

ELDEX ASIA'S MEDICAL CONFERENCE FOCUSES ON ALTERNATIVES TO MEDICATION

Singapore, 11 July 2019 – Dr Tan Jit Seng, Chairman of ELDEX Asia's Advisory Board, announces the launch of the inaugural ELDEX Asia's medical conference, which will be centered around the themes of *Nutrition for Seniors* and *Exercise for Seniors*. "Singapore's healthcare system, as with many parts of developing Asia, has traditionally relied on efficacious means to combat acute medical conditions through the use of pharmaceuticals. While we cannot shy away completely from medicine, from a longer-term perspective and now that Singapore is more economically developed with many leading largely sedentary lifestyles, we can start to take a hard look at returning to fundamentals. In the past, eating staples to ensure one was full and had the energy to undertake labor-intensive work was fine. However, as more of us operate in comfortable office environments, the ability to burn off calories is no longer part of one's daily work routine. Rising living standards also mean the ability to eat richer and cholesterol dense foods. The combination of these various factors invariably leads to the rise in chronic conditions such as the "three highs" of blood pressure, cholesterol, and blood sugar. For this very reason, together with my colleagues, we felt strongly that we should nip the first world problem in the bud by adopting these themes for the inaugural medical conference."

Headlining the agenda are three keynote speakers: Professor Wee Shiou Liang from the Geriatric Education and Research Institute (GERI), Associate Professor Huang Dejian from the National University of Singapore (NUS), and Professor Tai E-Shyong from National University Hospital (NUH). Professor Wee will kick-start the conference by addressing the dire need for fitness in seniors. Associate Professor Huang will then deliver the opening keynote for the afternoon session, presenting the latest research findings on how "Nutrition is medicine". To conclude the conference, Professor Tai will present the closing keynote on how technology can be leveraged to combine exercise and nutrition, ultimately making healthy choices relevant to the consumer. The full agenda and the speakers' biographies can be found in the Appendix.

"Under the guidance of ELDEX Asia's Advisory Board, we have consciously and closely collaborated with our luminary panel of presenting experts in the domain of ageing to define learning objectives clearly based on extensive research," shared Mr Joseph Yeo, ELDEX Asia's Event Director. "We are currently working with the relevant accrediting bodies to secure continuing medical education (CME) and continuing professional development (CPD) certification for our delegates. Once the arrangements are confirmed, we will inform all delegates, and post an update on the ELDEX Asia's website. We have also identified speakers who are practitioners, so as to deliver meaningfully pragmatic content to our target audience. We are delighted that we will have presenters coming from the United Kingdom and Canada for our first medical conference at ELDEX Asia."



Yeo concluded, “Most medical conference typically have a different approach, and for good reasons. Together with our Chairman and the Advisory Board, we feel strongly that we can adopt a fresh perspective towards living longer better and retarding frailty. This could be the start of a movement that advocates limiting the use of medicine to treat acute conditions, and only whenever there is a compelling real need. In turn, this could potentially help alleviate the pressures of increasing healthcare and other associated costs for consumers.”

ELDEX Asia’s medical conference will take place on 8 November 2019 at the Suntec Convention and Exhibition Centre, Halls 405/406. The conference is free to attend for all medical doctors, practicing nurses, and therapists (including physiotherapists, speech therapists, and occupational therapists). Delegates are required to provide their registration numbers for CME or CPD points. Limited seats for caregivers are available at a nominal fee. Participants interested to attend the event can register at www.eldexasia.com from 22 July 2019.

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About Fireworks Muziyi Media Pte Ltd

Fireworks Muziyi Media Pte Ltd (FMM) is a recently established joint venture between Fireworks Trade Media (www.asiafireworks.com) and Muziyi Advisory (www.muziyi-advisory.com). FMM was set up to organize B2B2C shows as that is an emergent trend in the exhibitions business with the disruption of distribution channels and increasing proximity between brands and manufacturers to end-users and consumers. Fireworks is one of Singapore’s largest independently owned trade media company established since 2008 with offices spanning 13 countries including Indonesia, Malaysia, Thailand, Vietnam, and Myanmar. Muziyi is a boutique consultancy specializing in the trade and consumer shows industry. Together, the founders of FMM have amassed over 25 years of experience in organizing trade and consumer events in many geographies across multiple industry segments.



