

## ASCA 2012

### Annual Singapore Conference on Ageing... Mental Health & Ageing



Dear Delegates,

It is once again my honour to be the chairperson of this Annual Singapore Conference on Ageing. Following the success of last year's Asia Pacific Conference on Ageing (APCA 2011), we have decided to organize a national conference

focusing on the mental health aspect of ageing.

Our advisor, Prof Kua Ee Heok, and Scientific Programme Chair, Prof Goh Lee Gan, have put together an exciting programme for you. Topics to be covered will include early intervention programmes for mental health, creative therapies for mental health, and new frontiers in mental health research.

For this auspicious event, we have invited Prof John H. Growdon from Harvard Medical School to be our keynote speaker for the 5th Henry Lim Lecture. Prof Growdon is a much sought after expert in the field of mental health, most notably in the area of dementia.

So it is with much pleasure that I sincerely invite you to sign up for this conference.

See you there!

Laurence Wee  
Chairman,  
ASCA 2012



Advisor  
Prof. Kua Ee Heok



Scientific Chair  
Prof Goh Lee Gan

### John H. Growdon, MD (Harvard Medical School)

#### 5th Henry Lim Lecture... *Heart-Brain Partnership: The Good, The Bad, and The Complex*



Our Keynote Speaker

John H. Growdon is Professor of Neurology at the Harvard Medical School and attending Neurologist at the Massachusetts General Hospital in Boston. He graduated from Northwestern University in 1960 and obtained the MD degree from the University of Pennsylvania School of Medicine in 1965.

His post-graduate training was in Internal Medicine at the University of Chicago, Neurology at the Massachusetts General Hospital

and neurochemistry at the Massachusetts Institute of Technology.

In 1984, he founded the Massachusetts Alzheimer's Disease Research Center, one of five Centers in the United States initially funded by the National Institute on Aging. He directs the Memory and Movement Disorders Units at the Massachusetts General Hospital. His research interests center on the clinical neurology and neuropharmacology of Alzheimer and Parkinson diseases, along with efforts to uncover biologic markers of these diseases that could lead to improved diagnostic accuracy and treatment.

### GS COUNCIL 2011-2012

President  
1<sup>st</sup> Vice President  
2<sup>nd</sup> Vice President  
Imm. Past President  
Hon. Treasurer  
Asst. Hon. Treasurer  
Hon. Member  
Hon. Secretary

Prof Kua Ee Heok  
A/Prof Goh Lee Gan  
Mr Lye Fei  
Mr Laurence Wee  
Ms Kwek Puay Ee  
Dr Chow Yeow Leng  
Mrs Ann Wee  
Mr Tristan Gwee

Hon. Auditor  
Hon. Legal Advisor  
Council Member  
Council Member  
Council Member  
Council Member  
Council Member

Mr Wee Char Lee  
Mr Dennis Lim  
Mr Henry Lim  
Mrs Ellen Cheng  
Mr Phua Kok Tee  
Dr Kalyani Mehta  
Ms Shirley Lim

Published by:  
Gerontological Society  
89, Short Street, #03-07,  
Golden Wall Centre  
Singapore 188216

Printed by:  
Motion Printers & Publications Pte Ltd  
Blk 3023 Ubi Road 3 #06-08  
Singapore 408663



# Mental Health & Ageing

**10 MAY 2012  
9.00AM - 5.00PM  
ORCHARD HOTEL**

**GUEST-OF-HONOUR  
Mr Gan Kim Yong  
Minister for Health**

**Annual  
Singapore  
Conference on  
Ageing**



**Organising Chairman - Mr Laurence Wee  
Scientific Chairman - A/Prof Goh Lee Gan  
President, Gerontological Society - Prof Kua Ee Heok**

## TOPIC HIGHLIGHTS

Active Ageing and Mental Health

Early Intervention Programmes

Creative Therapies and Mental Health

Burden of Care

New Frontiers of Research

**5th Henry Lim Lecture:  
Heart-Brain Partnership: The Good, The Bad, and The Complex**  
By keynote speaker Prof John H. Growdon

**Register via  
[www.gs.org.sg/asca2012](http://www.gs.org.sg/asca2012)  
or call Lily at 6334 4445 ext 110  
for enquiries**

### About our Keynote Speaker... from Harvard

John Growdon is Professor of Neurology at the Harvard Medical School and Attending Neurologist at the Massachusetts General Hospital. In 1984, he founded the Massachusetts Alzheimer's Disease Research Center. He directs the Memory Disorders Unit at the Massachusetts General Hospital, which is the clinical arm of the Alzheimer Center, and the Movement Disorders Unit.



