Acute Frailty Services - How Do We Make ED Environments Frailty Friendly?

This lecture highlights the integration of frailty-focused care across emergency medical services (EMS), from pre-hospital care to emergency department (ED) management and post-discharge services. Early frailty recognition using Clinical Frailty Scale (CFS) enables paramedics to anticipate needs, communicate with ED staff, and consider alternatives to automatic hospital transport, such as frailty unit referrals.

In the ED, frailty-inclusive assessment, CFS, should be included in the vital signs. A Geriatric Emergency Medicine (GEM) Nurse can perform early assessments including Comprehensive Geriatric Assessment (CGA), mobility screening, delirium prevention and early frailty intervention to expedite appropriate care decisions. Modifying ED environment is advocated for frail patients.

Admission criteria should balance risks and benefits, avoiding unnecessary hospitalizations while ensuring access to geriatric units when needed. Remote monitoring and outpatient frailty services enable safe discharge. Therapy should focus on individualized, goal-directed care, emphasizing function, symptom control, and quality of life through multidisciplinary collaboration.



Dr Mohd Zaquan Arif Abd Ghafar
Malaysia
Chairperson / Committee

Dr Mohd Zaquan Arif Abd Ghafar is a clinical lecturer and consultant geriatrician at Hospital Al-Sultan Abdullah (UiTM). He obtained his medical degree from the National University of Ireland, Galway (NUIG) in 2009. Other academic qualifications include MRCP (UK), Postgraduate diploma Cerebrovascular Medicine (RCPI) and MSc Clinical Research (NUIG). He completed his training in geriatric medicine in 2023. His area of interest is stroke, vascular dementia and frailty. He is also an avid researcher and is passionate in teaching.



Dr Mohd Zulkifli B Mohamad Zahir
Malaysia
Chairperson / Committee

Dr Mohd Zulkifli Bin Mohamad Zahir graduated with a medical degree from University College Cork, Ireland. He began his journey in Geriatric Medicine in 2013 at University Hospital Waterford, Ireland, and subsequently received training in Geriatric Medicine at various university hospitals and a geriatric rehabilitation center in Dublin until 2016. Upon returning to Malaysia in 2017, he joined the International Islamic University Malaysia (IIUM) as a lecturer and a specialist in General Internal Medicine at Sultan Ahmad Shah Medical Centre (SASMEC@IIUM). He completed his Geriatric Subspecialty training with the Ministry of Health Malaysia and is currently leading the Geriatric Unit at SASMEC@IIUM.



Dr Muhamad Danial Zulkifli
Malaysia
Chairperson

Dr Muhamad Danial Zulkifli is geriatric fellow from Hospital Canselor Tuanku Muhriz, HUKM. Currently doing his clinical attachment under geriatric unit in Hospital Kuala Lumpur. Graduated from Royal College of Surgeon in Ireland (RCSI), Dublin in 2014, subsequently completed his internship in Ireland and Basic Specialist Training in Internal Medicine under Royal College of Physician Ireland (RCPI), with post graduate membership MRCPI in 2019 and MRCPUK in 2020. He was working as geriatric and stroke registrar in Ireland before returning to Malaysia in 2020. Upon returning from Ireland, joined HUKM as Medical Specialist and subsequently as geriatric fellow in 2023.



Dr Navena Sharma
Malaysia
Chairperson

Originally from Ipoh, Perak, she pursued her undergraduate studies at Monash University before earning a Master's degree in Internal Medicine from UKM. Currently, she is a trainee in geriatric medicine at Hospital Kuala Lumpur. Her passion for geriatric medicine was ignited during her undergraduate posting in Australia, where she was struck by the urgent need for Malaysia to advance its approach to ageing care, especially as the nation faces the inevitable challenges of an ageing population. Beyond her professional pursuits, she is an ardent dog lover and aspires to champion pet therapy as part of Malaysia's ageing care initiatives, believing it can bring companionship and comfort to the elderly.



Dr Ng Tyng Sam
Malaysia
Chairperson

Dr Ng Tyng Sam is an internal medicine specialist currently serving as a final-year geriatrics trainee at Hospital Sultan Ismail, Johor. With a strong foundation in adult medicine, Dr. Ng obtained his Master of Internal Medicine from the University of Malaya in 2021. Recognizing the growing needs of an aging population, he further specialized with a Postgraduate Diploma in Primary Care for the Elderly in 2022.

Driven by a passion for holistic and compassionate care, Dr. Ng is committed to advancing the quality of life for older adults through evidence-based clinical practice, interdisciplinary collaboration, and continuous medical education. His work bridges acute internal medicine and geriatric care, focusing on improving patient outcomes across the continuum of aging.



Dr Norjehan binti Yahaya
Malaysia
Speaker

Dr Norjehan Yahaya is a distinguished Specialist in Special Care Dentistry (SCD) with extensive experience in managing the frail elderly, palliative dental care and medically complex cases. She earned her Doctor of Dental Surgery from Dalhousie University, Canada in 2002 followed by a Doctor of Clinical Dentistry (Special Needs Dentistry) from the University of Melbourne in 2010. Currently serving as the Head of Unit & Consultant in Special Care Dentistry at Kuala Lumpur Hospital (HKL). Dr Norjehan is recognised as one of the pioneers in SCD in Malaysia.

She has played a key role in developing national policies, guidelines, and protocols to enhance oral healthcare services for patients with special needs. Her SCD team at HKL is an integral part of the multidisciplinary geriatric management team, ensuring comprehensive care for the aging and vulnerable populations. Additionally, her experiences included geriatric nursing education as a facilitator for post-basic geriatric nurses under Malaysia Ministry of Health.

Topic: Track 1: Nutrition: Geriatric Dentistry

The older adults tend to present with debilitated dentition which may lead to poor nutrition. This session aims to explore the interconnectedness of Oral Health and Nutrition including the impact of oral health on nutrition, the impact of nutrition on oral health, specific challenges in the older adults and what dentists can offer to them. The learning objective is to learn how we can treat our older adults better with this acquire knowledge and working together as a multidisciplinary team.



Dr Nurul Huda Bani
Malaysia
Speaker

Dr Nurul Huda Bani is a senior audiologist with 20 years of experience in the Ministry of Health Malaysia (MOH), currently leading the Unit Audiologi at Hospital Rehabilitasi Cheras. She earned her Ph.D. in Hearing & Speech from the National University of Malaysia in 2019 and has a strong interest in aural (re)habilitation, auditory training, and geriatric audiology. She holds an aural rehabilitation credentialing certificate from the MOH and is often invited to speak and share her expertise with other ministries and universities.