About ELDEX Asia

ELDEX Asia is a B2B2C show that creates a comprehensive and effective marketplace for international silver economy suppliers of eldercare products, technology and services to meet and engage with Asia Pacific trade visitors including distributors, retailers, buyers (such as hospitals, retirement homes and hospices), and end-users. ELDEX Asia focuses on active aging and provides a holistic ecosystem for the marketplace by building continuing education platforms and curating workshops, product demonstrations and seminars to drive greater awareness and brand equity. ELDEX Asia further aims to catalyze industry growth by bringing start-ups in the eldercare space to interact with and pitch to potential investors, particular where gerontechnology is concerned. For more information, please visit www.eldexasia.com. ELDEX Asia is supported by a host of international, regional and local organizations. Some of them are set out below.



About International Council on Active Aging

ICAA, a professional association that leads, connects and defines the active-aging industry, supports professionals who develop wellness facilities, programs and services for adults over 50. The association is focused on active aging—an approach to aging that helps older adults live as fully as possible within all dimensions of wellness—and provides its members with education, information, resources and tools. As an active-aging educator and advocate, ICAA has advised numerous organizations and governmental bodies, including the US Administration on Aging, the National Institute on Aging (one of the US National Institutes of Health), the US Department of Health and Human Services, Canada’s Special Senate Committee on Aging, and the British Columbia (Canada) Ministries of Health and Healthy Living and Sport. For more information, please visit www.icaa.cc.



About CommonAge

CommonAge was established in 2013 by a group of professional leaders in the aged sector and is an accredited Commonwealth civil society organisation. Its aim is to ensure elders in all Commonwealth countries are supported to enjoy the highest possible quality of life in their senior years. From Australia and Antigua to Vanuatu and Zambia, through its growing networks it is sharing ideas, creating connections, and combating ageism across the 52 countries of the Commonwealth. For more information, please visit www.commage.org.



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About SilverEco.org

SilverEco.org, a major actor in the French Silver Economy and the international portal of this sector, is spreading internationally and taking the [2nd edition of its International Awards to Tokyo](#). Silver Economy and Ageing Well International Awards aim to bring together all Silver Economy international stakeholders on the occasion of a gala event on June 13. An **Ageing Well Japan Study Tour** has been organized around the Awards Ceremony. The tour will provide a four-day opportunity to meet International SilverEco.org, Ageing Well stakeholders and discover the Silver Economy “made in Japan”. For more information, please visit www.silvereco.org.



About the Gerontological Society of Singapore

The Gerontological Society of Singapore was founded in March 1986 by a multi-disciplinary group consisting of geriatricians, psychiatrists, social scientists, physiotherapists and other professionals. The mission of the Society is to “assist people in understanding the physical and psychological effects of aging as well as the sociological effects of a greying population.” The Society’s objectives include: (a) promote and encourage cooperation between organizations and individuals interested in gerontology; (b) promote the interests and influence of organizations concerned with gerontology; (c) promote, improve and encourage training in gerontology; and (d) promote gerontological research. For more information, please visit www.gs.org.sg.



About French Chamber of Commerce Singapore

Established in 1979, the French Chamber of Commerce in Singapore (FCCS) is a non-profit organisation, self-financed, helping business in their development. We assist companies at every stage of their project in Singapore and the region, since their first market approach to their implementation and growth of their business in Asia. With more than 600 company members, the majority of which covers the whole of ASEAN and Asia Pacific, our team can rely on a network of experts and valuable contacts to help French SMEs to approach the Asian market. For more information, please visit www.fccsingapore.com.

