

**SH Ho Centre for
Gerontology & Geriatrics**

Faculty of Medicine

The Chinese University of Hong Kong

Annual Report for 2011 - 2012



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S H Ho Fellowship

SH Ho Geriatrics Fellowship 2012-2013 was awarded to Dr Yuk Ka Lok and Mr Chan Yu Hong. Dr Yuk and Mr Chan are now studying the MSc in Clinical Gerontology. Dr Yuk graduated from the Medical School in the year 2005 and he is now residence in the Prince of Wales Hospital and Shatin Hospital. Mr Chan had worked as a registered nurse in the Hospital Authority for over 20 years and now working in an integrated complex of a NGO which is serving residents with mental illnesses or retardation, including psychogeriatric residents.

Other activities

- CADENZA project – WHO's call for age-friendly city, 18 November 2011



- CADENZA project – A three-year community project entitled *Elder at PEACE* (Project to End Abuse with Collaborative Efforts) in Kwai Tsing District, 26 February 2012



- CADENZA project – Youth Short-film competition to promote age-friendly City, 13 April 2012



- CADENZA project – A two-year community project, entitled Active Interest Mentorship Scheme (AIMS), 15 April 2012



- Transitional Care for Stroke Patients sharing seminar, 26 April 2012



Research Grants

Jean Woo

Research Fund for the Control of Infectious Disease / Health and Health Services Research Fund 2011*

(Lee TMC, Chan FHW, Chu LW, Kwok T, Lam LCW, Tam H, Woo J)

HKD945,048 (From 1 April 2012 – 31 March 2015)

Effects of an auditory-based cognitive training program on attention and memory of older people at risk of progressive cognitive decline: A randomized controlled trial.

SK Yee Medical Foundation 2012*

(Woo J, Chan R, Sea M, Leung PC, Kwok A)

HKD660,000 (From 1 June 2012 – 30 November 2013)

Senior eat smart cook healthy program.

National Healthcare Group Clinician Scientist Career Scheme 2012*

(Chong MS, Chan M, Tay L, Lim WS, Woo J, Earnest Arul, Wan Gervais)

SGD300,000

The influence of physical frailty, sarcopenia and Vitamin D status on disease progression on community-dwelling older persons with mild cognitive impairment and mild-moderate dementia.

Health and Medical Research Fund 2012*

(Yu R, Woo J, Chan A, Sze S)

HKD80,000 (From 21 September 2012 – 20 September 2013)

Traditional Chinese mind body intervention in promoting health in older community-living adults.

(* 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

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

Health and Health Services Research Fund (HHSRF)

HKD80,000 (1/1/2012 – 31/12/2012)

To Determine the Prevalence of Osteonecrosis of the Jaw in Patients Who Take Bisphosphonate for Osteoporosis Treatment

Research Grants Council – General Research Fund *

HKD1,100,000 (1/1/2012 – 31/12/2014)

Risk Index for Screening Subclinical Brain Lesions in Community-dwelling Elderly Persons in Hong Kong

CUHK Research Committee Funding (Direct Grants)

HKD22,500 (30/6/2011 – 31/8/2012)

Vertebral Fractures in Older Chinese Men and Women: Mr OS (Hong Kong) and Ms OS (Hong Kong) Studies

CUHK Research Committee Funding (Direct Grants)*

HKD52,788 (1/6/2010 – 30/11/2011)

Grieving and Meaning Searching: A Qualitative Study on the Caregiving Experience of Chinese Caregivers for Persons with Dementia

Wyeth Pharmaceuticals, Inc.