In addition to her clinical work, Dr. Nurul has contributed to national initiatives like the Malaysia Integrated Care for Older People (MY-ICOPE) committee and has helped develop the MOH Module of Geriatric Services for allied health professionals. She is involved in research, notably in creating auditory-cognitive training tools in Malay, with several speech materials already copyrighted. Currently, she chairs the Committee of Aural (Re)habilitation for Audiologists at the Ministry of Health Malaysia.

**Topic: Track 12: MyICOPE: Advancing Hearing Health in Older People:
Innovations in Assessments and Integration into iCOPE Frameworks**

Hearing loss is a common yet underrecognized issue among older adults, affecting communication, cognitive health, and overall well-being. Early detection in primary care is vital, as undiagnosed hearing loss can complicate evaluations, mask other conditions, and hinder treatment. However, challenges such as limited awareness and lack of standardized tools often impede assessments. This session will discuss the adaptation of tools like the Whisper Test, HearWHO Digit in Noise Test, and Hearing Handicap Inventory for the Elderly-Screening (HHIE-S) to suit Malaysia's cultural and linguistic context. It will explore their development, progress, and integration into primary care. By aligning these tools with the WHO iCOPE framework, the talk emphasizes a multidisciplinary, person-centered approach to geriatric care, fostering collaboration, overcoming barriers, and enhancing the quality of life for older adults.



Dr Nuur Habibah Ghazali
Malaysia
Chairperson

Dr Nuur Habibah Ghazali is a geriatric fellow currently based at Hospital Selayang. With a growing interest in the care of older adults, she is involved in day-to-day clinical work and is gradually building experience in areas such as cognitive health, functional assessment, and caregiver support.

Dr Nuur Habibah values a practical, person-centred approach and is keen to learn from the collective wisdom of the geriatric community. Outside of clinical work, she enjoys reading and long-distance running and have completed 10 half marathons, reflecting a belief in balance and lifelong growth. She believes that even small efforts can make a meaningful difference in improving the quality of life for older persons.



Pn Nuwairani binti Khir Amin
Malaysia
Speaker

Puan Nuwairani Binti Khir Amin is a senior physiotherapist at Hospital Melaka with a Bachelor's degree in Physiotherapy and a Master's in Sports Science. Since 2017, she has specialized in treating vestibular patients, developing extensive experience in this field. Passionate about clinical rehabilitation for vestibular disorders, she is committed to improving treatment strategies and patient outcomes. Her dedication to advancing vestibular rehabilitation, along with her expertise, makes her a key contributor in the field. Nuwairani looks forward to exchanging knowledge and engaging with peers at the upcoming conference.

Topic: Track 8: Sensory: Hearing/Vestibular Causes with Falls in the Elderly

This presentation will focus on the link between vestibular disorders, aging, and the increased risk of falls in older adults. As individuals age, changes in the vestibular system can impair balance and spatial awareness, leading to a higher risk of falls. I will explore how fall prevention programs and early detection strategies can help reduce fall risk in older individuals. By understanding this connection, healthcare professionals can develop more effective approaches to manage and prevent falls, ultimately improving the quality of life for aging populations.



Dr Ooi Seok Ling
Malaysia
Chairperson

Dr Ooi graduated from Universiti Sains Malaysia, where she also completed her master's degree in medicine in 2021. She has gained experience working at Hospital Mukah in Sarawak and Hospital Raja Perempuan Zainab II in Kelantan. Currently, she is undergoing Geriatric training in the Hospital Selayang.



Prof Philip Poi
Malaysia
Chairperson

Dr Philip Poi is a experienced geriatric specialist with a focus on aging, Alzheimer's disease, dementia, and related memory disorders. Dr Philip obtained his medical degrees from the Royal College of Surgeons in Ireland and the National University of Ireland, followed by postgraduate training at the Royal College of Physicians in Ireland and various prestigious hospitals in Oxford, London, and Southampton. He holds memberships in several prominent medical organisations, including Vice President of the Malaysian Society of Geriatric Medicine, executive committee member and medical advisor of the Alzheimer's Disease Foundation of Malaysia, and former Vice-President of the Gerontological Association of Malaysia. Dr Philip's clinical expertise includes comprehensive geriatric assessment, pain assessment, malnutrition, and frailty, with a procedural focus on memory and gait assessments.



Ms Puspa Maniam
Malaysia
Speaker

Ms Puspa Maniam is a Speech and Language Therapist and a Certified Dementia Practitioner bringing 16 years of experience to her practice. Currently based at Kuala Lumpur General Hospital, she provides evaluation and treatment services for adults with dysphagia and communication impairments. She is actively involved in program planning and development, contributing to inpatient and outpatient speech therapy, patient education, and clinical policies and protocols. In addition, she serves as an adjunct lecturer at the Faculty of Health Sciences, National University of Malaysia. She has presented her expertise at various national and international forums, showcasing her dedication to advancing the field.

Topic: Track 1: Nutrition: Sarcopaenic Dysphagia

Sarcopenic dysphagia represents a critical intersection of sarcopenia and swallowing disorders, predominantly affecting the elderly population. This presentation highlights the complex relationship between sarcopenia and dysphagia, where muscle loss and functional decline exacerbate one another, leading to a cycle of malnutrition and reduced quality of life. By distinguishing sarcopenic dysphagia from similar conditions like presbyphagia, clinicians can better address its underdiagnosis and underestimation. The talk will explore diagnostic criteria delve into evidence-based treatment strategies, such as resistance training, biofeedback therapies, and nutritional interventions. With early detection and timely rehabilitation, healthcare providers can significantly reduce morbidity and improve outcomes for affected individuals.



Dr Richard Lim Boon Leong
Malaysia
Speaker

Dr Richard Lim graduated in 1996 from the University of Malaya and has had a deep interest in palliative care since his undergraduate training years. In 2000, he qualified as a member of the Royal College of Physicians UK and became an internal medicine physician. In 2003 he established the palliative care unit in Hospital Selayang which then became the centre for specialist palliative medicine in the ministry of health, Malaysia. In 2006 he completed subspecialty training in Palliative Medicine at the Sydney Institute of Palliative medicine in Australia after which he returned to Hospital Selayang and continues to serve there till today as a senior consultant in palliative medicine.

Topic: Plenary 6: Advance Care Planning (Who, When, How)

Advance Care Planning (ACP) is simply a process whereby a person who has mental capacity is able to think about what it means to be seriously ill and to consider what their values and preferences would be in such a situation and to communicate these ideas to their family members and healthcare providers. While it is applicable for all persons of consenting age with adequate mental capacity, there are specific groups where conducting an ACP discussion makes a lot of sense. As to when, anytime is a good time provided the person is prepared to have such a discussion and there is enough time and space to allow a serious conversation. Documentation may be considered as this may be useful as a reference however it is not a must and the most important aspect of the ACP process is the open discussion and communicating one's thoughts and preferences to relevant family members and health providers.



