

42nd SMA National Medical Convention
Come Grow Old with Me:
Successful and Active Ageing in the Community
Suntec Singapore International Convention and Exhibition Centre
20 August 2011

PROGRAMME

Public Symposium

- 08:30 Registration
- 09:00 Welcome address by Chairman, Organising Committee
A/Prof Chin Jing Jih
- 09:05 Welcome address by President, Singapore Medical Association
Dr Chong Yeh Woei
- 09:10 Welcome address by Guest of Honour

Public Symposium Part 1

- 09:20 Managing multiple medications and health supplements safely and wisely
- 09:40 Food for life! Eating wisely and enjoyably into the golden years
- 10:00 Teabreak and exhibition at foyer

Public Symposium Part 2

- 10:30 Handling aches and pain in the elderly
- 10:50 Exercise in older persons – deriving benefits, avoiding injuries

Public Symposium Part 3

- 11:10 Successful aging – staying socially active through meaningful activities
- 11:30 Memory, mood and sleep – cultivating good mental health in the golden years
- 12:00 End of public symposium, public invited to view exhibition at foyer

Lunch Symposium

(for doctors and medical students who register for the Medical Symposium)

- 12:00 Registration
- 12:30 Holistic and practical management of dementia in the ambulatory care setting
- 13:30 End

Medical Symposium

(for doctors, medical students and healthcare professionals)

- 13:30 Registration
- 13:55 Welcome address by Chairman, Organising Committee
A/Prof Chin Jing Jih
- 14:00 **Panel Discussion I:** Common surgeries (cataracts, total knee replacement and TURP) in the elderly – what to advise?
- 14:30 **Lecture II:** Holistic management of anxiety, depression and chronic insomnia in older persons
- 15:00 **Panel Discussion III:** Health screening for the elderly and geriatric assessment in a GP clinic – what's useful, practical and important?
- 15:30 Teabreak and exhibition at foyer
- 16:00 **Lecture IV:** High blood pressure in the elderly: to treat or not to treat?
- 16:30 **Panel Discussion V:** Practical tips in managing common issues in geriatric patients – eczema, constipation and chronic knee pain
- 17:00 **Lecture VI:** Safe and effective prescribing for the older patient with multiple comorbidities and medications
- 17:30 End of symposium

Please turn over for registration details

REGISTRATION

Event:

SMA 42nd National Medical Convention 2011
Come Grow Old with Me:
Successful and Active Ageing in the Community

Date:

20 August 2011, Saturday

Venue:

Suntec Singapore International Convention and Exhibition Centre

CME Points:

Number of points to be confirmed

Registration fees per person:

(inclusive of refreshments & goodie bag)

- **Public Symposium: Complimentary**
- **Lunch Symposium + Medical Symposium: Complimentary for SMA members**
\$30 (inclusive of GST) for non-members

(Limited seats available, kindly register early to secure a place)

Early Bird Special for SMA Members

Be the first 50 SMA members to sign up
and receive an exclusive SMA medical
penlight (worth \$28) for free!*

You can register by:

1. Logging on to <http://www.sma.org.sg/convention>
- OR**
2. Completing the form below and mailing/faxing to us

If you would like to register for SMA Membership, please go <http://www.sma.org.sg/membership/>

*Collection of penlights will be done at the registration counter on the day of the event. Please note that only SMA members without arrears are eligible.

Please attach this slip when making payment. Kindly fax your credit card details/mail your cheque to **Ms Loy Mong Shi, Singapore Medical Association, 2 College Road Alumni Medical Centre Level 2, Singapore 169850, fax: 62247827 and email: mongshi@sma.org.sg**. For non-SMA members, please note that registration is not confirmed until payment is received. A confirmation email will be issued to all applicants.

Name: _____ Handphone No.: _____

Email: _____ Profession: _____

Applicable to doctors only

MCR No: _____ SMA Member: YES / NO (please circle accordingly)

I will be attending (please tick accordingly):

- Public Symposium
- Lunch Symposium (for doctors and medical students only)
- Medical Symposium (for doctors, medical students and healthcare professionals)

Mode of payment (\$30, for non-members that are attending the medical/lunch symposium):

- Credit Card
- VISA/ Master Card No.: _____ - _____ - _____
- Expiry Date: _____ / _____ CW2/CVC2 No.: _____

- Cheque (payable to Singapore Medical Association)
- Bank: _____ Cheque No: _____