

November 8, 2007 (Thursday)  
Moving the Elderly Towards the 21<sup>st</sup> Century

Registration

Opening Ceremonies

Doxology: SFIC Sisters

*Pangkat Kawayan*

Geriatric Center—St. Luke's Medical Center

Welcoming of Delegates

Inocencio Alejandro, MD

Over-all Convention Chair, 8<sup>th</sup> PSGM Annual Convention

Federico M. Macaranas, PhD  
Executive Director, AIM Policy Center

Mr. Akamine

Traditional Okinawa Longevity Welcome Dance  
(In lieu of Dr. David Itokazu's welcome message)

Overview of the Scientific Program

Jose Leo V. Jiloca, MD

Scientific Committee Chair, PSGM

Introduction of the Keynote Speaker

Shelley de la Vega, MD

President, PSGM

Keynote Speech

Her Excellency Gloria Macapagal-Arroyo

President of the Republic of the Philippines

Interface of Medical Tourism and Geriatrics in the Philippines

2<sup>nd</sup> Emmanuel Gatchalian Sr., Professorial Lecture

Miguel A. Ramos, MD, PhD

Opening of Exhibits

Keynote Speaker /PSGM President/Over-all Chair

Election

Luncheon Symposium (Company Sponsored)

Periodic Health Examination Among Older Persons

Antonio Dans, MD

Geriatric Post Stroke Rehabilitation

Alvin Mojica, MD

Improving Compliance in Patients with Multiple Medical Problems Summary of Best Practices

Shelley F. de la Vega, MD

Social and Cultural Challenge of Geriatric Care in Asia

Kaysar Mamun, MD

Head, Dept. of Geriatric Medicine, Singapore General Hospital

Geriatric Medicine in the Philippines:

The Current Status and Challenges in the 21<sup>st</sup> Century

Emmanuel T. Gatchalian Sr., MD

Coffee Break/ Exhibit Visit

Business Meeting

November 9, 2007 (Friday)

The Science and Secrets of Okinawa Longevity

Brief History of Okinawa, The Longevity Islands

Hoshin Nakamura, Professor Emeritus (Okinawa)

Public Health Aging

Dr. Caridad Ancheta

Optimal Wellness: The Foundation of Healthy Aging

Dr. Ceabert J. Griffith (USA)

Coffee Break

Dietary Restriction as a Healthy Aging Intervention:

Current Views

Prof. Ramesh Sharma (India)

Exercise: The Ultimate Healthy Aging Strategy

Dr. Steven Blivin (USA)

Lunch

A Proposed New Definition of Japanese Elderly in the 21<sup>st</sup> Century

Sachiko Ohde, Clinical Researcher (Japan)

Panel Discussant: Dr. Olazo, Dr. Tokuda, Dr. Griffith,

Dr. Macaranas

Documentary Film: Public Health Nurses in Okinawa

(Circa 1950s-1972) How major infectious diseases were controlled and eliminated with limited resources

Coffee Break

Okinawa Public Health System: A Model for Healthy Longevity

David Itokazu, MD (Okinawa)

Regenerative Medicine

Sam Bernal, MD

Open Forum: The Okinawa Traditional Lifestyle and Longevity

Prof. Emeritus Hoshin Nakamura, Prof. Eisei Takushi, Etsuko Higa and Dr. Itokazu

PSGM Fellowship Night

November 10, 2007 (Saturday)

Public Policy Towards Longevity and Well-being: Lessons from the Philippines

Wellness Industry of the Philippines

Prof. Eduardo Morato

Geriatric Daycare – St. Luke's Medical Center

Dance and Song Numbers

Policy on Geriatric Education

Joel Eleazar, MD

Policy on Long-Term Care

Doris Mariebel C. Camagay, MD

PSGM Recommendation for Philhealth Policy

Reimbursement

Deana Santos-Ringor, MD

Panelists:

Senator Pia Cayetano/Cong. Arthur Y. Pingoy

Chair Committee of Ageing – House of

Representative

Francisco T. Duque III/Esperanza I. Cabral, MD

Secretary of Health

Secretary of Dept. of Social Welfare & Development

Philhealth

Synthesis/ Integration

Federico M. Macaranas, Ph D

Closing Remarks

Federico M. Macaranas PhD

David Itokazu, MD

Shelley F. de la Vega, MD

Lunch: Geriatric Multidisciplinary Case Management