Dr Rizah Mazzuin Razali
Malaysia
Speaker

Dr Rizah Mazzuin Razali is a Kuala Lumpur-born Internal Medicine Physician and Geriatrician. She is the Head of the Geriatric Unit of Kuala Lumpur Hospital and also visits Cheras Rehabilitation Hospital for inpatient and outpatient Geriatric Rehabilitation services. She is also involved in the seamless and integrated care of older persons with dementia in the community.

Dr Rizah is involved in several committees in the Ministry of Health including the National Technical Committee for Pain-free Hospital and is involved in creating guidelines for the pain management of older persons.

She is also involved in several researches related to cognitive impairment in the elderly and is a member of the Malaysian Influenza Working Group (MIWG). Dr Rizah has been a member of the Malaysian Society of Geriatric Medicine since 2014.

Topic: Track 4: Acute Geriatric Medicine: Acute Care for the Elderly (ACE)

The Acute Care for Elders (ACE) Unit is a continuous quality improvement model of care aimed to prevent the patient's loss of independence from admission to discharge due to hospital-associated disability.

This unit is a system of interventions consist of certain principles; an environment that promotes patient self-care, bedside care by nurses and other health professionals to prevent patient disability, restore self-care lost by the acute illness, as well as planning for transitions of care and medical care.

This talk will focus on the model of ACE in the Ministry of Health context and the challenges it poses as well as the potential it may bring.

Topic: Plenary 7: Seamless Geriatric Care: Concepts and Models

As Malaysia transitions into an aged nation, there is an urgent need for a coordinated and smooth transition of care for older adults. Ageing is a dynamic process that converts healthy individuals into a more vulnerable state, necessitating the preparation of the healthcare system to address the continuum of care from fitness to frailty to end-of-life support. This requires a robust system capable of accommodating the high volume of older adults, who are significant consumers of our healthcare services.

While the current healthcare system offers a range of services for older adults in Malaysia, it requires significant improvements and upgrades. This necessitates a paradigm shift in the perception of elder care and the actions that must be implemented.

The concept of Seamless Geriatric Care serves as a model for integrated, person-centred, and multidisciplinary care. It emphasizes the transition of care, ensuring coordinated support for older adults across both community and hospital settings. This approach allows for personalized care tailored to the needs of older individuals, aiming to restore their independence, improve their quality of life, reduce caregiver burden, and enhance the efficiency of healthcare systems.



Dr Rosdina Zamrud binti Ahmad Akbar
Malaysia
Chairperson

Dr Rosdina Zamrud Ahmad Akbar is a physician in internal medicine and currently pursuing a subspecialty in geriatric medicine. She earned her Doctor of Medicine degree from Universiti Kebangsaan Malaysia (UKM) in 2009 and completed her Master of Medicine in Internal Medicine at Universiti Teknologi MARA (UiTM) in 2019.

Dr Rosdina has served as an internist at Hospital Lahad Datu and Hospital Shah Alam, where she gained extensive experience managing complex medical conditions. Her areas of interest include Parkinson's disease and stroke in older patients, reflecting her dedication to improving healthcare for the aging population.



Dr Sabrina Ting Lee Yee
Malaysia
Chairperson

Dr. Ting Lee Yee, a Sarawak native, graduated from UNIMAS in 2013 with a medical degree and obtained her Membership of Royal College of Physicians in 2019. She served in district hospitals like Hospital Kanowit and Hospital Serian before joining Geriatric Medicine Training, currently based in Hospital Selayang.



Pn Salasiah binti Man
Malaysia
Speaker

Salasiah Binti Man, Pegawai Kerja Sosial Perubatan (PKSP) di Hospital Kuala Lumpur (HKL), dilahirkan pada 19 Februari 1980, berasal dari Felda Trolak Selatan, Sungkai, Perak, telah berumahtangga dan mempunyai empat orang cahayamata. Beliau memulakan pendidikan awal di Sekolah Kebangsaan Trolak Selatan, Perak, sebelum melanjutkan pelajaran di Universiti Utara Malaysia (UUM), Sintok, Kedah, selepas menduduki STPM. Di UUM, beliau memperoleh Ijazah Sarjana Muda Pengurusan Kerja Sosial dengan Kepujian. Beliau memulakan kerjaya profesionalnya sebagai PKSP di Hospital Teluk Intan, Perak pada tahun 2006, diikuti dengan perkhidmatan di Hospital Seberang Jaya, Pulau Pinang pada tahun 2011. Pada tahun 2012, beliau berpindah ke Hospital Sungai Buloh, Selangor, sebelum dipindahkan ke Hospital Kuala Lumpur pada tahun 2022 sehingga kini. Selain daripada tugas hakiki beliau kini sedang menyiapkan Modul Perkhidmatan Geriatrik Bagi Perkhidmatan Kerja Sosial Perubatan KKM bersama ahli jawatankuasanya.

Topic: Track 11: The Vulnerable Older Adults: Social Worker Roles

Warga emas adalah golongan yang terdedah kepada pelbagai risiko sosial dan kesihatan sehingga kadang-kala akan menyebabkan isu-isu terbitan yang lebih serius. Pegawai Kerja Sosial Perubatan (PKSP) berperanan dalam mengenal pasti keperluan biologi, psikologi dan sosial pesakit warga emas serta membantu mereka mengakses perkhidmatan yang diperlukan. Secara profesional, PKSP bertanggungjawab untuk menyediakan sokongan biopsikososial, merangka pelan penjagaan pesakit dan memastikan komunikasi yang efektif antara pesakit, keluarga/waris, penjaga dan penyedia perkhidmatan kesihatan. Selain itu PKSP juga adalah liason officer yang terlibat dalam merujuk pesakit kepada agensi luar yang menawarkan bantuan seperti bantuan kewangan perubatan, tempat tinggal, dan penjagaan jangka panjang. Dengan pendekatan yang berfokuskan empati dan profesionalisme, Pegawai Kerja Sosial Perubatan memastikan bahawa kesejahteraan warga emas yang rentan terpelihara, serta mereka mendapat penjagaan yang holistik dan sesuai dengan keperluan individu.



Datuk Dr Shankar Gunarasa
Malaysia
Speaker

Datuk Dr Shankar Gunarasa is a Board Certified General Surgeon & Consultant Colorectal who practices at Pantai Hospital Ayer Keroh, Melaka. Specializing in general surgery and advanced colorectal surgery, his areas of interest are focused on the treatment of colorectal diseases using minimally invasive surgery.

Datuk Dr Shankar has sharpened his skills locally as well as internationally with training in Vienna and Bangkok, to name a few. His extensive experience enables him to offer the finest care in specific colorectal conditions such as perianal fistula, benign and malignant conditions in the colon and rectum, hernia, fecal incontinence and rectal prolapse.

