

Dementia

the rising tide

FREE
ADMISSION

7 April 2018, Saturday | 2:30pm - 4:00pm | Registration at 2pm
NUHS Tower Block Auditorium, Level 1, 1E Kent Ridge Road (119228)

The debate of the age is whether dementia is preventable. This lecture will focus on dementia research in Singapore which started 30 years ago and the Jurong Ageing Study (JAS) on dementia prevention. The JAS results show that non-drug interventions like health education, mindfulness practice, music-remembrance, art therapy and horticultural therapy are effective in improving mental health of elderly people. The Age Well Everyday (AWE) program has now been introduced to 8 community centres. The translational relevance is the immense impact of the AWE program on the health of the Singapore elderly. Many Asian countries are now keen to adopt the AWE program.

SPEAKER



Dr Kua Ee Heok is the Professor of Psychological Medicine at the National University of Singapore (NUS), and Senior Consultant Psychiatrist at the National University Hospital. He graduated as a doctor from the University of Malaya in Kuala Lumpur and received postgraduate training in psychiatry at Oxford University and geriatric psychiatry at Harvard University. A member of the World Health Organization team for the Global Study of Dementia, he is the previous Head of the NUS Department of Psychological Medicine and Chief Executive Officer / Medical Director of the Institute of Mental Health.

The former President of the Pacific-Rim College of Psychiatrists, he has been invited to address the United Nations in New York in a world forum on 'Depression - the Hidden Illness.' He has won international research awards and published over 300 research papers and 23 books on psychiatry and ageing. He is Editor-in-Chief (with Norman Sartorius) of the new series of 7 books on 'Mental Health and Illness Worldwide.' His first novel, 'Listening to Letter from America', is used in Harvard University in a course on Anthropology.



Chairperson

A/Prof John Wong Chee Meng
Head, Department of Psychological Medicine
Director, Mind-Science Centre, NUS



**MIND
SCIENCE
CENTRE**

Enquiries: Wee Cheng **67723489** or **pcmlimwc@nus.edu.sg**
Register: <http://bit.ly/dementia-therisingtide>