

Active Ager Showcase

What does 'Active Ageing' mean to you?

"Most important aspect of Active Ageing is to keep fit and healthy; regular meetups with loved ones, friends and actively find new friends.
I exercise regularly and walk 10,000 steps at least five days a week to keep fit. Watch and compare nutrition labels before buying, have regular medical check-ups and health screenings to maintain good health."



John Leong, 68 yrs old, Retiree

In this life, disease and illness are inevitable, though fortunately most are not serious. But my acoustic neuroma surgery some 25 years ago was frightening; I received much prayers from loved ones coupled with the church increasing my faith and giving me hope instead of negative thoughts of fear and despair. I bargained with God to give me ten more years of life before going into the operating theatre. My gracious Heavenly Father has given me more than double.

My latest health challenge almost stretched me beyond breaking point, I had my prostate removed just before Chinese New Year in January 2018. Two things helped me persevere on:

- (a) must get well and live long to witness my grandchildren get married,
- (b) complete and graduate from this IGA GRACE programme.

I believe this IGA GRACE programme is equipping me to better love myself and others, and serve Singapore's ageing population more effectively.

World Alzheimer's Day

8 Sep 2018, Saturday
9.00am – 2.00pm
Mounbatten CC

Active Ageing Day

29 Sep 2018, Saturday
7.30am – 11.30am
Marina Barrage

Upcoming Events:

Medicine in the Older Adults

Masterclass
10 Nov 2018, Saturday
12.30pm – 5.30pm
Holiday Inn Orchard

IGA newsletter

Aug 18 issue



Research & Innovation

MOH National Innovation Challenge (NIC) on Active and Confident Ageing Competitive Grant Call Awards

Key research thrusts under the NIC are:

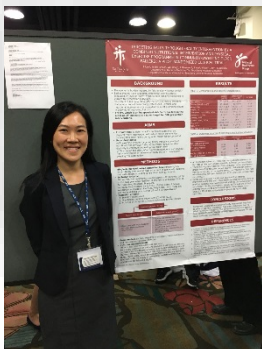
- Lengthening of health span
- Productive longevity
- Ageing in place

Congratulations to our clinicians, valued partners and collaborators on their NIC awards in the following:

Healthy Ageing Innovation Grant Grant Call on Falls Prevention

Presidential Poster Presentation by Dr Felicia Law, American Geriatrics Society (AGS) conference: 'Targeting Falls Through Frailty Intervention by a Combined Nutritional Intervention and Physical Exercise Programme in Community-dwelling Older Fallers: A Pilot Randomized Clinical Trial'

This study aims to determine whether a 6-month combined nutritional and physical frailty intervention will reduce falls rate in community-dwelling frail older fallers compared with usual care at the Tan Tock Seng Hospital Falls and Balance Clinic over 12 months of follow-up. Results showed a greater degree of falls reduction in the intervention group from 3.20 falls per person-year to 1.88 falls per person-year ($p = 0.014$). In the control group, the reduction in falls rate was from 2.30 falls per person-year to 1.43 falls per person-year ($p = 0.003$). From this pilot, combined nutritional and physical frailty intervention may lead to greater fall rate reduction in frail older fallers.



Congratulations to Dr Sabrina Lau for her runner-up award for best oral presentation at the 15th Asia Pacific Medical Education Conference (APMEC)!

Dr Sabrina Lau presented her study titled 'Burnout in Internal Medicine residents: a study on prevalence and factors in a three-year junior residency program' recently at the 15th Asia Pacific Medical Education Conference (APMEC). Her study identified key stressors including exams and inadequate breaks from work, and highlighted the importance of building resilience and putting in place good support systems. She won the Best Oral Presenter (Runner Up) out of a field of 47 regional and international participants, and will be taking her study into Phase 2 for further qualitative analysis.



Congratulations to Dr Justin Chew and Dr Elvina Tay for clinching the FY2018 Clinician-Scientist Preparatory Programme (CSPP) Award!

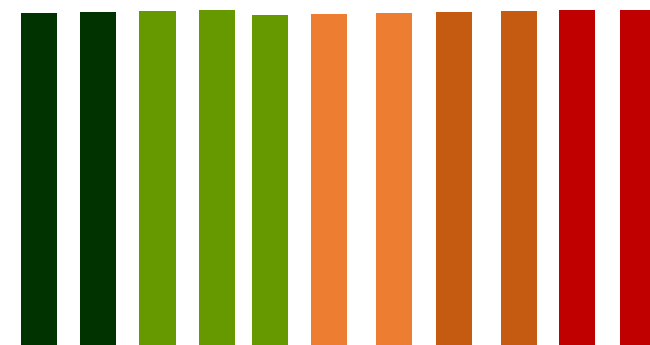
The NHG-LKCMedicine Clinician-Scientist Preparatory Programme (CSPP) is a joint programme between NHG and the Lee Kong Chian School of Medicine (LKCMedicine) that aims at providing research exposure for clinicians at an early stage of their career through research training, project experience and mentorship.