In addition to his expertise in the treatment of colorectal diseases, Datuk Dr Shankar is also an experienced surgeon in acute and chronic surgical procedures such as trauma and emergency, benign and malignant conditions of the thyroid and breast as well as endoscopy.

Topic: Track 14: Special Topics: Constipation

Datuk Dr Shankar Gunarasa is a Board Certified General Surgeon & Consultant Colorectal who practices at Pantai Hospital Ayer Keroh, Melaka. Specializing in general surgery and advanced colorectal surgery, his areas of interest are focused on the treatment of colorectal diseases using minimally invasive surgery.

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Pn Shanti Abraham
Malaysia
Speaker

Shanti Abraham is a lawyer of over 30 years standing. She is called to both the Malaysian and Singapore Bars.

She is the immediate past President of the Medico-Legal Society of Malaysia and is co-chair of the sub-committee of the Malaysian Bar Council for the enactment of a Mental Capacity Act.

She has an active corporate and disputes resolution legal practice in Kuala Lumpur. In the last nearly 25 years, her legal practice had featured a strong focus in healthcare matters ranging from setting up hospitals and clinics and drafting and advising on doctors corporate documentation to dispute resolution through court actions and healthcare mediation and negotiation as well as and Medical and Dental Council advisory and representation.

Shanti is an arbitrator, mediator and adjudicator with various institutions in Malaysia and overseas. Shanti is a Healthcare Mediator with the Singapore Mediation Centre where she is a Principal Mediator. She has trained doctors and other professionals in mediation and promotes early neutral evaluation. She also has trained and advised experts for both court appearances and mediation involvement.

She is an International Mediator and also a trainer of Mediators including the Medical Mediation scheme in Singapore. She is currently part of the committee looking at revamping the Malaysian Mediation Act and a Madani Mediation programme which may include Medical Negligence Mediation.

Topic: Track 11: The Vulnerable Older Adults: Elder Abuse and the Legal Frameworks Around It

Malaysia is facing an aging nation with longer life expectancies and compounding that, this generation is wealthier than any generation previously. These two facets are causing poor conduct by various parties including families, caregivers and even stakeholders such as banks, hospitals and other organisations.

Doctors may find themselves weaponized to assist parties with poor intentions and protocols should be put in place to ensure that doctors are not dragged into internal family fights or feuds.

We will explore some of the legal frameworks available and which may be aspirational at this stage and how doctors can protect themselves and the vulnerable from elder abuse, be it physical, mental, emotional or financial.



Dr Sheriza Izwa Binti Zainuddin
Malaysia
Speaker

Dr Sheriza, is a Senior Lecturer, Senior Consultant Physician and Palliative Physician in Faculty of Medicine, Universiti Malaya, Universiti Malaya Medical and Specialist Centre (UMMC & UMSC). She currently heads the Palliative Unit in UMMC, providing specialized care, overseeing the development of clinical services and training healthcare professionals in palliative medicine. She has been the coordinators for both undergraduate (MBBS) and postgraduate (MMED) programmes in UM, overseeing academic schedules, exams and program administration. She played a key role in curriculum development and continuous improvement of educational standards in both programmes. She has vast experience in both academic and administrative duties.

Topic: Track 10: Palliative Care: Symptomatic Relief in Palliative Care

Palliative medicine is the care and management of patients with active, progressive, advanced disease, for whom the prognosis is limited, and the focus of care is improving the quality of life (QoL). This involves comprehensive symptom management and support of individuals with life-limiting illness, and their families. Symptomatic relief is a central component of palliative care, ensuring that the patient's experience is as comfortable as possible during their illness. Some common symptom management includes pain, dyspnoea, delirium, nausea, vomiting, loss of weight or appetite and psychosocial and emotional symptoms. Symptomatic relief in palliative care is aimed to improve the quality of life for patients, ensuring that patients live as comfortably and meaningfully as possible. Tailored interventions, combining medications, therapies, and psychosocial support, are key in managing symptoms and enhancing the overall experience of patients in palliative care.



Dr Suhaila Mohamad Zahir
Malaysia
Speaker

Dr Suhaila is currently a Consultant Geriatric Psychiatrist in Hospital Tuanku Jaafar, Seremban, Negeri Sembilan, Malaysia. She earned her tertiary education (MB.BCh.BAO) from the National University of Ireland, Galway in 2000. Then in 2009, she completed her Master of Medicine (Psychiatry) at University Sains Malaysia. She later obtained her Fellowship in Geriatric Psychiatry (Psychogeriatric), from the Ministry of Health Malaysia and Mercer's Institute for Successful Ageing, St James's Hospital, Dublin, Ireland in 2014. In addition, she has also undergone specific training in older adults' health care in Kumamoto, Japan (2017).

Dr Suhaila has presented at numerous conferences nationally and internationally. Among others included Plenary Lecture: 'Nurturing World Class Doctors, Malaysians Overseas Graduates: Perception vs Reality' in Galway Ireland in 2014, and 'Country Report on Healthy and Active Ageing' in Bangkok, Thailand in 2017. She has also written country reports (2017) and information papers on Integrated Care for Dementia (ICD), a Geriatric Psychiatry project for the Asia Pacific Economic Cooperation (APEC) meeting in Chile in 2019 and Kuala Lumpur in 2020.

Nationally, Dr Suhaila holds several administrative posts, as well as a member of the board, advisory, and working committees, namely, Deputy Head of the Geriatric Psychiatry (Psychogeriatric) subspecialty, Strategy plan for dementia (risk reduction) committee, Dementia Clinical Practice Guideline (3rd edition) working group, and National Health Morbidity Survey (NHMS) 2018 for elderly in Malaysia working committee.

Dr Suhaila has also been involved in several research and publications throughout her career and led a national (psychiatry) project, the most recent one was as the principal investigator for the research entitled 'A Multicentre Randomized Control Trial: The Effectiveness of Integrating Psychoeducation and Cognitive Stimulation Therapy in Dementia'. Internationally, Dr Suhaila is a member of the International Psychogeriatric Association (IPA).

Topic: Track 2: Mental Health: Rare Psychiatric Disorders in Geriatric Patients

Rare psychiatric disorders in older adults, though infrequent, pose significant diagnostic and therapeutic challenges due to atypical presentations, limited awareness, and symptom overlap with more common geriatric conditions such as dementia and depression. This presentation highlights key disorders including frontotemporal dementia, Capgras and Fregoli syndromes, Diogenes syndrome,

and very late-onset schizophrenia-like psychosis. It explores their clinical features, prevalence patterns, and the complexities of distinguishing them from neurodegenerative or medical conditions. The session further discusses pharmacological and non-pharmacological strategies tailored to the sensitivities of aging patients, the crucial role of caregiver engagement, and the need for interdisciplinary support. Case vignettes underscore real-world challenges and emphasize the importance of early recognition and individualized management for improved patient outcomes.



