

**MEAMA**  
*Middle-East Academy  
for Medicine of Ageing*



**International Institute on Ageing**  
United Nations - Malta



**Middle East Congress on  
Age, Ageing & Alzheimer's**

## **MEAMA**

Middle East Academy for Medicine of Ageing

### **In collaboration with**

**The International Institute on Ageing-United Nation-Malta (INIA)  
Lebanese Order of Physician –North Lebanon  
Lebanese University-Faculty of public health**

*The 5<sup>th</sup> Middle East Congress of Age, Ageing & Alzheimer's  
Updates on Geriatric Syndromes & Giants*

*April 13-14*

*&*

*Advanced Postgraduate Course No. VI*

**Session 1 –April 12-13**

**12-14 April , 2018  
Beit Al Fan  
Tripoli-Lebanon**

## **MIDDLE EAST CONGRESS ON AGEING HISTORY**

The First Middle East Congress on Ageing took place in Istanbul Turkey between March 15-19, 2006. Under the auspices of the Turkish Prime Minister Recep Tayyip Erdogan. The congress was organized with full support of the Turkish Government and full collaboration of the Middle East Association of Aging and Alzheimer's. MEAAA was one of the main organizer that helped in establishing a strong Scientific committee from the Middle East.

The First Middle East Aging Congress inspired from the recommendations stressing the need to develop "Regional Action Plans for Aging" arising as the outcome of the UN 2nd World Congress on Aging, the European Federation of the Elderly Migrants (ERFEM) took the first steps and started working to address the subject matter of the "International Middle East Congress on Aging" within a broad framework and with a multidisciplinary approach. As a result of the talks held with officials in Turkey and in various European Countries, and due to the general tendency that Turkey would be a more suitable place for such a Congress, the congress organization efforts are now being carried out at a broader dimension with the cooperation of ERFEM, the Turkish Geriatrics Foundation (TÜGEV), Social Services and Child Protection Agency (SHÇEK), the Greater Municipality of Istanbul (IBB), and the Middle East Association on Aging and Alzheimer MEAAA.

The Second Middle East Congress on Age and Ageing-MECAAA- took place in Tripoli ,Lebanon between 6 to 8 November 2009: Challenges in Geriatric Care held under patronage of the President of the Republic of Lebanon, General Michel Sleiman, and with participation of the Middle East Association on Age, Aging & Alzheimer (MEAAA), the Health Ministers' Council for Cooperation Council States, Middle East Academy for Medicine of Ageing (MEAMA), Al-Jinan University – Lebanon, Azm & Saade Association, Safadi Foundation, Lebanese order of physicians Tripoli-Lebanon, Social Services Association, Middle East Network on Aging research (MENAR), Abyad Medical Center, Multimedia Medical University – Australia, Middle East Longevity Institute and Welfare Association for the Assistance of the Elderly – Lebanon. The conference hosted 40 regional and international speakers and Tripoli Declaration was issued after the conference.

The Third Middle East Congress on Age, Ageing and Alzheimer's: Meeting Challenges of Mental Illness in Elderly was held in Riyadh Between 11-14 March 2012. The conference was under the Patronage of National Guard Health Affairs, King Saud Bin Abdulaziz University for Health Sciences : the Postgraduate center in Riyadh and Middle East Academy for Medicine of Aging. The Fourth Middle East Congress on Age and Ageing: Meeting the Challenge of Multi –morbidity took place Jeddah Dec 6-8, 2016. Under the patronage of his Excellence, the Chief Executive office, MNGHA, Presidnet, King Saud Bin Abdulaziz University for Health Science: Dr Bandar Al Knawy.

The 5th Middle East Congress of Age, Ageing, and Alzheimer's was held at Beit Al Fan in Tripoli between 12 to 14th April. 2018.

The opening ceremony was under the patronage and in the presence of his excellence Prime Minister Najib Mikati who welcomed the guests at the Fifth Middle Eastern Medical Geriatric Conference on “the Latest Challenges & Development of the Elderly People and Dementia Diseases”. He added that the conference brings together experts from different university hospitals across Europe and the Arab world to discuss concrete issues related to the medical, human and social impact of Dementia on elderly people. This medical conference will not only focus on the scientific cause's symptoms and treatment of Dementia but will also focus on the crucial importance of the human and psychological aspects of this disease among elderly people.

He stressed that each one of us is concerned with Elderly people and all spiritual and religious traditions value the importance of taking holistic care of elderly people within their own family surrounding, on top of medical proper care that cannot compensate the outcome and benefits of one's family support.

He concluded by again welcoming all the guest in Tripoli and thanking you all for participating at this conference. He wished all a very successful conference, and he hoped that the Fifth Middle Eastern Medical Geriatric Conference recommendations can be nationally adopted and formulated into public policies and integrated into national programs to serve and improve the wellbeing of the elderly society.

Dr Abyad stressed that the workshop and conference will bring together a network of key players, renowned scientists and professionals representing all fields of gerontology and geriatrics.

Major changes continue to occur in Geriatric Care in the Region. These changes were greatly contributed to by various actors in the region including the Middle East Academy for Medicine of Ageing that started in 2002 and had played a leading role in the region in terms of education, training, and development. So far the Academy has had five cycles of postgraduate courses. Abyad Medical Center and Middle East Longevity Institute were instrumental in organizing these meetings.

Over the previous years, several reputable official governmental, regional and international organisations have helped in the development of the academy.

He stressed that in an attempt to answer some of the deficits in the region, the Middle East Association on Ageing & Alzheimer's (MEAAA) was established in 2005 in order to support various activities in the field of aging and Alzheimer's disease, in addition to launching the Middle East Journal of Age & Ageing in 2003 a peer reviewed journal, published to advance the status of gerontology in the Middle East and North Africa region and to share research and clinical study between nations of the Middle East and between the Middle East and the rest of the world. The Middle East Network on Age & Ageing Research MENAR was founded to promote research in the ageing field in the Region. So far three projects have been completed by the network.