HKD546,921 (1/5/2010 – 31/12/2012)

A 78-week Noninterventional Longitudinal Study to Validate the Alzheimer's Disease Assessment Scale-Cognitive Subscale (ADAS-Cog), Disability Assessment for Dementia (DAD), and Neuropsychological Test Battery (NTB) in Asian Subjects with Mild to Moderate Alzheimer's Disease

Research Grants Council – General Research Fund*

HKD661,290 (1/1/2010 – 30/6/2012)

A Novel Role for Vitamin D in Type 2 Diabetes: Modulatory Actions on the Pancreatic Renin-angiotensin System and Islet Cell Function

Health and Health Services Research Fund (HHSRF)

HKD554,600 (1/10/2009 – 30/6/2013)

A Randomized Placebo Controlled Trial of Low Dose Angiotensin Converting Enzyme Inhibitor to Prevent Pneumonia in Older People Who Require Nasogastric Tube Feeding because of Neurological Dysphagia

Public Policy Research Funding Scheme*

HKD4,992,639 (1/6/2009 – 31/5/2014)

A Benefit-finding Intervention for Family Caregivers of Persons with Alzheimer Disease

Merck & Co., Inc.*

HKD 997,410 (1/5/2009 – 28/2/2014)

A Sub-study to Explore Biomarkers of Physical Function in the Phase III Randomized, Placebo-controlled Clinical Trial to Assess the Safety and Efficacy of Odanacatib (MK-0822) to Reduce the Risk of Fracture in Osteoporotic Postmenopausal Women Treated with Vitamin D and Calcium

Merck & Co., Inc.*

HKD 2,570,000 (20/12/2007 – 19/2/2014)

A Phase III Randomized, Placebo-controlled Clinical Trial to Assess the Safety and Efficacy of Odanacatib (MK-0822) to Reduce Risk of Fracture in Osteoporotic Postmenopausal Women Treated with Vitamin D and Calcium

(* Co-investigator)

Journal publications

1. Chau PH, Woo J, Goggins WB, Wong M, Chan KC, Ho SC. Analysis of spatio-temporal variations in stroke incidence and case-fatality in Hong Kong. *Geospatial Health* 2011; 6(1): 13-20.
2. Arima H, Murakami Y, Lam TH, Kim HC, Ueshima H, Woo J, Suh I, Fang X, Woodward M, on behalf of the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Effects of prehypertension and hypertension subtype on cardiovascular disease in the Asia-Pacific region. *Hypertension* 2012; 59: 1118-1123.
3. Wu SH, Ho SC, Chau PH, Goggins W, Sham A, Woo J. Sex differences in stroke incidence and survival in Hong Kong, 2000-2007. *Neuroepidemiology* 2012; 38: 69-75.
4. Wong WC, Wong EL, Li H, You JH, Ho S, Woo J, Hui E. Isoflavones in treating watchful waiting benign prostate hyperplasia: a double-blinded, randomized controlled trial. *J Altern Complement Med* 2012; 18(1): 54-60.
5. Kwok CYT, Chook P, Qiao M, Tam LS, Poon YKP, Ahuja AT, Woo J, Celermajer DS, WOO KS. Vitamin B-12 supplementation improves arterial function in vegetarians with subnormal vitamin B-12 status. *The Journal of Nutrition, Health & Aging* 2012; 16(6): 569-573.
6. Lung RW, Wang X, Tong JH, Chau SL, Lau KM, Cheng SH, Woo JK, Woo J, Leung PC, Ng MH, Tang NL, To KF. A single nucleotide polymorphism in microRNA-146a is associated with the risk for nasopharyngeal carcinoma. *Mol Carcinog* 2012 Jun 18 doi: 10.1002/mc.21937. [Epub ahead of print]
7. Yau F, Chan R, Goggins W, Khaw KT, Woo J. Examination of the applicability of the physical activity questionnaire from European prospective investigation into cancer and nutrition study in the Hong Kong Chinese population. *Primary Health Care: Open Access* 2012; 2:115. doi:10.4172/2167-1079.1000115.
8. Goggins WB, Woo J, Ho CS; Chan YYE, Chau P. Weather, season, and daily stroke admissions in Hong Kong. *International Journal of Biometeorology* 2012; 56: 865-872.
9. Estrada K, Stykarsdottir U, Evangelou E, Hsu YH, Duncan EL, Ntzani EE, Oei L, Albagha OM, Amin N, Kemp JP, Koller DL, Li G, Liu CT, Minster RL, Moayyeri A,