Dr Tan Hui Loo
Malaysia
Chairperson / Committee

Dr Tan Hui Loo is a geriatrician with the Ministry of Health Malaysia, deeply committed to advancing the care and well-being of older adults. Since graduating with a medical degree from University Putra Malaysia in 2010, she has pursued continuous learning, completing her MRCP (Ireland) in 2016 and a Fellowship in Geriatric Medicine (Malaysia) in 2024, which included a valuable training experience at Royal Perth Hospital, Australia. Throughout her journey, she has served in various hospitals across Malaysia, where she developed a strong interest in comprehensive, person-centred geriatric care. Actively involved in education, service development, and advocacy, Dr. Tan has contributed to numerous workshops and national initiatives, especially in falls prevention. She is a member of the Malaysian Society of Geriatric Medicine and has shared her work through academic presentations and publications. She remains passionate about improving quality of life for older persons and believes in holistic, compassionate care as the heart of geriatric medicine.



Dr Tan In Jiann
Malaysia
Chairperson / Committee

Dr Tan In Jiann is currently practicing as a specialist doctor in Aged Care and General Internal Medicine at the Kuala Lumpur General Hospital, Malaysia.

He is passionate about the care of acutely ill older adults and their subsequent rehabilitation, with research interests in falls, pain management, and dementia.



Assoc Prof Dr Tan Kit Mun
Malaysia
Speaker / Chairperson

Associate Professor Dr. Tan Kit Mun is a senior consultant geriatrician at the University of Malaya Medical Centre (UMMC). She earned her medical degree from Trinity College, University of Dublin, Ireland, in 1999 and completed her specialist training in Geriatric Medicine in 2009. Dr. Tan is a fellow of the Royal College of Physicians Edinburgh (FRCP) UK.

Her expertise includes stroke, atrial fibrillation, dementia, osteoporosis, and hypertension in older persons. Dr. Tan is also an Associate Professor at the Faculty of Medicine, University of Malaya, and a trainer for various medical programs. She actively participates in the Malaysian Society of Geriatric Medicine (MSGM) and the annual Malaysian Congress of Geriatric Medicine (MCGM).

Topic: Sponsored Session by Pfizer: DOACs in the Older Person: Balancing Safety and Efficacy

- Uncover the risks and benefits on the use of direct oral anticoagulants (DOACs) in frail and elderly patients with atrial fibrillation (AF).
- Explore risk assessment scores like CHA2DS2-VASc and HAS-BLED, and discuss key considerations for treatment decisions via real patient case scenarios.
- Gain insights on importance of comprehensive geriatric assessment and the involvement of a multidisciplinary team in managing complex older patients.
- Find out the need for careful monitoring and individualized treatment plans to ensure optimal care.



Assoc Prof Dr Tan Kok Yang
Singapore
Speaker

Dr Tan is a colorectal surgeon with a heart for geriatric surgery and considers himself a friend of Malaysian Society of Geriatric Medicine.

He is the Chair of the Surgical Residency Advisory Committee of Singapore and founded The Geriatric Surgery Society of Singapore in 2017.

Topic: Plenary 5: Bringing Humanism Back to Surgery and Medical Care - A Collaboration with Humanitude International

Bringing Humanism Back into Surgical and Medical Care

In the conduct of surgical care, utmost importance is placed on the medical and surgical management of the pathology before us. However, it is easy to forget that this pathology that we are treating resides in a person. This person has emotions and interacts with the world through their senses. This presentation discusses our journey towards achieving person centered surgical care. It describes what person centered surgical care looks like and how we had sought to bring humanism back to the surgical and medical care of our patients.

Teaser: Bread and roses.



Prof Tan Maw Pin
Malaysia

Speaker / Committee

Prof Tan Maw Pin is Professor of Geriatric Medicine at the University of Malaya. She graduated from the University of Nottingham, UK, and completed her specialist training in geriatric medicine in Newcastle upon Tyne. After working as a consultant geriatrician in the UK, she returned to Malaysia where she leads national initiatives in cognitive health and ageing. Prof. Tan is the Principal Investigator of the AGELESS programme, focusing on cognitive frailty, and serves as President of the Malaysian Society of Geriatric Medicine. She has been instrumental in developing practical screening tools like VCAT and advancing dementia care in Malaysia. Prof. Tan is also the Honorary General Secretary of the College of Physicians of Malaysia and actively involved in multiple academic and clinical collaborations.

Topic: Sponsored Session by Menarini: The Right Time is NOW – Slowing Cognitive Decline with Clinical Evidence for Novel “Drug” Solutions

Mild Cognitive Impairment (MCI) is a critical intervention point in preventing or delaying dementia progression, with patients at significantly higher risk of developing dementia compared to the general population. Effective management of MCI requires a combination of lifestyle modifications and evidence-based pharmacological options. EGb 761®, a standardized Ginkgo biloba extract, is the only treatment with robust clinical data supporting its efficacy and safety in MCI patients, leading to its inclusion in multiple guidelines and expert consensus worldwide. Clinical trials and long-term studies have demonstrated EGb 761®'s benefits in improving cognitive performance, neuropsychiatric symptoms, and quality of life, while also showing potential to slow dementia progression. Its neuroprotective mechanisms include enhancing cerebral blood flow, supporting neuroplasticity, and improving neural transmission. This session will present the latest clinical evidence on EGb 761® in MCI management and discuss its role as an effective strategy to address this growing healthcare challenge.



Dr Tan Shin Wuei
Malaysia
Chairperson

I am Dr. Tan Shin Wuei, a third-year Geriatric Medicine fellow under the Ministry of Health Malaysia, currently undergoing rotations in Hospital Raja Perempuan Zainab II. I hold an MBBS (Hons) from AIMST University and an MRCP (UK), and am a Certified Medical Impairment Assessor (CMIA). With over 10 years of clinical experience, including as an Internal Medicine specialist, I am passionate about advancing care for older adults through evidence-based practice, innovation, and multidisciplinary teamwork. My research and presentations in national and international conferences have been recognized with multiple awards, including Best Case and Poster Presentations. I am particularly interested in cognitive health, stroke in the elderly, and functional recovery.