*“Cognitive impairments and dementia are among the most feared consequences of aging... Answers to the complex questions should deepen understanding of dementia...and stimulate innovative ways to treat and even prevent Alzheimer disease.”*

Organised by



Gerontological Society

**PRESBYTERIAN**  
Community Services  
*Inspiring tomorrow's community today*



# ANNUAL SINGAPORE CONFERENCE ON AGEING (ASCA) 2012

10 May 2012 (Thursday)

TIME	PROGRAMME
8.15am	Registration
9.00am	Welcome Address by Prof Kua Ee Heok, President, Gerontological Society
9.10am	Opening Address by Guest-of-Honour Mr Gan Kim Yong, Minister for Health
9.30am	<b>5th Henry Lim Lecture</b> • Heart-Brain Partnership: The Good, The Bad, and The Complex By Prof John Growdon (Harvard University)
10.00am	TEA BREAK
10.30am	<b>Symposium 1 : Active Ageing and Mental Health</b> Speakers: A/Prof Ng Tze Pin (NUS), Mr Reubens Ng (Yale University) <b>Chair: Ms Kwek Puay Yee, Tan Tock Seng Hospital</b>
11.30am	<b>Symposium 2 : Early Intervention Programmes</b> Speakers: A/Prof Goh Lee Gan (NUS), Dr Feng Lei (China), Dr Joyce Lee (NUS) <b>Chair: Dr K Mehta (UniSIM)</b>
12.30pm	LUNCH
1.30pm	<b>Symposium 3 : Creative Therapies and Mental Health</b> Speakers: Mr Ron Lay (LASALLE School of the Arts), Dr Lee Chong Kau (Institute of Elders), Prof Kua Ee Heok (NUS) <b>Chair: Mr Lye Fei (CEO, Care Corner Singapore Ltd)</b>
2.30pm	TEA BREAK
3.00pm	<b>Symposium 4 : Burden of Care</b> Speakers: A/Prof Tan Chay Hoon (NUS), Prof Chan Wai Chi Sally (NUS), Mr Wong Lit Shoon (SAGE Counselling Centre) <b>Chair: Mr Arthur Lim (Chairman, Presbyterian Community Services)</b>
4.00pm	<b>Symposium 5 : New Frontiers of Research</b> Speakers: Dr Yap Liang (Harvard University), Prof KC Lun (NUS), A/Prof Rathi Mahendran (NUS) <b>Chair: A/Prof Goh Lee Gan (NUS)</b>
5.30pm	Closing Address by Mr Laurence Wee, Organising Chairman

## My experience in the Master of Gerontology course @ SIM University

Mr Tiwari Satyaprakash

Joining this course was an effort to update myself with the theoretical knowledge and understanding of gerontology. Ageing is a concept that most of us have taken for granted, having seen family and friends growing old around us. However, as a professional working in the eldercare sector, I needed to understand the physical aspects of ageing in individuals and the resulting impact on their lives. With the ageing population headed for a massive increase in the near future, it is vital that appropriate services are made available to them as they age.

The various modules of the course have helped me better assess and look at services being currently provided (and those planned) from the perspective of the user. The

core modules have clear focus areas of learning which include understanding the physiological, psychological and social aspects of ageing. On a wider context, it also covers areas such as policy making and research on ageing as well as provides an insight to a uniquely Singaporean experience of ageing in a multicultural context.

The participants of this course come from diverse backgrounds and varying experience. The topics have required many of us to question our own beliefs, thoughts and notions about ageing and the elderly population. Another advantage of this course has been the structure. The intensive weekend sessions, though quite stressful for many of us, are suitable for working adults like me.

Applications for the next intake open from 15 February – 31st March 2012. Please inform your contacts who are interested to apply. [www.unisim.edu.sg](http://www.unisim.edu.sg)- Graduate Programmes. There are several scholarships and grants available. Those interested may contact Dr Kalyani Mehta, Head of Programme at email: [kalyani@unisim.edu.sg](mailto:kalyani@unisim.edu.sg)



## Conference Registration Form

Annual Singapore Conference on Ageing  
10 May 2012, Orchard Hotel  
9.30a.m to 5.30p.m

**Note: A form must be completed for each registrant.**

1. Personal Details		
Name (Mr/Mrs/Ms/Dr/Prof): _____		
Preferred Name for tag: _____		
Organisation: _____		
Address: _____		
_____ Postal Code _____		
Tel: _____ (Office) _____ (Mobile) _____ (e-mail)		
(please state email address clearly for confirmation purpose)		
2. Conference Fees		
<i>(Include admission to conference sessions, teabreaks, lunch and conference materials)</i>		
<i>(Please tick the appropriate box)</i>		
Early Bird Registration (before 5 March 2012)	Local <input type="checkbox"/> \$85	Foreign <input type="checkbox"/> \$100
Regular Registration (after 5 March 2012)	<input type="checkbox"/> \$100 (before VCF) <input type="checkbox"/> \$40 (after VCF)	<input type="checkbox"/> \$150
VCF Funding		
The conference has been pre-approved at 60% VCF funding for <b>Singaporean/PR VWO staff</b> . VCF Approved funding per pax for Singaporean/PR VWO staff is <b>\$60</b> . VWO applicants have to apply on-line for the VCF Local Training Grant via the <b>VWO Corner</b> located at the NCSS home page ( <a href="http://www.ncss.org.sg">www.ncss.org.sg</a> ) at least one (1) month before the conference.		
3. Payment Details		
<i>(For confirmation of registration, payment <b>MUST</b> accompany this form. Thank you)</i>		
Payment is only by <b>cheque/bank draft</b> (foreign registrant) and must be in <b>Singapore dollars</b> .		
Made payable to <b>Gerontological Society</b>		
(please state the conference name and your name on the reverse of the cheque/bank draft)		
<b>Please send registration form by mail with payment to:</b> <b>Gerontological Society</b> <b>89, Short Street, #03-07, Golden Wall Centre</b> <b>Singapore 188216</b>		
Further information : Please call Lily @ 63344445 Ext 110, Email: <a href="mailto:lily@pcs.org.sg">lily@pcs.org.sg</a> Fax: 63387153		
Confirmation: Please allow 7 days for e-mailed confirmation of your registration.		
4. Registration Cancellation Policy		
No refund will be given for cancellation. However, substitutions will be possible.		
5. Agreement to terms and conditions		
I acknowledge the registration terms and cancellation policy.		
Signature: _____ Date: _____		