Vandenput L, Willner D, Xiao SM, Yerges-Armstrong LM, Zheng HF, Alonso N, Eriksson J, Kammerer CM, Kaptoge SK, Leo PJ, Thorleifsson G, Wilson SG, Wilson JF, Aalto V, Alen M, Aragaki AK, Aspelund T, Center JR, Dailiana Z, Duggan DJ, Garcia M, Garcia-Giralt N, Giroux S, Hallmans G, Hocking LJ, Husted LB, Jameson KA, Khusainova R, Kim GS, Kooperberg C, Koromila T, Kruk M, Laaksonen M, Lacroix AZ, Lee SH, Leung PC, Lewis JR, Masi L, Mencej-Bedrac S, Nguyen TV, Nogues X, Patel MS, Prezelj J, Rose LM, Scollen S, Siggeirsdottir K, Smith AV, Svensson O, Trompet S, Trummer O, van Schoor NM, Woo J et al. Genome-wide meta-analysis identifies 56 bone mineral density loci and reveals 14 loci associated with risk of fracture. *Nature Genetics* 2012; 44(5): 491-501.

10. Shen J, Chan HL, Wong GL, Choi PC, Chan AW, Chan HY, Chim AM, Yeung DK, Chan FK, Woo J, Yu J, Chu WC, Wong VW. Non-invasive diagnosis of non-alcoholic steatohepatitis by combined serum biomarkers. *Journal of Hepatology* 2012; 56(6): 1363-1370.
11. Wong VW, Wong GL, Chu WC, Chim AM, Ong A, Yeung DK, Yiu KK, Chu SH, Chan HY, Woo J, Chan FK, Chan HL. Hepatitis B virus infection and fatty liver in the general population. *Journal of Hepatology* 2012; 56(3): 533-540.
12. Wong VW, Chu WC, Wong GL, Chan RS, Chim AM, Ong A, Yeung DK, Yiu KK, Chu SH, Woo J, Chan FK, Chan HL. Prevalence of non-alcoholic fatty liver disease and advanced fibrosis in Hong Kong Chinese: a population study using proton-magnetic resonance spectroscopy and transient elastography. *Gut* 2012; 61(3): 409-415.
13. Chau PH, Woo J, Gusmano MK, Weisz D, Rodwin VG, Chan KC. Access to primary care in Hong Kong, Greater London and New York City. *Health Econ Policy Law* 2012; doi: 10.1017/S17441331 1 2000114.
14. Yu R, Chau PH, McGhee SM, Chau J, Lee CH, Chan MY, Cheung SH, Woo J. Trends of disease burden consequent to stroke in older persons in Hong Kong : implications of population ageing. Hong Kong Jockey Club Charities Trust, Hong Kong. 2012
15. Chau PH, Woo J, Gusmano MK, Weisz D, Rodwin VG. Growing older in Hong Kong, New York and London. Hong Kong Jockey Club Charities Trust, Hong Kong. 2012
16. 胡令芳。在英國的那些年。我們的留學歲月：幾代香港學者的集體回憶 2012年2月第16-24頁。