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APPENDIX

ELDEX Asia 2019 Medical Conference

Nutrition for Seniors and Exercise for Seniors

Date: 8 November 2019, Friday

Venue: Halls 405 | 406 Suntec Singapore Convention and Exhibition Centre, Singapore

Agenda*

Morning session: Exercise for seniors

- 0930 **Keynote presentation**
Maintaining Health and Preventing or Reducing Frailty in Older Adults
Associate Professor Wee Shiou Liang
Deputy Director, Geriatric Education and Research Institute
- 1015 Presentation #2
A Gerontologist's Guide To Living A Longer Happier Life:
How exercise unlocks the factors to living a healthy lifestyle as you age
Mr Dan Levitt
Adjunct Professor, Gerontology, Simon Fraser University
- 1045 Tea Break
- 1100 Presentation #3
Gym Tonic: Mainstreaming Strength Training For Seniors
Mr Gabriel Lim
Programme Director, LIEN Foundation
- 1145 Presentation #4
Technology for Exercising Frail Elderly – What Really Matters?
Ms Teresa Wong
Managing Director, BODYENGINEERING
- 1230 Panel Q&A
Moderated by: Isaiah Chng
Founder and Director, ProAge Pte Ltd
- 1245 Lunch and Networking



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- Afternoon session: Nutrition for seniors***
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- 1400 **Keynote presentation**
Nutrition Is Medicine
Associate Professor Huang Dejian PhD
Food Science and Technology Programme, Faculty of Science, National University of Singapore
- 1445 **Presentation #2**
Nutrition And Exercise: Complementary Strategies In The Management Of Frail Older Persons In The Community
Adjunct Assistant Professor Samuel TH Chew (NUS)
Senior Consultant Geriatrician, Department of Geriatric Medicine, Changi General Hospital, Singapore Health Services (CGH Campus)
- 1530 **Tea Break**
- 1545 **Presentation #3**
Vitamin Supplementation In Older Adults – Myths Or Facts?
Ms Annie Barr
Managing Director, Annie Barr International
- 1615 **Presentation #4**
Nutrition For A Hospitalised Senior
Dr Lim Yen Peng
Head and Senior Principal Dietician, Department of Nutrition and Dietetics, Tan Tock Seng Hospital
- 1645 **Presentation #5**
A Fresh Approach To Alzheimer’s Disease
Dr Judy Walker
Chief Medical Officer, Cerecin
- 1715 **Panel Q&A**
Moderated by: Grace Gan
Entrepreneur
MPH, King's College London

Concluding keynote presentation

- 1730 **Making Healthy Choices Relevant To The Consumer**
Professor Tai E Shyong
Senior Consultant, Division of Endocrinology, National University Hospital

1815 **End of medical conference**

**Updated as of 1 September 2019. The organizers of ELDEX Asia reserve the right to make changes to the agenda.*



Speaker Biographies



Associate Professor Wee Shiou Liang

Deputy Director, Geriatric Education and Research Institute

Associate Professor Wee is Director, Frailty Research Program at the Geriatric Education and Research Institute (GERI). Set up by the Ministry of Health in 2014, GERI conducts, guides, and coordinates Singapore's research initiatives related to geriatric services and age-related healthcare issues. GERI also has a role to strengthen training content and curriculum so as to adequately equip healthcare workers with skills to better care for elderly patients. Previously, Dr Wee was Head of Research at the Agency for Integrated Care and the Deputy Director of Sports Division at the Ministry of Community, Development, Youth and Sports.

Dr Wee is passionate and has been active in work to translate evidence into policy and practice to help people remain productive and maintain their health and function. As Faculty of Health and Social Sciences at SIT and Masters of Science in Applied Gerontology at NTU, he is also involved in educating workforce-ready health and social care professionals through integrating learning, industry and community.

Dr Wee's areas of interest include aged and integrated care, frailty and health, exercise and nutrition science, as well as health services research, which includes implementation research, program evaluation and outcomes research. Dr Wee is particularly interested in multi-disciplinary research collaboration to strengthen health-social system capability to towards ageless living and working.





