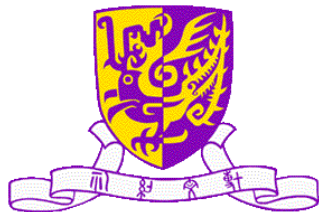


**SH Ho Centre for
Gerontology & Geriatrics**

Faculty of Medicine

The Chinese University of Hong Kong

Annual Report for 2010 - 2011



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International Conferences

Age-Friendly Cities with Cooperation & Participation - The Asian Pacific Perspective Regional Conference 19-20 November 2010

It was a regional conference on Age-friendly Cities from an Asian Pacific perspective for the first time in Hong Kong. The promotion of the Age-friendly Cities initiative originates from the World Health Organization's Age-friendly Environments Programme which address the environmental and social factors that contribute to active and healthy ageing in societies.

Our Centre, as one of the organizers, aims at contributing to the promotion and further development of age-friendly cities in different socio-economic contexts globally through capitalizing on the Asian perspectives and experiences in this regards.



Institutional Care of Older Adults Conference **4 - 5 May, 2011**

To increase awareness of the importance of quality nursing home care, the S.H. Ho Centre for Gerontology and Geriatrics of Faculty of Medicine jointly organized a two-day conference “Institutional Care of Older Adults” with Shatin Hospital and the International Association of Gerontology and Geriatrics (IAGG). Held at the Auditorium, Prince of Wales Hospital from 4 to 5 May, 2011, the conference was opened by Prof. Jean Woo, Director of the Centre, and Dr. Susanna Lo, Chief Executive of Shatin Hospital. Prof. John Morley, Prof. Debbie Tolson, Prof. Yves Guigoz from the IAGG and a number of local professors and physicians spoke on the conference. The two-day conference covered various topics related to nursing home care, including nutrition, dementia, communication problems, falls and fractures, hypertension and heart failure, diabetes, incontinence, and palliative care. A “Meet the professor workshop” was also held to allow further interaction and sharing of knowledge and to reinforce knowledge concerning nursing homes. Over 170 participants attended the conference and most of them expressed that they enjoyed the conference and wished to have more of these events arranged in the future.



S H Ho Fellowship

SH Ho Geriatrics Fellowship 2011-2012 was awarded to Ms Cheung Chi Man. Ms. Cheung is now studying the Postgraduate Diploma in Clinical Gerontology. She had worked as a registered nurse in the Hospital Authority for over 20 years and now working at a subsidized elderly home.

Other activities

- CADENZA workshop series target on social health care professionals working in NGOs (details see www.cadenza.org.hk), January to October 2011
- CADENZA Hub Grand Opening and Carnival, 19 February 2011



- Job Expo of CADENZA Community project: Elder-Friendly Employment Practice, 14 April 2011 and 19 October 2011



List of projects completed

- ✚ Evaluation of chronic disease self-management programme
- ✚ Evaluation of group management of DM
- ✚ Improving the quality of end of life care in hospital
- ✚ Small area health disparities
- ✚ Health prioritization: societal views
- ✚ Trends in stroke incidence, case fatality, and regional variations

List of projects ongoing or started

- ✚ Continuing follow up of 4000 men and women: the Mr and Ms Os study cohort
- ✚ Trends in chronic diseases: impact of the ageing population on health and social services
- ✚ Evaluation of art therapy in dementia
- ✚ Evaluation of stroke transitional care

Research Grants

Jean Woo

SK Yee Medical Foundation

HKD1,132,730 (From 1/2/2009 – 31/1/2011)

Healthy Ageing through Empowerment

Health and Health Services Research Fund *

HKD846,000 (8/2008 -)

A population based prospective study to investigate the associations of obesity and adipokines with the incidence of cardiovascular disease and cancer

Direct Grant, 2009 *

HKD 50,000

Genetic and environment risk factors related to cognitive decline in aging and telomere length

Health and Health Services Research Fund 2009 *

HKD716,728

Prevalence of nonalcoholic fatty liver disease and advanced liver fibrosis in Hong Kong – A cross-sectional population study using magnetic resonance spectroscopy and transient elastography

(* Co-investigator)

Timothy Kwok

Research Grant Council (RGC)

HKD1,133,900 (1/2011-12/2013)

A randomized placebo controlled trial of vitamin B12 supplementation to prevent cognitive decline in cognitively normal older diabetic people with mild vitamin B12 deficiency

UGC (AOE scheme) *

HKD7,992,000 (4/2008 – 3/2011)