# DEMENTIA IN CHINESE POPULATIONS: CURRENT DATA AND FUTURE RESEARCH

Lei Feng, Helen Chiu, Mian-Yoon Chong, Xin Yu, Ee-Heok Kua

This review summarizes the literature on the prevalence and incidence rates of dementia in Chinese populations, including survey results outside mainland China. We identified 15 prevalence studies and five incidence studies.

The studies consistently reported sharply increased prevalence and incidence rates of dementia with increasing age. As estimated, there are at least 6,464,040 dementia patients in mainland China alone and we expect the number to rise in the coming decades. It is clear that dementia will be a new epidemic of the 21st century without major public health policies and preventive measures that target at the disease.

We urge more research and hope that we will be able to prevent dementia or at least delay the onset in the near future with evidence-based measures.

Reference:

Dementia in Chinese populations: current data and future research. *Asia-Pacific Psychiatry*. 2011; 3(3):109-14.



## PSYCHOLOGICAL THERAPY WITH CHINESE PATIENTS

Lei Feng, Yuping Cao, Yalin Zhang, Sin-Tho Wee, Ee-Heok Kua

There is a growing interest about psychological therapy and training in Asian countries. However, there is a paucity of information on how psychological therapy is practiced in Asia. In this article, we discussed 3 methods of psychological therapy in the management of anxiety and depression in Chinese patients – mindfulness meditation, Chinese Taoist cognitive psychotherapy (CTCP) and brief integrative psychological therapy (BIPT).

The CTCP for generalized anxiety disorders was a multi-site randomized study conducted in China. It was found that CTCP reduced symptoms more slowly than anxiolytics but the effect of CTCP was still significant at 6-month follow-up. The mindfulness meditation study examined the outcome of a community training program on the management of mild anxiety. We found that overall mental well-being and anxiety symptoms were significantly improved during the period of the training

course. The BIPT project was a naturalistic study of elderly people with depression at an outpatient psychiatric clinic. Results from this study indicated that BIPT was as effective although the onset of recovery was slower compared with BIPT combined with an antidepressant.

In the three methods discussed, cultural issues are explored with affirmation of cultural values and reinforcement of culturally sanctioned coping pattern. Brief therapy and integration are the psychotherapeutic zeitgeist of the 21st century in Asia and we hope that there will be more studies on psychological therapy from different Asian countries in the future.

Reference:

Psychological therapy with Chinese patients. *Asia-Pacific Psychiatry*. 2011;3(4):167-72.

# MIND MATTERS

PUBLIC SEMINAR

Venue : TaRA @ Jurong Point  
#06-05 Jurong Point Mall (Old Wing)  
Time : 2pm – 4pm  
Date : Saturday, 17 March 2012

Chairperson: Mr ARTHUR LIM  
Chairman, Presbyterian Community Services



## HOW to be HAPPY at 87

Mr HENRY LIM  
Past-President, Gerontological Society



## MEDICATIONS for MEMORY and DEMENTIA

Associate Professor TAN CHAY HOON  
Consultant Psychiatrist / Pharmacologist, NUHS



## HEALTH SCREENING – WHAT are we SCREENING?

Associate Professor GOH LEE GAN  
Director, Institute of Family Medicine



## The NEW-OLD in Singapore: AGEING BABY-BOOMERS

Professor KUA EE HEOK  
President, Pacific-Rim College of Psychiatrists

*A Study on the New-Old in Asia*



### Ageing Baby Boomers

The Most Pressing Issue of the Age

KUA EE-HEOK, MD

Registration fee: \$5.00. Enquiries: Ms Kanniga, Tel: 94784517

Organised by

Department of Psychological Medicine

**NUHS**

National University  
Health System

**PRESBYTERIAN**  
Community Services

Sponsored by



LEE KIM TAH INVESTMENTS PTE LTD



*"This book should be read by all baby-boomers and their families."*

LAURENCE WEE, Former Nominated MP