Mr Dan Levitt

Adjunct Professor, Gerontology, Simon Fraser University

Dan Levitt is an acclaimed international speaker, elder care leader, writer, and gerontologist, specializing in helping others to create better lives for seniors. Dan's purpose is to teach millions of people how to transform the lives of older adults across the globe. As a popular professional speaker, he has delivered inspiring keynote speeches impacting thousands of people on four continents. Dan doesn't tell people where to go but guides them in the direction of where they need to go. His talks leave the audience with a new mindset on aging needed to thrive in the 21st century.

Dan Levitt shepherds the enhancement of social, spiritual and care needs for more than 300 seniors, inspiring a team of over 400 employees and volunteers with a commitment to continuously improving the quality of life. Dan is an Adjunct Professor in Gerontology at Simon Fraser University an Adjunct Professor, School of Nursing, University of British Columbia and a Sessional Instructor, British Columbia Institute of Technology.

Dan's adventure exploits have taken him from Africa's highest peak Mt. Kilimanjaro to the Caribbean Sea's coral reefs, from canoeing across the Yukon to racing in the six World Marathon Majors.



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Mr Gabriel Lim
Programme Director, LIEN Foundation

Gabriel is Programme Director at the Lien Foundation where he oversees the eldercare projects of the Lien Foundation. Amongst others, these includes a campaign (Forget Us Not) to foster a dementia friendly Singapore, and a flagship project (Gym Tonic) to tackle frailty amongst community-dwelling seniors. He has a keen interest in global and cross-disciplinary best practices in eldercare, particularly in their application towards dementia and end-of-life care in Singapore.

Prior to joining the Foundation, Gabriel was involved in the research of social enterprises. He was also Module Chair for a foundational diploma course in a local polytechnic. He graduated from the business school of the Singapore Management University, and holds a graduate research degree where he examined the factors that drive service innovation in Singapore’s non-profit sector. In his spare time, Gabriel indulges in philately.



Ms Teresa Wong
CEO-Founder, BODYENGINEERING

Teresa Wong is the Founder/CEO of BODYENGINEERING, a tech company focused on democratizing individualized health-wellness care. Her cross pollination over the last 25 years as a neuro-based physio and technology implementor led to her evolving roles as a Senior Clinician, Academic Researcher, Industry Consultant and Executive for biotechnology companies. She also founded the Innovation Center at REHAB Hospital of the Pacific which led to TIME magazine naming it one of the Top 10 Rehabilitation Hospitals for its innovative programmes. She has been recognized for her work in both research and business innovation by the American Physical Therapy Association and Pacific Business News’s “20 for the Next 20” people to watch. In 2012, she presented her TED talk “Modern Art of Recovery” highlighting the impact of technology in rehabilitation. She has led workshops and presented at professional conferences in US, Germany, Japan, Malaysia, Thailand, Singapore, China and Hong Kong. Her interests are reflected in the projects and programmes she’s built including stroke, elderly frailty, military rehabilitation, elite performance optimization and rehab robotics. She deeply believes technology opens the door for raising the standards and potential for physical recovery. She received her Master’s in Physical Therapy from the University of California, San Francisco.



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Associate Professor Huang Dejian PhD

Food Science and Technology Programme, Faculty of Science,
National University of Singapore

Huang Dejian was trained as a chemist with a PhD degree (1999) in inorganic chemistry from Indiana University and postdoctoral research experience (Chem Eng) from Massachusetts Institute of Technology. He began his independent research career in 2001 by venturing into the chemistry of food bioactive constituents for health promotion and disease prevention. His lab develops and applies high throughput assay guided fractionation, isolation, and characterizations of natural products found in fruits, vegetables, and traditional herbs for their activity in the following aspects:

- Starch hydrolase inhibitors for controlling postprandial hyperglycemia
- Anti-aging natural products for mitigating chronic disease risks
- Dietary antioxidants for reducing oxidative stress, which is the causative factor for many chronic diseases
- Natural H₂S donors from organosulfur compounds found in alliums for promoting heart health.