Chinese Medicine Research and further development

Research Fund for the Control of Infectious Diseases (RFCID) *

HKD799,730 (6/2010 – 5/2012)

The effect of a mindfulness based cognitive therapy (MBCT) programme on immune status in caregivers with chronic psychosocial stress in Hong Kong: a randomized controlled trial

Research Grant Council (RGC) *

HKD694,831 (9/2010 – 8/2013)

Enhancing Quality of Life of Elders in Care and Attention Homes in Hong Kong through a Facility Management Model

(* Co-investigator)

Journal publications

1. Styrkarsdottir U, Halldorsson BV, Gudbjartsson DF, Tang NL, Koh JM, Xiao SM, Kwok TC, Kim GS, Chan JC, Cherny S, Lee SH, Kwok A, Ho S, Gretarsdottir S, Kostic JP, Palsson ST, Sigurdsson G, Sham PC, Kim BJ, Kung AW, Kim SY, Woo J, Leung PC, Kong A, Thorsteinsdottir U, Stefansson K. (2010) European Bone Mineral Density Loci are also associated with BMD in East-Asian Populations. *PLOS One*, 5(10), e13217.
2. Bacon CJ, Woo J, Lau EM, Lam CW, Gamble GD, Reid IR. (2010) Effects of 25-hydroxyvitamin D level and its change on parathyroid hormone in premenopausal Chinese women. *Osteoporos Int*, 21(11), 1935-1941.
3. Mok VC, Wong A, Wong K, Chu WC, Xiong Y, Chan AY, Kwok TC, Hu X, Lee WK, Tang WK, Wong KS, Wong S. (2010) Executive dysfunction and left frontal white matter hyperintensities (WMH) are correlated with neuropsychiatric symptoms in stroke patients with confluent white matter hyperintensities. *Dementia and Geriatric Cognitive Disorders*, 30(3), 254-60.
4. Kwok T, Ohlsson C, Vandenput L, Tang N, Zhang YF, Tomlinson B, Leung PC. (2010) ACE inhibitor use was associated with lower serum dehydroepiandrosterone concentrations in older men. *Clinica Chimica Acta*, 411, 1122-1125.
5. Chau JP, Thompson DR, Chang AM, Woo J, Twinn S, Cheung SK, Kwok T. (2010) Depression among Chinese stroke survivors six months after discharge from a rehabilitation hospital. *J Clinical Nursing*, 19(21-22), 3042-50.
6. Kwok T, Jin Xian, Yeung Fai, Cheng JOY, Lo R, Lam CLK, Yuan HK, Woo J. (2010) A Comparison of the Long-Term Health related Quality of Life and Handicap of Stroke Patients in Mainland China and Hong Kong. *Health services Insight*, 3, 13-20.
7. Kwok TCY, Yuen KSL, Ho FKY, Chan WM. (2010) Getting lost in the community: a phone survey on the demented population in Hong Kong. *International Journal of geriatric psychiatry*, 25, 427-32.
8. Cheng JOY, Lo R, Chan F, Woo J. (2010) A pilot study on the effectiveness of anticipatory grief therapy for elderly facing the end of life. *Journal of Palliative Care*, 26(4), 261-269.
9. Woo J. (2011) Dementia in Hong Kong: the facts. *Hong Kong Women Doctors Association Newsletter*, Issue 12, 6-10.
10. Woo J. (2011) Needs of older people in the community. *The HK Medical Diary*, 16(9), 5-6.