17. Chan R, Woo J, Tang NLS. Chinese tea and telomere length in elderly Chinese men. Tea in Health and Disease Prevention. First Edition. Ed Preedy VR. Elsevier Inc. UK 2012; Chapter 94: 1117-1127. DOI: 10.1016/B978-0-12-384937-3.00094-X
18. Woo J. Dementia in Hong Kong: the facts. Hong Kong Women Doctors Association Newsletter 2011; Issue 12: 6-10.
19. Woo J. Needs of older people in the community. The HK Medical Diary 2011; 16(9):5-6.
20. Auyeung TW, Lee Jenny SW, 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. Age 2012, DOI:10.1007/s11357-012-9423-9
21. Auyeung TW, Lee Jenny SW, Leung J, Kwok T, Leung PC, Woo J, Wing YK. Cognitive deficit is associated with phase advance of sleep-wake rhythm, daily napping, and prolonged sleep duration-a cross-sectional study in 2,947 community-dwelling older adults. Age 2012, DOI:10.1007/s11357-011-9366-6
22. Auyeung TW, Lee Jenny SW, Kwok T, Hui S, Woo J. The discrepancy of fat-free mass measured by dual energy x-ray absorptiometry and air-displacement plethysmography varies with age and adiposity – Is it related to fat infiltration? Journal of Aging Research & Clinical Practice 2012.
23. Lee JSW, Auyeung TW, Kwok T, Li Martin, Leung J, Woo J. Survival benefit of abdominal adiposity:a 6-year follow-up study with Dual X-ray absorptiometry in 3,978 older adults. Age 2011, DOI 10.1007/s11357-011-9272-y.
24. Lee J, Hui E, Kng C, Auyeung TW. Attitudes of long-term care staff toward dementia and their related factors. Int Psychogeriatr 2012; DOI:10.1017/S1041610212001512
25. Ma HM, Lee JSW, Woo J. Should nursing home-acquired pneumonia be treated as nosocomial pneumonia? J Am Med Dir Assoc 2012; 13(8):727-731.
26. Xiong Yunyun, Wong Adrian, Mok Chung Tong Vincent, Tang Wai Kwong, Lam Wai Man Wynn, Kwok Chi Yui Timothy, Chu Chiu Wing Winnie, Chan Yin Yan Anne and Wong Ka Sing Lawrence. Frequency and predictors of proxy-confirmed post-stroke cognitive complaints in lacunar stroke patients without major depression. Int J Geriatr Psychiatry 2011; 26:1144-1151.

27. Wong LY, Leung PC, Pang SY, Cheng KF, Wong CK, Lam WKC, Fung KP, Lau TFJ, Tse YK and Kwok CYT. A herbal formula for prevention of flu-like syndrome: A double-blind randomized clinical trial. *Chinese Journal of Integrative Medicine* 2011.
28. Kwok CYT, Bai X, Kao SH, Li CYJ and HO KYF. Cognitive effects of calligraphy therapy for older people: a randomized controlled trial in Hong Kong. *Clinical Interventions in Aging* 2011; 6:269-273.
29. Lee J, Wang K, Cheung CY, Kwok CYT and Ahuja AT. An uncommon cause of recurrent falls in an elderly man. *Hong Kong Medical Journal* 2011; 17(4): 328-331.
30. Kwok CYT, Pan J, Lo SKR and Song XY. The influence of participation on health related quality of life in stroke patients. *Disability and Rehabilitation* 2011; 33:1990-1996.
31. Woo J, Kwok CYT, Leung CS, Ohlsson C, Vandenput L and Leung PC. Sex steroids and bone health in older Chinese men. *Osteoporosis International* 2012; 23:1553-1562.
32. Kwok CYT, Leung CS, Zhang YF, Bauer D, Ensrud KE, Barrett-Connor E and Leung PC. Does the use of ACE inhibitors or Angiotensin Receptor Blocker Affect Bone Loss in Older Men? *Osteoporosis International* 2012; 23:2159-2167.
33. Kwok CYT, Khoo CC, Leung CS, Kwok WLA, Qin Ling, Woo J and Leung PC. Predictive values of Calcaneal Quantitative Ultrasound and Dual Energy X Ray Absorptiometry for Non-vertebral fracture in Older Men. Results from the MrOs Study (Hong Kong). *Osteoporosis International* 2012; 23:1001-1006.
34. Chan SM, Chan CC, Woo J, Ohlsson C, Mellstrom D, Kwok CYT and Leung PC. Not all Elderly People Benefit from Vitamin D Supplementation with Respect to Physical Function. Results from the Osteoporotic Fractures in Men Study, Hong Kong. *Journal of American Geriatrics Society* 2012; 60:290-295.
35. Griffith JF, Yeung KWD, Ma T, Leung CS, Kwok CYT and Leung PC. Bone Marrow Fat Content in the elderly: A reversal of sex difference seen in younger subjects.