Dr Tay Hui Sian
Malaysia

Speaker / Chairperson / Committee

Dr Tay Hui Sian is a Consultant Physician in Internal and Geriatric Medicine at Pantai Hospital Ayer Keroh. She graduated from the University of Aberdeen, Scotland, in 2008, and is a recognized expert in Geriatric Medicine, with a special interest in falls and syncope. With over 17 years of clinical experience, Dr Tay has made significant contributions to advancing the care of elderly patients. In addition to her clinical work, she is passionate about teaching and holding a Diploma in Medical Education. Dr Tay has authored multiple peer-reviewed papers on geriatric care and is frequently invited to speak at national and international medical conferences. She is a member of the Malaysian Society of Geriatric Medicine and the Royal College of Physicians of Edinburgh, and serves as the Organizing Chair for MCGM 2025. She is committed to improving the quality of life for older adults through proven and innovative treatments.

Topic: Sponsored Session by Brego: Managing the Joint Aches and Pains of Ageing

Dr Tay Hui Sian, Consultant in Geriatric and Internal Medicine at Pantai Hospital Ayer Keroh, will provide an in-depth overview of osteoarthritis (OA), a common and debilitating condition in older adults. The talk will delve into the mechanisms behind cartilage degeneration and its role in the progression of OA, leading to pain and impaired joint function. Dr Tay will discuss evidence-based treatment strategies, including both pharmacological and non-pharmacological options, aimed at reducing symptoms, improving patients' mobility, and delaying the disease progression. Attendees will gain a deeper understanding of current therapeutic approaches, equipping them with the knowledge to tailor treatment plans that improve patient outcomes and enhance quality of life for those living with osteoarthritis.



Prof Teh Pei Lee
Malaysia
Speaker

Professor Pei-Lee Teh is the Head of Department of Management at the School of Business and Director of Gerontechnology Laboratory at Monash University Malaysia. Her research focuses on how technology impacts businesses, influences daily life and transforms society at large. She has secured large grants from the Prime Minister's Office's Economic Planning Unit, Ministry of Higher Education, Ministry of Science, Technology and Innovation and other institutions.

In 2016, she founded Malaysia's first Gerontechnology Laboratory, pioneering research and advancing the integration of technology to support aging populations. She also established the IEEE Technology and Engineering Management Society (TEMS) Malaysia Chapter in 2013 and organized IEEE Industrial Engineering and Engineering Management (IEEM) Conferences in 2014 and 2022. Under her leadership, the Gerontechnology Laboratory has successfully hosted Asia's first and only Gerontechnology Symposium (2017–2021) and Gerontechnology Challenge (2018), fostering collaborations among academia, industry, government, and NGOs to explore the intersection of geriatrics and technology.

She currently serves on the International Advisory Committee for the Research Institute for Smart Ageing and holds editorial roles in journals. Her work continues to influence policy, business, and academic discourse on technology and aging globally.

Topic: Plenary 3: Gerontechnology: Applications and Advances

As global aging accelerates, gerontechnology emerges as a transformative solution to address key challenges related to healthcare, mobility, social engagement, and independence for older adults. This talk shares the interdisciplinary nature of gerontechnology, integrating cutting-edge technological innovations with insights from aging studies to enhance the quality of life for aging populations. The session will highlight key advancements in gerontechnology, including smart devices, robotics, AI-driven healthcare solutions, and assistive technologies that empower older adults to maintain autonomy, improve well-being, and stay connected with their communities. Drawing from research, practical case studies, and insights from the AGELESS project, this session will emphasize the importance of collaboration among academia, industry, and government in driving these initiatives.



Dr Teoh Keang Tat
Malaysia
Chairperson

Dr Teoh Keang Tat is a committed physician currently undergoing his subspecialty training in Geriatric Medicine at Kuala Lumpur Hospital. He earned his medical degree from the University of Malaysia Sabah in 2013 and obtained the MRCP (UK) in 2019. With over a decade of clinical experience across diverse healthcare settings in Malaysia, Dr Teoh has built a strong foundation in internal medicine, with a growing focus on the care of older adults. His research centres on key geriatric issues, particularly malnutrition and falls, and how broader social and health-related factors influence those. He has actively contributed to national clinical and educational events in geriatric medicine and is committed to promoting high-quality, person-centred care for older individuals. Reflecting his commitment to advancing geriatric care, he was appointed as the 2024-2025 Trainee Representative for the Malaysian Society of Geriatric Medicine (MSGM).



Assoc Prof Dr Terence Ong Ing Wei
Malaysia
Speaker

Dr Terence Ong is a consultant geriatrician and associate professor at Universiti Malaya. He completed his clinical and research training at Nottingham University Hospitals and the University of Nottingham. His interests are in musculoskeletal health, geriatric liaison services and healthcare research. He currently leads the virtual ward development at Universiti Malaya Medical Centre. Dr Ong is on the committee of the Malaysian Osteoporosis Society, Fragility Fracture Network Malaysia and the Malaysian Society of Geriatric Medicine. He currently serves on the editorial board for Age and Ageing and BMC Geriatrics.

Topic: Track 4: Acute Geriatric Medicine: Virtual Ward - Rethinking Acute Care for Older People

Virtual wards provide hospital-level care for older people in their own homes, aiming to reduce the risks associated with hospital admission, such as deconditioning, delirium, and infections. These wards adopt teleconsultation and remote patient monitoring to deliver care. This model is a safe, effective, and person-centered alternative to inpatient care, potentially improving patient outcomes and satisfaction. However, the implementation of virtual wards requires careful consideration of funding, patient suitability, and clear communication with patients and families. In this session, we will explore the development, delivery and future direction of Universiti Malaya Medical Centre's virtual ward service.



Dato' Dr Tunku Muzafar Shah bin Tunku Jaafar
Malaysia
Chairperson

Dr Tunku Muzafar Shah currently working in Selayang Hospital as a Consultant Physician/Geriatician.

He studied medicine in the Royal College of Surgeons in Dublin, Ireland.

Subsequently he moved to Cardiff, Wales where he obtained his MRCP followed by a CCST (Certificate of Completion of Specialist Training) in Geriatrics and General Internal Medicine.

He took his first consultant job in the University Hospital of Wales, Cardiff in 2005 as an Acute Physician with sessions in Geriatrics.

He joined KKM in the year 2011 and commenced duties in Selayang Hospital.

This coincided with his appointment as one of the royal physicians to the 14th King of Malaysia.

There is now an established Geriatric service in Selayang – both inpatient and outpatients.

Aiming to consolidate, develop and improve Geriatric Medicine services nationwide which requires cooperation and collaboration with multiple stakeholders due to the nature of our 'trade'.

Current responsibilities include

- Head of Subspecialty - Geriatric Medicine (National)
- Adjunct Professor for Sunway University



Dr Warren Lo Hwa Loon
Malaysia
Speaker

Dr Warren Lo Hwa Loon's main area of practice covers a broad range of urological issues including urinary stones, urinary tract cancers and recurrent urinary tract infections. He sub-specializes in female urological matters such as overactive bladders and urinary incontinence as well as men's health problems which include erectile dysfunctions and prostate diseases. He performs urological implant surgeries such as sling and artificial urinary sphincters for patients with urinary incontinence problems and penile implants for patients with erectile dysfunction. He also performs various minimally invasive oncological procedures both laparoscopic and robotic surgeries for kidney, bladder and prostate cancers.

