

2nd Educational Workshop on Sarcopenia and Its Related Orthopaedic Problems

April 14, 2016 (Thursday)
Lecture: 9:00 a.m. to 11:25a.m.

Sarcopenia is age-related loss of muscle mass and physical performance largely associated with many geriatric and orthopaedic problems including osteoporosis and dementia. The purpose of this workshop is to share the management experience of sarcopenia among clinicians and scientists with emphasis on elderly care and to provide a platform for professionals to exchange ideas on treatment approach.

Topics covered...

- Sarcopenia and Associated Problems in Elderly
- Definition and Diagnosis of Sarcopenia for Asian
- Scientific Updates of Sarcopenia–orthopaedic related Research
- Diet for Hong Kong Elderly – Prevention of Sarcopenia
- Clinical Management of Sarcopenic Elderly – from Medical to Orthopaedic Problems
- Designing Exercise Program for Elderly with Sarcopenia and Other Orthopaedic Problems

Speakers

- Prof. **Timothy Kwok**, geriatrician.
Dept. of Medicine & Therapeutics, CUHK.
- Dr. **David Dai**, geriatrician.
Dept. of Medicine & Therapeutics, CUHK.
- Prof. **Louis Cheung**, scientist.
Dept. of Orthopaedics & Traumatology, CUHK.
- Prof. **Kenneth Cheng**, sports scientist.
Dept. of Sports Science and Physical Education, CUHK.
- Mr. **Terry Ting**, dietitian.
Registered dietitian.
- Dr. **Simon Chow**, scientist.
Dept. of Orthopaedics & Traumatology, CUHK.

Venue

- 2/F Seminar Room (Lectures, 09:00 - 11:25 a.m.)
Lui Che Woo Clinical Sciences Building, Prince of Wales Hospital.
- ~~1/F Orthopaedic Learning Centre (Workshops, 11:25 a.m.)~~ **FULL**
~~Li Ka Shing Specialist Clinic (North Wing), Prince of Wales Hospital.~~

Registration at www.no-fall.hk. Enquiries: 2632-2756

CPD-OT, CPD-PT, CNE, CME Pending