Special issue on 'Frailty, dementia and aging'

Don't miss this collection of 14 articles running the gamut from insights in interface between cognition and physical domains, through to pertinent areas of caregiving and diagnosis in dementia, and evolving areas such as big data and microbes theory in brain ageing.



Education & Training



IGA's inaugural Active Ageing Day (AAD)



We are excited to be organising our inaugural **Active Ageing Day (AAD)** event! Join us in our wholehearted celebration on the positivity of ageing in a fun and safe manner, as we aspire to pursue a lifestyle towards active ageing.

AAD theme of **'GO4LIFE'**

We want to challenge older adults to actively engage in these 4 domains in their own creative ways!

Physical Activities

Mass exercise and 2.5km walkathon in complimentary event
T-shirt

Nutrition

Healthier choice of light refreshments and hampers up for grabs

Volunteerism

Event volunteers from different walks of lives across diverse age range

Intergenerational Activities

Families converging with intergenerational bonding and fun;
Intergenerational photo contest

Come with your family and join us in this cosy event where fun and attractive lucky draw prizes await! Free admission for children aged 12 years and below.

Date : 29 September 2018, Saturday

Time : 7.30am to 11.30am

Venue : Marina Barrage

Email IGA@ttsh.com.sg or call us at 63596331/6330 for enquiries and ticket purchase!



The AAD team comprises young and old; staff and volunteers.

In the News

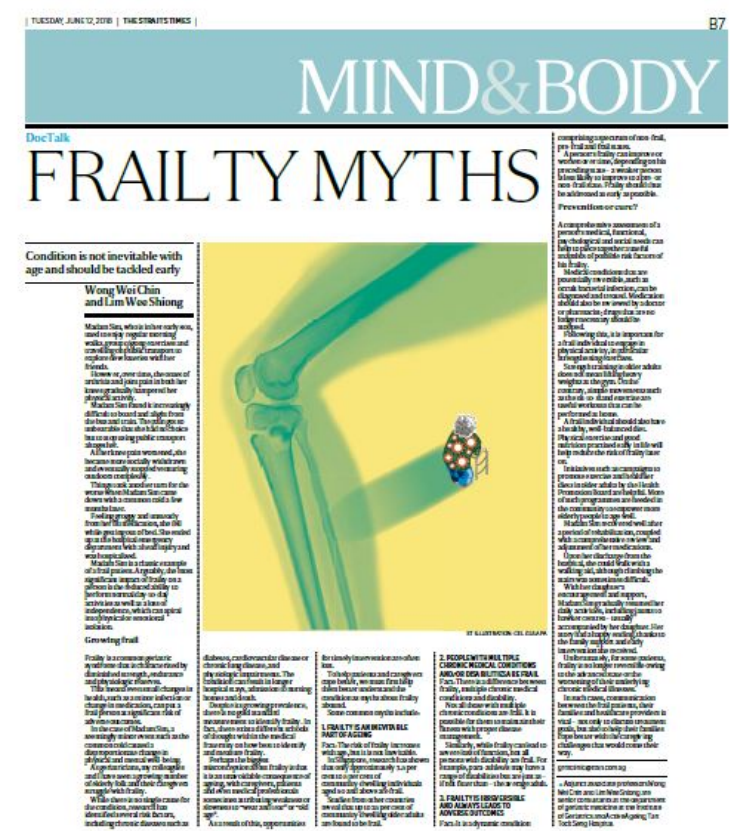
Frailty Myths

Adj. A/Prof Wong Wei Chin and Adj. A/Prof Lim Wee Shiong
Geriatric Medicine, TTSH

Read on about our geriatricians explaining frailty as a common geriatric syndrome characterised by diminished strength, endurance and physiologic reserves. Even small changes in health, such as a minor infection or change in medication, can put a frail person at significant risk of adverse outcomes. While there is no single cause for frailty, research has identified several risk factors, including chronic diseases such as diabetes, cardiovascular disease or chronic lung disease, and physiologic impairments. Frailty can result in longer hospital stays, admission to nursing homes and death.

Despite its growing prevalence, there is no gold standard measurement to identify frailty. In fact, different schools of thought exist within the medical fraternity on how best to identify and measure frailty. Perhaps the **biggest misconception** about frailty is that it is an **unavoidable consequence of ageing**, with caregivers, patients and even medical professionals sometimes attributing weakness or slowness to “wear and tear” or “old age”. As a result, opportunities for timely intervention are often lost. It is therefore critical to help patients and caregivers better understand frailty and debunk the myths to help them cope better.

Read more on: <https://www.straitstimes.com/Singapore/health/frailty-myths>



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