

Conference Report

A Letter from the 10th International Association of Gerontology and Geriatrics (IAGG)

– *Asia/Oceania Regional Congress in Chiang Mai, Thailand*

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1. IAGG and the 10th IAGG Asia/Oceania Regional Congress

The IAGG (International Association of Gerontology and Geriatrics) was originally established in Belgium in 1950. The purpose is to improve the quality of life (QOL) of elderly people all over the world by sharing study results on health, welfare, and medical science. The First International Congress of Gerontology was held in Liège, Belgium, where it gathered 113 gerontologists from 14 countries, in July 1950. The Association's name, which was originally known as the International Association of Gerontological Societies (IAGS), was changed in the same year to the International Association of Gerontology (IAG). In 2004, the IAG's Council of Directors decided to

include “geriatrics” in the name, and the IAG became the International Association of Gerontology and Geriatrics (IAGG) for the 18th World Congress in 2005. The assignment of the IAGG is to promote the highest levels of accomplishment in gerontological research and training worldwide, and to interact with other international, inter-governmental and non-governmental organizations in the promotion of gerontological interests. The IAGG chases these activities with a view of improving the highest QOL and well-being of human beings as they experience “aging”. The last 65 years has seen the IAGG develop from a relatively small organization to a major international community represented today in 64 different countries, with a combined membership of over 45,100 people (1).

The 10th IAGG Asia/Oceania Regional Congress took place in Chiang Mai, Thailand, at the International Convention and Exhibition Centre Commemorating His Majesty's 7th Cycle Birthday Anniversary from October 19 – 22, 2015. It was hosted by Thai Society of Gerontology and Geriatric Medicine. Co-hosted by National Older Person Commission (Thailand), the Royal College of Physicians of Thailand, the Royal College of Dental Surgeons of Thailand, and Help Age International East Asia and the Pacific. It was supported by The Thailand Convention and Exhibition Bureau (TCEB), and Thai Airways International (2). The congress and the anniversary activities were rich and diversified in contents. Theme of the congress was “Healthy Aging Beyond Frontiers” (3). Sub-themes of the congress were as follows: “Clinical Medicine”, “Health Promotion for Active Aging”, “Biological Science”, “Molecular Biology as Possible Enhancers for Healthy Ageing and Longevity, Social & Behavioral Science”, “Active and Dignified Ageing”, “Social Research & Planning Scientific”, and “Social Research and Policy Response for Ageing beyond Frontiers”. Speakers were government officials and administrators of medicine and welfare and scholars of teaching and

research institutes from all over the world. The conference was attended by more than 1100 researchers and physicians from all over the world (4) – primarily from Asia/Oceania – who exchanged opinions and presented studies on diverse geriatric medical research fields, of which 7 speakers for Plenary Lecture and 64 invited speakers, with 540 sessions of oral presentations and 128 sessions of symposiums.

2. Highlights of the Conference

At “Falls and Musculoskeletal Medicine” section, Dr. James.K.H. Luk, Fung Yiu King Hospital in Hong Kong, has made a presentation on “Fall Prevention in Older People – What We Know and What We Do Not”, Dr. Edward Leung, Hong Kong Association of Gerontology in Hong Kong, has introduced on “Advances in Management of Hip Fractures in Older People”, Dr. Atsushi Harada, National Center for Geriatrics & Gerontology in Japan, has made a lecture on “Osteoporosis and Sarcopenia”, and Dr. Ding-Cheng (Derrick) Chan, National Taiwan University Hospital Chu-Tung Branch in Taiwan, has made a presentation on “Osteoporosis Services in Taiwan”.

At “Mental Health” section, Dr. Leon Flicker, The University of Western Australia in Australia, has introduced on “Diagnosis in Dementia”, Dr. Feng-Hwa Lu, National Cheng Kung University in Taiwan, has made a lecture on “Diagnosis of Anxiety and Depression in Older People”, and Dr. Mark Chan, Tan Tock Seng Hospital in Singapore, has made a presentation on “Update on Delirium”.

At “Frailty and Metabolic Disorders” section, Dr. Bernard Kong, Pamela Youde Nethersole Eastern Hospital in Hong Kong, has introduced on “Prognosis and Management of Hypoglycemia in Elderly”, Dr. Philip Poi, University of Malaya in Malaysia, has made a lecture on “Long Term Outcomes for Fallers Attending the ER”, and Dr. Shelley de la Vega, University of the Philippines College of Medicine in Philippines, has made a

presentation on “Older Persons in Natural Disasters”.

At “Stroke and Parkinson’s Disease” section, Dr. Piu Chan, Xuanwu Hospital of Capital Medical University in China, has introduced on “Update in Parkinson’s Disease”, Dr. Maw Pin TAN, University of Malaya in Malaysia, has made a lecture on “Fear-Of-Falling in Stroke and Parkinson’s disease”, and Dr. Siti Setiati, Universitas Indonesia in Indonesia, has made a presentation on “Stroke Prevention in Older People”.

3. The submitted symposium of “Traditional Asian Medicine for Geriatrics”

Here we will focus on the reports of the submitted symposium of “Traditional Asian Medicine for Geriatrics” only because of shortage of space. Dr. Koh Iwasaki prepared the symposium and was the chairperson.