In addition, his research group has been working on design and synthesis of molecular and nanocrystal based luminescent probes for detection and quantification of small molecules of biological and pathological importance. These molecules include H₂S, hypochlorite, singlet oxygen, nitric oxide, and nitrogen dioxide. He was named by Thomson Reuters as a Highly Cited Researcher 2014 and 2015. Dejian is the associate editor of the Journal of Functional Foods.



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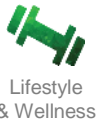
Adjunct Assistant Professor Samuel TH Chew (NUS)

Senior Consultant Geriatrician, Department of Geriatric Medicine, Changi General Hospital, Singapore Health Services (CGH Campus)

Dr Samuel TH Chew is a senior consultant at the Geriatric Medicine Department, Changi General Hospital, SingHealth CGH Campus. He is also Adjunct Assistant Professor of Medicine with Yong Loo Ling School of Medicine, National University of Singapore. He is a tutor for the Centre of Healthcare Simulation at NUS and the Geriatric Medicine Modular Training Program, Academy of Medicine Singapore and Chapter of Geriatrician, College of Physicians Singapore. Dr Chew is also faculty member for the SingHealth Residency Program in Geriatric Medicine, Internal Medicine and Family Medicine.

Dr Chew received his medical degree from the Royal College of Surgeons in Ireland in 1997; a Postgraduate Diploma in Health Informatics from University College London in 2007 and his specialist training in Internal Medicine and Geriatric Medicine from the Postgraduate Medical Education and Training Board in UK in 2009. He went on to obtain his Fellowship of the Royal College of Physicians of Edinburgh in 2013 and Fellowship of the Academy of Medicine Singapore in 2014.

He has a deep passion in delivering evidence-based individualised care for geriatric patients, teaching undergraduate students and postgraduate trainees, and the application of health-care technology in the real-world clinical setting. Clinical work includes acute geriatric medicine, geriatric rehabilitation and discharge planning, management of multi-morbidity in the acute and ambulatory setting, pressure injury prevention, management of sarcopenia and championing good nutritional health in the elderly. He is a member of the National Telemedicine Guideline Review Committee. Current research areas include nutritional health, sarcopenia, clinical pharmacology and pressure injury prevention in the older population.





Ms Annie Barr

Clinical Director (Founder), Annie Barr International

Annie was awarded the MBE for her majesty the Queen in 2018 for her services to export in China with specific reference to older people's services. Annie is an international expert, speaker and strategist and thought leader behind many innovative projects for improving patient care via technology, digital health and workforce development. After a 35-year career in the NHS Annie established education and training programmes for clients nationally and internationally. She is passionate about high quality training and career pathways for healthcare staff. Annie has served on the board of the Royal College of General Practitioners (RCGP) for the North East Faculty and is the RCGP representative on the North delivery board for the 10-year forward view.

Annie also has a specialist interest in Vitamin B12 deficiency and is considered an expert in this field throughout the UK.

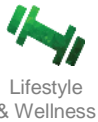
She is enthusiastic about health care and works with national and international RCGP colleagues. Annie also works with the NHS senior leadership and provides training for NHS organizations throughout the UK. Annie has written and published the national competencies for Advanced Clinical Practice for the RCGP (2015).

Annie Barr works closely colleagues based in Newcastle University and is working with leading scientists in the UK and China to expand personalised medicine approaches using scientific research.

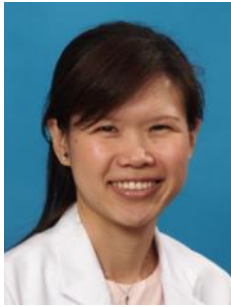
Annie is an expert and has devised home care and community based healthcare packages for clients with high level needs including brain injury and she works with rehabilitation therapists and professionals to facilitate these. This includes providing personalised bespoke training services.

Annie accompanied George Osborne to China in 2015, and in Dec 2016 with Rt Honorable Jeremy Hunt Secretary of State for Health. She was also involved in President Xi Jinping's state visit to the UK in 2016 and accompanies the foreign office on visits to China to advance healthcare.