11. Wong SY, Leung JC, Woo J. (2011) The relationship between worthlessness and mortality in a large cohort of Chinese elderly men. *Int Psychogeriatr*, 23(4), 609-615.
12. Mak B, Woo J, Bowling A, Wong F, Chau PH. (2011) Health care prioritization in ageing societies: Influence of age, education, health literacy and culture. *Health Policy*, 100, 219-233.
13. Woo J, Tang NL, Suen E, Leung J. (2011) Shorter telomere length is associated with greater decrease in ankle-brachial index in elderly Chinese women but not men. *Angiology*, 62(1), 87-91.
14. Yeung PY, Chau PH, Woo J, Yim VWT, Rainer TH. (2011) Higher incidence of falls in winter among older people in Hong Kong. *J Clinical Gerontology & Geriatrics*, 22, 13-16.
15. Woo J, Cheng JOY, Lee J, Lo R, Hui E, Lum CM, Or KH, Yeung F, Wong F, Mak B. (2011) Evaluation of a continuous quality improvement initiative for end-of-life care for older noncancer patients. *J Am Med Dir Assoc*, 12, 105-113.
16. Chu LW, Luk JKH, Hui E, Chiu PKC, Chan CSY, Kwan F, Kwok T, Lee D, Woo J. (2011) Advance directive and end-of-life care preferences among Chinese nursing home residents in Hong Kong. *J Am Med Dir Assoc*, 12, 143-152.
17. Woo J, Mak B, Cheng JOY, Choy E. (2011) Identifying service needs from the users and service providers' perspective: a focus group study of Chinese elders, health and social care professionals. *Journal of Clinical Nursing*, doi: 10.1111/j.1365-2702.2011.03702.x
18. Chan R, Chan D, Woo J, Ohlsson C, Mellström D, Kwok T, Leung P. (2011) Serum 25-hydroxyvitamin D and parathyroid hormone levels in relation to blood pressure in a cross-sectional study in older Chinese men. *Journal of Human Hypertension*, doi: 10.1038/jhh.2010.126.
19. Chan WL, Hui E, Chan C, Cheung D, Wong S, Wong R, Li S, Woo J. (2011) Evaluation of chronic disease self-management programme (CDSMP) for older adults in Hong Kong. *J Nutr Health Aging*, 15(3), 209-214.
20. Auyeung TW, Lee JSW, Kwok T, Leung J, Ohlsson C, Vandenput L, Leung PC, Woo J. (2011) Testosterone but not estradiol level is positively related to muscle strength and physical performance independent of muscle mass: a cross-sectional study in 1489 older men. *European Journal of Endocrinology*, 164, 811-817.
21. Woo J. (2011) Nutritional strategies for successful aging. *Med Clin N Am*, 95, 477-493.

22. Auyeung TW, Lee JSW, Kwok T, Woo J. (2011) Physical frailty predicts future cognitive decline - a four-year prospective study in 2737 cognitively normal older adults. *J Nutr Health Aging*, 15(8), 690-694.
23. Ma HM, Tang WH, Woo J. (2011) Predictors of in-hospital mortality of older patients admitted for community-acquired pneumonia. *Age and Ageing*, 40, 736-741.
24. Lee JSW, Auyeung TW, Kwok T, Li M, Leung J, Woo J. (2011) Survival benefit of abdominal adiposity: a 6-year follow-up study with Dual X-ray absorptiometry in 3,978 older adults. *Age*, DOI: 10.1007/s11357-011-9272-y.
25. Wong SYS, Leung JC, Leung PC, Woo J. (2011) Depressive symptoms and change in abdominal obesity in the elderly: positive or negative association? *Am J Geriatr Psychiatry*, 19(8), 730-742.
26. Yim VWT, Rainer TH, Graham CA, Woo J., Wong TW, Lau FL, Ting SM. (2011) Emergency department intervention for high-risk elders: identification strategy and randomized controlled trial to reduce hospitalization and institutionalization. *Hong Kong Med J*, 17(3), S4-7.
27. Woo J., Tang NLS, Leung J, Kwok T. (2011) The ALU polymorphism of angiotensin I converting enzyme (ACE) and atherosclerosis, incident chronic diseases and mortality in an elderly Chinese population. *J Nutr Health Aging*, DOI: 10.1007/s12603-011-0138-x.
28. Lee JSW, Auyeung TW, Leung J, Kwok T, Leung PC, Woo J. (2011) Physical frailty in older adults is associated with metabolic and atherosclerotic risk factors and cognitive impairment independent of muscle mass. *J Nutr Health Aging*, 15(10), 857-862.
29. Khoo CC, Woo J., Leung PC, Kwok A, Kwok T. (2011) Determinants of bone mineral density in older postmenopausal Chinese women. *CLIMACTERIC*, 14, 378-383.
30. Wong SYS, Leung JC, Kwok T, Ohlsson C, Vandenput L, Leung PC, Woo J. (2011) Low DHEAS levels are associated with depressive symptoms in elderly Chinese men: results from a large study. *Asian Journal of Andrology*, 13, 898-902.
31. Woo J., Kwok T, Leung JCS, Ohlsson C, Vandenput L, Leung PC. (2011) Sex steroids and bone health in older Chinese men. *Osteoporos Int*, DOI 10.1007/s00198-011-1552-y.