Additionally, Dr Lo conducts various neuro-reconstructive procedures such as bladder pacemaker and botox injection for patients, both adult and paediatric, with bladder dysfunction commonly seen in those with spinal injuries or in patients with stroke, Parkinson's and Alzheimer's diseases. He has delivered the largest series of Botox injections in patients with overactive bladders in Malaysia and is the only Urologist in Malaysia who performs sacral neuromodulation procedures (bladder pacemaker) for bladder dysfunctions and artificial urinary sphincters for male and female patients with severe urine leaks.

Topic: Track 5: Urology: Overactive Bladder in the Elderly

Overactive bladder (OAB) is a prevalent and distressing condition among the elderly, characterized by urinary urgency, usually accompanied by frequency and nocturia, with or without urgency urinary incontinence. The aging population is disproportionately affected due to age-related changes in bladder function, comorbidities such as diabetes and neurologic disorders, and polypharmacy. The pathophysiology of OAB in older adults involves detrusor overactivity, decreased bladder capacity, impaired mobility, and altered central nervous system regulation. Diagnosis is clinical but must exclude other causes such as urinary tract infection or bladder outlet obstruction. Management in the elderly requires a patient-centered approach, balancing efficacy and tolerability. Behavioural interventions remain first-line therapy, while pharmacologic treatments must be used cautiously due to potential cognitive and cardiovascular side effects. Newer modalities like percutaneous tibial nerve stimulation and intravesical botulinum toxin injections and sacral neuromodulation offer alternatives for refractory cases. A multidisciplinary strategy is essential to optimize outcomes, preserve quality of life, and reduce complications such as falls, depression, and institutionalization.



Dr Wong Chee Kuan
Malaysia
Speaker

Dr Wong Chee Kuan is Head of the Division of Respiratory Medicine and a consultant pulmonologist at the University of Malaya Medical Centre (UMMC). He obtained his medical degree from The National University of Malaysia (UKM), followed by Membership of the Royal College of Physicians (MRCP) in the United Kingdom, and completed his fellowship in Respiratory Medicine at the University of Malaya.

His clinical expertise includes tuberculosis, COVID-19 pneumonia, asthma, chronic obstructive pulmonary disease (COPD), and lung cancer. Dr Wong also serves as Chairman of the UMMC Tuberculosis (TB) Committee. He has led multiple clinical trials and published extensively, with research supported by the World Health Organization (WHO) and the National Institute for Health Research (NIHR).

Topic: Sponsored Session by Pfizer: RSV Prevention in Adults: Latest Clinical and Real-World Evidence

Respiratory Syncytial Virus (RSV) causes severe respiratory illness in adults, especially older adults and those with health issues. This lecture will cover the latest evidence on RSV prevention.

Key findings from the RENOIR trial on Pfizer's RSVpreF vaccine, including efficacy, safety, and side effects, will be discussed. The speaker will also present real-world data showing its effectiveness in reducing RSV-related morbidity and mortality.

Challenges in RSV prevention, such as vaccine hesitancy, accessibility, and the need for targeted interventions for high-risk groups, will be addressed.



Dr Wong Chek Hooi
Singapore
Panellist

Dr Chek Wong is a Consultant Geriatrician with over 20 years of experience in clinical care, health systems research, and healthcare management. He holds degrees from the National University of Singapore and the Johns Hopkins Bloomberg School of Public Health. Dr Wong has held senior roles, including Deputy Executive Director of the National Geriatric Education and Research Institute and has collaborated extensively with the World Health Organization (WHO). His expertise lies in developing sustainable care models for ageing populations, with a strong publication record in ageing, health systems and policy, and integrated care. He works with local, regional, and global health organizations to implement innovative solutions to improve care for the elderly.



Dr Wong Yee Ling
Malaysia
Chairperson

Dr Wong Yee Ling is a Geriatric Medicine trainee. She holds the Membership of the Royal Colleges of Physicians of the United Kingdom (MRCP UK) and earned her Doctor of Medicine degree from Universiti Putra Malaysia in 2013. Dr. Wong began her clinical career as a house officer at Hospital Seri Manjung, followed by five years as a medical officer in the Medical Department at Hospital Queen Elizabeth, Kota Kinabalu. She subsequently served as an internal medicine specialist at Hospital Queen Elizabeth II from 2020 to 2023. Her interest in geriatric care led her to pursue subspecialty training in geriatric medicine.



Assoc Prof Dr Yau Weng Keong
Malaysia
Speaker / Chairperson

Dr Yau Weng Keong graduated in 1990 from Universiti Sains Malaysia and was elected as Fellow of Royal College of Physician UK in 2012. He was the ex-HOD HKL medical department and Head of Service (HOS) for Geriatrics in MOH for 5 plus years.

As the Ministry of Health's ex-head of geriatrics services, he was responsible for the clinical administration, training, planning and development of geriatrics clinical services for the whole country where geriatrics services continued to develop and progressed from mere 4 geriatricians in number in 1997 to about just over 60 plus geriatricians for the whole country in 2023.

He sits in various elderly care committees and was the Ex-chairperson of NSR for Geriatric Medicine under MMC. He was a Principal Investigators for dementia related clinical studies, was involved in a few CPGs and had written a few chapters on various elderly care topics in 2 handbooks.

After 33 years with the Ministry of Health, he is now continuing his mission in elderly care by concentrating on teaching, guiding, mentoring and fostering the younger generation where he is the Discipline coordinator of Internal Medicine. Since Jan 2025, he was appointed the Director of Active Ageing Impact Lab for Taylor University.

Topic: Plenary 1: Conundrum of the Sick Older People in Malaysia

Currently (year 2024) there is an estimate of about 2.54 million older persons (>65 years, 7.7%) living in Malaysia. Some of them suffer from acute conditions with complicating chronic morbidities needing admission, along with all the sequelae and treatments that chronic comorbidities entail. Cultural diversity from a multiracial society and thorny ethical dilemmas added on to the challenges in Malaysia.

These sick, frail older people consume much more medical and health services than others. With the current messy critical crisis in public medical health services in Malaysia, we geriatricians are at a path or situation where there is no clear right answer or good solution to the conundrum of the sick frail older person. Details will be presented in the plenary session



Dr Yew Shiong Shiong
Malaysia
Speaker

Dr Yew Shiong Shiong is a Consultant Nephrologist, a medical specialist who provides internal medication treatment for kidney patients. A dedicated medical professional who wants the best for his patients, join in as he talks about his desire to see greater implementation of the Renal Transplant procedure as the better alternative for those diagnosed with end-stage kidney failure.