Annie Barr has been active in China for 6 years working with various clients in China to improve health care services and practices throughout China. Annie regularly speaks at conferences and events in China. Regularly providing training programmes



throughout China in areas such as Elderly Care and Paediatric referral pathways for GP's in Beijing and Hangzhou. Annie is also a frequent visitor to Singapore.



Dr Lim Yen Peng

Head and Senior Principal Dietician, Department of Nutrition and Dietetics, Tan Tock Seng Hospital

Dr Lim Yen Peng is Head and Senior Principal Dietitian of the Nutrition and Dietetics Department at Tan Tock Seng Hospital (TTSH). She holds a BSc in Nutrition and Dietetics (Honours) from King's College London, UK, MHS in Gerontology from University of Sydney, Australia, and a PhD in Clinical Dietetics from Queensland University of Technology, Australia.

Dr Lim's clinical interest is in nutrition care for the elderly. She plays a leadership role in the development of dietetic services, spanning across the care continuum. Clinically, she has extensive experience in the acute hospital setting and is concurrently consulting at several Intermediate & Long Term Care (ILTC) institutions. As the chair of the TTSH Nutrition subcommittee, she leads an inter-professional team to pioneer nutrition care initiatives and effect changes to achieve optimal nutrition care of the frail elderly. The team was awarded with the NHG Team Recognition award (Silver) in 2018. Nationally, she was appointed by the Silver Industry Standards Committee to co-develop the Nutrition and Food Service Standards for Older Adults. She is also committed to the MOH Nursing Home workgroup where she provides thought leadership towards development of the model of nutrition care for nursing homes. Dr Lim's current research interests are in the area of nutrition in frailty, ageing, population health and food innovations for the seniors.





Dr Judy Walker

Chief Medical Officer, Cerecin

Dr Walker has over 20 years of experience in the global biopharmaceutical industry, with a wealth of expertise in neurology drug development. Prior to joining Cerecin as Chief Medical Officer, Dr Walker was with IQVIA where she held the position of Vice President of Product Development Advisory Services, providing leadership for the global clinical development of drugs in the areas of neurology and pain.

Before IQVIA, Dr Walker served as Senior Director of Medical Affairs at Teva Neuroscience, a division of Teva Pharmaceuticals. Before Teva Neuroscience, Dr Walker held leadership roles in global product and global clinical development in neurology at Serono International (Merck KGaA).

Advisory experience

Dr Walker continues to serve on the pharmaceutical advisory board of the non-profit Accelerated Cure Project.

Dr Walker is the co-chair of Alzheimer’s Association Business Consortia (AABC), a US-based organisation advancing AD research and innovation in small, start-up biotechnology, diagnostic and contract research organizations.

Education

A Fellow of the Royal College of Physicians and Surgeons of Canada, Dr Walker received her medical degree from the University of Montréal and completed her residency in neurology at the University of Western Ontario.



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Professor Tai E Shyong

Senior Consultant, Division of Endocrinology, National University Hospital

Prof Tai has held several National Medical Research Council/ Biomedical Research Council individual research grants as principal investigator since 1996. He has published more than 100 original articles in top journals in the area of genetics (including nature, nature genetics) and diabetes/metabolism (including diabetes, diabetes care, diabetologia and the Journal of Clinical Endocrinology and Metabolism). His work on the epidemiology of metabolic diseases forms the basis for the clinical practise guidelines for obesity, diabetes mellitus and lipids.

He is experienced in the area of risk assessment, having developed the risk assessment tool that is used for the estimation of risk of cardiovascular disease in Singapore to make clinical decisions on lipid lowering. As such, he has demonstrated the ability to translate findings from his research into clinical practice.

Prof Tai runs a research programme that spans public health, human physiology and health services research in the area of diabetes and metabolic disease. He has extensive collaborations across disciplines such as behavioural science and food science to examine the various factors and reasons affecting health behaviours such as food choices. He is currently working on innovative models of care delivery that seeks to transform the care and management of chronic diseases in Singapore.



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