32. Wong ELY, Woo J, Hui E, Chan C, Chan WLS, Cheung AWL. (2011) Primary care for diabetes mellitus: perspective from older patients. *Patient Prefer Adherence*, 5, 491-8.
33. Woo J, Lo, R Cheng JOY, Wong F & Mak B. (2011) Quality of end-of-care for non-cancer patients in a non-acute hospital. *J Clin Nursing*, 20, 1834-1841.
34. Chan R, Woo J. (2011) The value of vitamin D supplementation in older people. *Nutritional Therapy & Metabolism*, 29(1), 8-21.
35. Chan R, Woo J, Leung J. (2011) Effects of food groups and dietary nutrients on bone loss in elderly Chinese population. *J Nutr Health & Aging*, 15(4), 287-294.
36. Wong VWS, Wong GLH, Tsang SWC, Fan T, Chu WCW, Woo J, Chan AWH, Choi PCL, Chim AML, Lau JYW, Chan FKL, Sung JJY, Chan HLY. (2011) High prevalence of colorectal neoplasm in patients with non-alcoholic steatohepatitis. *Gut*, 60, 829-836.
37. Yu R, Yau F, Ho S & Woo J. (2011) Cardiorespiratory fitness and its association with body composition and physical activity in Hong Kong Chinese women aged from 55 to 94 years. *Maturitas*, 69, 348-353.
38. Lam EKK, Batty GD, Huxley RR, Martiniuk ALC, Barzi F, Lam TH, Lawes CMM, Giles GG, Welborn T, Ushima H, Tamakoshi A, Woo J, Kim HC, Fang X, Czernichow S, Woodward M. (2011) Associations of diabetes mellitus with site-specific cancer mortality in the Asia-Pacific Region. *Annals of Oncology* 22, 730-738.
39. Lau HLC, Kwong JSW, Yeung F, Chau PH, Woo J. (2011) Yoga for secondary prevention of coronary heart disease (Protocol). *Cochrane Database of Systematic Reviews*, Issue 12. Art. No.: CD009506. DOI: 10.1002/14651858.CD009506.
40. Griffith JF, Yeung DKW, Leung JCS, Kwok TCY, Leung PC. (2011) Prediction of bone loss in elderly female subjects by MR perfusion imaging and spectroscopy. *Eur Radiol*, 21(6), 1160-9.
41. Kwok T, Lee J, Law CB, Pan PC, Yung CY, Choi KC, Lam LC. (2011) A randomized placebo controlled trial of homocysteine lowering to reduce cognitive decline in older demented people. *Clinical Nutrition*, 30, 297-320.

Conference proceedings

1. Ho S, Woo J, Yau F, Yu R. Habitual physical activity and cardiorespiratory fitness in Chinese midlife and elderly women. *Aging Clin Exp Res* 2011; 23 (suppl 1): 214.
2. Kong APS, Choi KC, Li EKH, Chu WCW, Chan RSM, Lok KYW, Woo J, Li AM, Nelson EAS, Chan JCN. Prediabetes and medical consequences in obese Chinese adolescents. *Journal of the ASEAN Federation of Endocrine Societies* 2011; 26 (2) (suppl): S51.
3. Auyeung TW, Lee J, Leung J, Kwok T, Woo J. Adiposity to muscle ratio predicts incident physical limitation in a cohort of 3,153 older adults – an alternative measurement of sarcopenia and sarcopenic obesity. *J Cachexia Sarcopenia Muscle* 2011; 2(4): 241.
4. Lee JSW, Auyeung TW, Chau PPH, Hui E, Chan F, Chow KM, Chi I, Woo J. Is body mass index or weight loss more important in survival? A 9-year prospective study in 1,816 nursing home residents. *J Cachexia Sarcopenia Muscle* 2011; 2(4): 241.

Invited conference speaker

1. Woo J. Frailty in older women. 10th Anniversary Symposium of the Centre of Research and Promotion of Women's Health, 2-3 March 2011, Hong Kong. **Invited Speaker.**
2. Woo J. Reducing health disparities: Health care reform must address issues raised by ageing populations. International Conference on Health Care Reform: Asia-Pacific Experiences and Western Models, 4-5 March 2011, Hong Kong. **Invited Speaker.**
3. Woo J. Nutritional strategies for successful aging. Sixth International Symposium on Healthy Aging "A New Golden Age", 5-6 March 2011, Hong Kong. **Invited Speaker.**
4. Woo J. The Hong Kong Cadenza Philosophy. 9th Asia / Oceania Regional Congress of Geriatrics and Gerontology, 23-27 October 2011, Melbourne, Australia. **Invited Speaker.**