Dr. Tse-Hung Huang (Department of Chinese Medicine, Chang Gung Memorial Hospital, Keelung and Graduate Institute of Clinical Medical Sciences, Chang Gung University, Taoyuan, Taiwan and Graduate Institute of Integration of Traditional Chinese Medicine with Western Nursing, College of Nursing, National Taipei University of Nursing and Health Sciences, Taipei, Taiwan) has introduced “The application of traditional health exercises to improve the quality of life in old age”. Dr. Huang and his colleague’s findings show that *Tai-Chi-Chuan* alleviated anxiety and decreased the risks for cardiovascular disease including blood pressure, Anxiety Index: The Beck Anxiety Inventory, Body Mass Index and Waist Circumference. He has shared the way of thinking and the methods of prevention and treatment of chronic musculoskeletal conditions with traditional health exercises, which is an appropriate program to improve the QOL.

Dr. Takehiro Numata (Department of Education and Support for Community Medicine, Tohoku University Hospital, Sendai, Japan) has introduced “A Randomized Controlled Trial using Kampo

Medicine *Daikenchuto* on Functional Constipation in Poststroke Patients ". Dr. Numata and his colleagues investigated the efficacy and safety of *daikenchuto* (大建中湯^{JP}, Major Middle-Strengthening Decoction) in patients suffering constipation as a complication of cerebrovascular disease: Thirty-four subjects were randomly allocated into the *daikenchuto* or control group; both groups received conventional constipation therapy, but the *daikenchuto* group were also administered 15 grams of *daikenchuto* over 4-week. The Constipation scoring system (CSS) was recorded before and after a 4-week observation period, and the Gas volume score (GVS) was calculated using simple abdominal radiograph of supine position. The CSS score improved significantly in the *daikenchuto* group compared to control: *daikenchuto* administration improved constipation of poststroke patients. The GVS was also significantly reduced in the *daikenchuto* group compared to the control: *daikenchuto* administration reduced intestinal gas volume.

Dr. Kazunari Ozaki (Department of Geriatric Medicine, Itami City Hospital, Itami, Hyogo, Japan) has introduced "Noninvasive Evaluation of Frailty in Elderly Persons with Heart Failure: The correlation between *Kampo*-scores and "The timed 'Up and Go' Test" and cardiovascular scores with echocardiography". The timed "Up and Go" Test (TUG, Podsiadlo1991) is a widely used performance-based measure of functional mobility in community-dwelling older adults. Dr. Ozaki and his colleagues studied 40 outpatients at the hemodialysis unit with simultaneous *Kampo*-scores and echocardiographical indices with echocardiography and the TUG. They measured and compared *Kampo* scores and echo-cardiographical indices and the TUG by linear regression. According to their study, some of the *Kampo*-scores (*Suitai*-score (or water stagnation score) and *Qi* (vital energy)-deficiency-score) had high positive correlation to the TUG. E/Ea (E/e') had high positive correlation to the TUG.

Suitai-score had strong positive correlation to E/Ea. They suggested that *Kampo*-scores especially *Suitai*-score and *Qi*-deficiency-score, can be used to define clinical assessment of frailty in hemodialysis outpatients with chronic heart failure.

Dr. Koh Iwasaki (Center for Traditional Asian Medicine and Home Healthcare, Southern Tohoku General Hospital, Iwanuma, Japan) has introduced "Systemic Review and Providing Guideline of Traditional Asian Medicine for Elderly". Dr. Iwasaki and Prof. Shin Takayama (Department of Education and Support for Regional Medicine, Department of *Kampo* Medicine, Tohoku University Hospital, Sendai, Japan) investigated whether the Grading of Recommendations Assessment, Development and Evaluation (GRADE) system is available to evaluate Traditional Medicine or not, and presented their trial in updating the guideline of Japan Geriatrics Society treated Traditional Chinese Medicines. The guideline of Traditional Asian Medicine (TAM) for elderly was established and 5 herbal recipes were listed as "Screening Tool to Alert doctors to Right Treatment (START)" while recipes containing 5 herbs were listed as "Screening Tool of Older Person's Prescriptions (STOPP)".

Dr. Koh Iwasaki has also introduced Prof. Shin Takayama's work, "The role of *Kampo* medicine in an aging society: experience with *Kampo* treatment after a natural disaster". Prof. Takayama and his colleague's findings show that *Kampo* medicine has been helping some of the tsunami/ earthquake survivors.

4. Concluding remarks and about the upcoming congresses.

All the participants including those attendee who were at the submitted symposium of "Traditional Asian Medicine for Geriatrics", agreed that the symposium was an international academic event of Gerontology and Geriatrics with high level and standard. Traditional Asian Medicine including *Kampo* medicine would be helpful for Gerontology and Geriatrics. The researchers and physicians of

the Traditional Asian Medicine have obligation to improve the quality of life (QOL) of elderly people all over the world by sharing study results on health, welfare, and medical science. The submitted symposium this time was the first trial to treat Traditional Asian medicines in IAGG. One of the participants commented that trials of this kind should be held also in future.

The Gerontological Society of America (GSA) will be hosting IAGG's 21st World Congress in San Francisco, USA (July 23-27, 2017) ⁽⁵⁾. The theme of this future conference will be "Global Ageing and Health: Bridging Science, Policy, and Practice". In view of GSA's long experience in organizing key events and of the city's important congress facilities, IAGG 2017 will be sure not to dissatisfy.

References

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[the last date of access Nov. 21, 2015]

² <http://iaggchiangmai2015.com/overview/iagg-asia-oceania-2015/>
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³ The 10th International Association of Gerontology and Geriatrics - Asia/Oceania 2015 Congress, Final Program, 19-22 October, 2015 (Chiang Mai, Thailand), 1-130, 2015.

⁴ <http://www.kampo-s.jp/magazine2/252/index3.htm>
[the last date of access Nov. 21, 2015]

⁵ IAGG Newsletter (Vol.20-8) - IAGG Congress 2015:
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