

27th October 2021

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Time	Title	Presenter
8.30 – 9.00am	House keeping messages from organizing committee	
9.00 – 9.30am	The aging population from Sports Medicine's perspective	Dr Rozaiman Ebrahim (Head of Service, Sports Medicine KKM)
9.30 – 10.00am	Myth about "being old" & why language used with patients are important – changing the "aging" perspective	Dr Pui San (Sports Physician, Seremban)
10.00 – 10.30am	Sarcopenia & Sarcopenic obesity: What is this & what can we do about it	Dr Kavitha Mahadevan (Sports Physician, Sungai Buloh)
10.30 – 11.00am	Osteopenia & Osteoporosis: What is it & what we can do about it	Dr Cheng WL (Gazetting Sports Physician, Seremban)
11.00 – 11.30am	Exercise recommendation for the HEALTHY elderly person	Dr Jeffrey Kee (Sports Physician, Sabah)
11.30 – 12.00pm	Exercise recommendation for the elderly person with common co-morbidities	Dr Khairullina Khalid (Sports Physician, Kuantan)
12.00 – 2.30pm	Lunch Break	
2.30 – 3.00pm	Cognitive decline in the elderly – can lifestyle changes mitigate this?	Dr Arvin Raj (Gazetting Sports Physician, Klang)
3.00 – 3.30pm	Common MSK issues seen amongst geriatric age group in Sports Medicine Clinic	Dr Azhar Asari (Sports Physician, Muar)
3.30 – 4.00pm	Fall prevention – why preventing a fracture in the first place is more important	Dr Nurul Azreen (Sports Physician, Ipoh)
4.00 – 4.30pm	Diet & the elderly person	Assoc Prof Dr Hazreen Abdul Majid (Nutrition and Dietetics, UM)

Organizers:



National Sports Medicine Symposium 2021

Hospital Tuanku Ja'afar Seremban (HTJS)

In collaboration with Malaysian Association of Sports Medicine (MASM)

Sports Medicine: Towards Active Aging – After All, We Will All Get Old

27th Oct 2021, 8.30am - 4.30pm



As Malaysia is projected to be an ageing nation by 2035, let's come together to learn how we can add **LIFE TO OUR YEARS**

Many exciting lectures including Osteoporosis, Sarcopenic Obesity, Exercise recommendations and Myths busting.

PRICE: FREE

CPD points will be awarded

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