5. Woo J. On the fringe of society. Henry G Leong Gerontology and Geriatrics Endowed Professorship Lecture, 11 November 2011, Hong Kong. **Invited Speaker.**
6. Woo J. Sarcopenia and frailty in the Orient. 6th Cachexia Conference, 8-10 December 2011, Milan, Italy. **Invited Speaker.**

Other conference presentations

1. Mak B, Leung CKL, Woo J. A guide for an ageing Hong Kong. Age-friendly cities with cooperation & participation: The Asian Pacific Perspective Regional Conference. 19-20 November 2010, Hong Kong.
2. Chau PH, Chan KC, Cheung SH, Chan CMY, Woo J. A neighbourhood environment index for Hong Kong. Age-friendly cities with cooperation & participation: The Asian Pacific Perspective Regional Conference. 19-20 November 2010, Hong Kong.
3. Chau PH, Gusmano MK, Rodwin VG, Weisz D, Woo J. A tale of three world cities: Health care policy implications. Managing World Cities, 13 April 2011, Hong Kong.
4. Chan RSM, Chan DCC, Woo J. Risk of cataract and glaucoma in related to the consumption of green vegetables, fruits and eggs in an elderly Chinese population. XI Asian Congress of Nutrition. 13-16 July 2011, Singapore.
5. Chan R, Chan D, Woo J. Ohlsson C, Mellstrom D, Kwok T, Leung PC. Not all elderly people benefit from Vitamin D supplementation with respect to physical function – Results from Mr. Os, Hong Kong. XI Asian Congress of Nutrition. 13-16 July 2011, Singapore.
6. Lee J, Auyeung TW, Chau PPH, Hui E, Kwok T, Woo J. Delirium in nursing home residents: Prevalence and associated factors among 1820 Hong Kong nursing home residents. 9th Asia / Oceania Regional Congress of Geriatrics and Gerontology, 23-27 October 2011, Melbourne, Australia.
7. Auyeung TW, Lee J, Kwok T, Li M, Woo J. The effect of age and adiposity on the difference of fat-free mass measured by DXA and air displacement plethysmography (body density). 9th Asia / Oceania Regional Congress of Geriatrics and Gerontology, 23-27 October 2011, Melbourne, Australia.

8. Chau PH, Woo J, Ho SC, Goggins WB. Gap of health care for midlife women – Controlling risk factors of stroke as example. International Conference on Global Health and Public Health Education, 25-27 October 2011, Hong Kong.
9. Woo J. Neighbourhood matters: Exploring spatial patterns in older people's health in Hong Kong. Cities Health and Well-being Urban Age Hong Kong, 16-17 November 2011, Hong Kong.

Interaction with media

- TVB "Happy Old Buddies" (快樂獎門人) -缺肌症的成因、病徵、治療和預防 on 28 January 2011 and 介紹賽馬會流金匯服務 on 31 January 2011.
- 商業一台:同途有心人 -介紹流金匯基層健康服務 on 16 January 2011.
- Newspaper interviewed about “中年人心肺弱過長者” by Ming Pao on 26 January 2011.
- Magazine interview about “賽馬會流金匯 – 提供一站式身心健康管理” by Next Magazine on 23 February 2011.
- RTHK TV Programme “做個健康快活人 – 我老自逍遙” on 6 September 2011.
- Newspaper interview about 腦退化病研討會 探討照顧患者需求 by 大公報 on 23 September 2011.
- Magazine interview about “馬會全方位支援腦退化，助照顧者輕鬆減壓” by Next Magazine on 29 September 2011.
- Magazine interview about “藝術治療 抗痴呆” by Next Magazine on 29 September 2011.
- Magazine interview about “藝術治療 延緩腦退化” by 頭條日報 on 4 October 2011.
- Newspaper interview about “Art therapy proves effective for dementia patients” by The Standard on 11 October 2011.
- TVB News “The benefit of overweight in older adults” on 24 October 2011.

Press conference

- Press Conference on CADENZA Study shows special training can aid reasoning and memory of elderly on 9 September 2011.



From left: CADENZA Project Director Professor Jean Woo; participants Law Tim Yau and Fung Hoi Cheung; and Jockey Club Centre for Positive Ageing Director Professor Timothy Kwok at the press conference



Participants Law Tim Yau (left) and Fung Hoi Cheung (right) who joined the cognitive training programme CogniFitness, demonstrate some of the games