Topic: Track 9: Nephrology: When is Long-Term Renal Replacement Therapy (RRT) Initiation Appropriate in Older Adults

RRT is warranted to maintain the well-being of a patient with End Stage Renal Failure (ESRD)– which includes haemodialysis, peritoneal dialysis, and renal transplantation. This is frequently challenging to initiate in the elderly, due to multiple co-morbidities, poor functional status of, and lack of preparation or acceptance.

This session shall explore the appropriate timing to initiate RRT, with highlights on how to assess, how to counsel patients and family regarding RRT choices, and the needed preparations.

Of course, in certain elderly patients, there is never a right time to initiate RRT, because they are just not suitable, with potential harm or suffering outweighing the benefits of RRT. Hence, palliative care approach for these patients may be more appropriate.



Prof Dato Zulkifli Md Zainuddin
Malaysia
Speaker

Prof. Dato' Dr. Zulkifli Md Zainuddin, a consultant urologist and Head of Urology Unit, Department of Surgery, Faculty Of Medicine ,Universiti Kebangsaan Malaysia. He received both his medical degree and Postgraduate degree from the University Kebangsaan Malaysia (UKM). He completed his Fellowship in Urology from the Department of Urology, Royal Adelaide Hospital, Adelaide, South Australia followed by Fellow Royal College of Surgeons (Uro) Glasgow.

Topic: Track 5: Urology: Sexuality in Older Adults: Comprehensive Strategies for Clinicians

Healthcare providers play a crucial role in promoting sexual health among older adults, an important yet often neglected aspect of aging well. Although sexuality evolves beyond the reproductive years, it remains a meaningful part of life for many. Despite the natural decline in sexual activity with age, numerous older adults continue to value and engage in fulfilling sexual relationships. Unfortunately, targeted interventions to support later-life sexuality are lacking, creating gaps in care. Sexuality in older adults is influenced by biological, psychological, and social factors. Clinicians should include comprehensive sexual health assessments, including ED, TDS screenings, as part of routine care. Providing age-appropriate sexual education and resources helps promote lifelong sexual wellness. Open communication between healthcare providers and patients is vital for addressing sexual concerns, often left unspoken due to stigma or discomfort. Additionally, adopting lifestyle medicine principles—such as balanced nutrition, regular exercise, stress management, and social connection—can enhance sexual health and overall well-being. A holistic, evidence-based approach will empower providers to better support the evolving sexual health needs of older adults, improving their quality of life. This lecture will focus on managing Erectile dysfunction and Testosterone Deficiency Syndrome in elderly man.

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- Safe to use for infant



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RM29.90

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- Pine Tar 1.6%
- Allantoin

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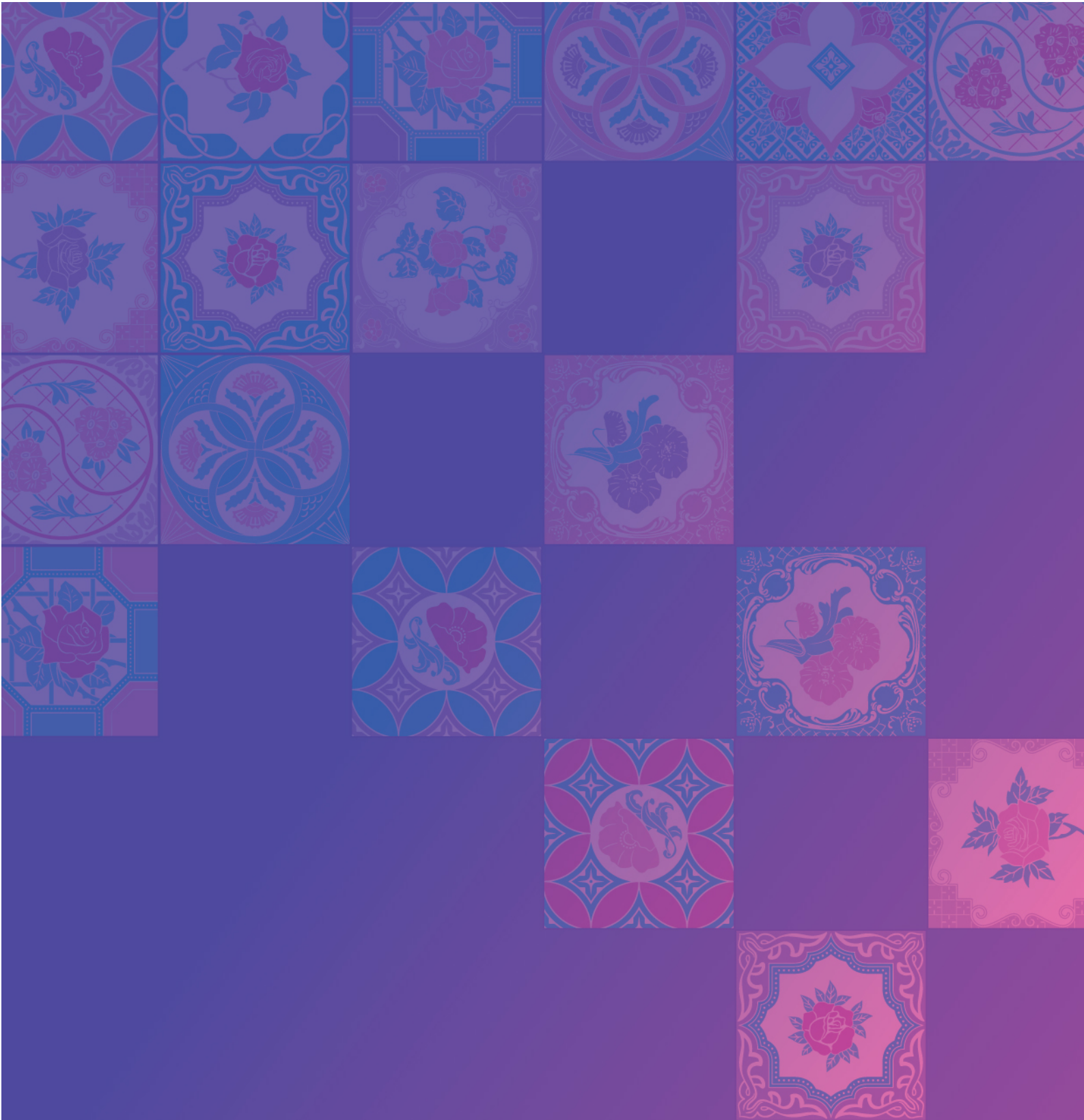
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