There were 18 countries that participated in this landmark event in the region. In addition to 20 international, regional and local speakers well known in their field. The exhibition provided the opportunity to meet experts and professionals, to share ideas and experiences with colleagues from around the world, to learn about projects and techniques from five continents and to strengthen the formal and informal ties between professionals.

**Dr. Abyad announced in the opening ceremony the creation of Maghreb Academy for Medicine of Ageing (MAMA) that will cover Maghreb area and North Africa. MAMA will be part of MEAMA with strong ongoing collaboration. In addition to announcing a MuO between MEAMA and International Institute on ageing-United Nation-Malta. The aim is to strengthen collaboration between the two organization in improving elderly care in the Region.**

The main objectives of the event are:

- To bring the global phenomenon of aging to the attention of the regional countries;
- To help in developing a national mental health policy;
- To help in developing the concepts of geriatric care and services;
- To analyzing in cultural terms the phenomenon of mental health in the elderly;
- To look at current training institutions and specialized personnel trainings;
- To present the major scientific advances' in gerontology and the latest findings in the field of ageing
- To examine the impact of demographic trends;
- To present the progress of care management in Dementia;
- To facilitate the dialogue between academics and practitioners on the one hand, with the decision makers and those responsible for allocating resources on the other hand.

## **5th MECAAA ORGANIZERS & COLLABORATORS ORGANIZERS**

### **Local**

Abyad Medical Center

Lebanese University-Faculty of public health

Lebanese Order of Physician –North Lebanon

AZM & SAADE Association

Middle-East Longevity Institute

Welfare Association for the Assistance of the Elderly

### **Regional**

Middle East Academy for Medicine of Ageing-

Middle East Association on Age, Ageing & Alzheimer's-MEAAA

Saudi Geriatric Association

Tunisian Geriatric Association

### **International**

The International Institute on Ageing-United Nation-Malta (INIA)

Multi Media Medical University-Australia

## **COLLABORATORS**

Middle-East Journal of Family Medicine  
Middle-East Network on Aging Research-MENAR  
Middle East Network on Elderly Care Services  
Middle-East Primary Care Research Network  
Middle-East Journal of Age & Aging  
Middle East Network on Aging Research  
Middle-East Journal of Pyschiatry and Alzheimer's  
Middle-East Journal of Nursing  
Middle East Journal of Internal Medicine

## **Participating Countries**

Lebanon  
Saudi Arabia  
United Arab Emirates  
Qatar  
Bahrain  
Kuwait  
Sultanate Oman  
Egypt  
Morocco  
Canada  
United Kingdom  
Iran  
Switzerland  
France  
Italy  
The Netherland  
Belgium  
Iceland

## **Topics of the conference**

The 5th Middle East Congress of Age, Ageing, and Alzheimer's was held at Beit Al Fan in Tripoli between 12 to 14th April, 2018.

**The first day topics covered four areas including**

**Session One: Healthy Ageing**

**Session two: Metabolic Disorders**

**Session Three : Ortho Geriatrics**

**Session Four: Cardiovascular & Neurological Disorders**

**In session one the following topics were dealt with**

Development of Geriatrics in the Middle East & North Africa

kuwait health services for older adults.

current situation and aspiration Healthy Aging & Longevity Palliative Care as

Model of Management

Update on Vaccination in the elderly

**In session two the following topics were presented**

Diabetes Mellitus Update on Management Statin Use in the Elderly

Nutrition & Longevity

Frailty & Sarcopenia Osteoporosis

**In session three on orthogeriatrics**

Update on Management Orthogeriatrics: A growing field

Preoperative optimization: Hospitalists, Geriatricians & Anesthesiologist

Falls Assessment,

Management & Prevention Secondary Prevention of Fragility Fracture

Improving preventive screening for sarcopenia

**In the last session of the day the following were dealt with**

Heart Failure: Management update Hypertension to treat or not to treat

Stroke Update

Delirium

Management update Parkinson Disease: Management Update

**The second day covered the following topics**

**Session One: Mental Health**

**Session Two: Geriatric Giants**

**Session Three: Healthy Aging**

**The topics of the first session were**

Dementia in the Arab World.

Dementia: Update on Diagnosis and Management.

How to Prevent Cognitive Decline from Normal MCI to Dementia.

Psychotropic Medications in Treatment of Neuropsychiatric Symptoms Related to Dementia: Pros and Cons.

APOE4 and the prevalence of Alzheimer. Disease (AD) among a sample of Lebanese population.

Depression in Old Age: Symptoms, Causes and Treatments.

### **The topics of the second session were**

Pressure Ulcers and Chronic Wound must heal: from accurate surgery to advanced wound management.

Urinary Incontinence: Prevention, Detection & Management.

COPD: Challenges in Management.

Why & When Rehabilitation for COPD

### **The last session dealt with**

Health promotion and disease prevention in aging.

Physical Activity Prescribing-A step to Active Health.

Prevention of Malnutrition.

Polypharmacy and Adverse drug reaction in the elderly.

### **The workshop that was attended by fifty participants representing the multidisciplinary team covered**

Advanced Postgraduate Course No. VI

Session 6.1 April 12-14

Principles of Geriatric Care

### **TOPICS: WORKSHOP**

Epidemiology: A greying world

Ageing: a lifelong process

Functional impact of ageing and diseases

Promotion of healthy ageing

Gerontopharmacology



Comprehensive geriatric assessment (CGA)  
Research