Conference proceedings

1. Kwok CYT. Behaviours of Concern – the Risks & Challenges for Doctors. Paper presented in the International Dementia Conference., 27 pgs. 2012.06.28.

Invited conference speaker

1. Lee J. Dementia: at the very end (end of life care). 5th Asian Society Against Dementia Congress, Hong Kong Academy of Medicine, 6 November 2011, Hong Kong. **Invited Speaker.**
2. Lee J. How would medications worsen or improve dementia patients. Multi-specialty Medical Mega Conference 2.0, 14-15 April 2012, Hong Kong. **Invited Speaker.**
3. Lee J. Sleep in Older Adults. Asia Pacific Geriatrics Conference, 20-21 October 2012, Hong Kong. **Invited Speaker.**
4. Hui E. End of life care in long term care settings: Ideals in Practice. Asia Pacific Geriatrics Conference, 20-21 October 2012, Hong Kong. **Invited Speaker.**
5. Auyeung TW. Frailty and Cognitive Decline. Chinese Dementia Research Association Annual Scientific Meeting, 29 September 2012, Hong Kong. **Invited Speaker.**
6. Auyeung TW. What does the study of older women teach us about ageing? Asia Pacific Geriatrics Conference, 20-21 October, 2012, Hong Kong. **Invited Speaker.**
7. Auyeung TW. Frailty, Sarcopenia and Cognitive decline. Asian Society Against Dementia Annual Scientific Meeting, 3 December 2012. **Invited Speaker.**

Other conference presentations

1. Lee J. Delirium in nursing home residents: prevalence and associated factors among 1820 Hong Kong nursing home residents. 9th Asia/Oceania Regional Congress of Gerontology and Geriatrics, Oct 26, 2011, Melbourne Australia.
2. Lee J. Probable depression by the Geriatrics Depression Scale (GDS) is associated with higher MMSE decline 4 years later among 3393 non-cognitively impaired older adults. 5th Asian Society Against Dementia, Nov 5, 2011.
3. Lee J. Is Body mass index or weight loss more important in survival? A 9-year prospective study in 1816 nursing home residents. The 6th Cachexia conference, Milan, Italy, Dec 8 – 10, 2011. Poster presentation.
4. Lai YY, Woo J. Correlation of caregivers self-efficacy and caregiving burden in dementia caregivers. Hospital Authority Convention 2012, 7-8 May 2012, Hong Kong. Poster presentation.
5. Lee J, Hui E, Tang M, Lum CM, Or KH, Chui M, Lee P, Woo J. Improving End of Life Care (EoLC) in older patients: a CQI project. Hospital Authority Convention 2012, 7-8 May 2012, Hong Kong. Poster presentation.
6. Woo J. On the fringe of society and other challenges in geriatric medicine. **Plenary lecture.** Asian Pacific Geriatrics Conference, Hong Kong, 20-21 October 2012.
7. Tang M, Lee J, Hui E, Woo J. Reviewing an end of life care program from a geriatric perspective: Did we adhere to guidelines and protocols. Asia Pacific Geriatrics Conference, 20-21 October 2012, Hong Kong. Poster presentation.

Interaction with media

- Newspaper interview about “長者摔倒易骨折 沙田醫院推躺臥式臀罩” by am730 on 14 November 2011.
- Newspaper interview about “長者保護褲 防髖骨折斷” by 東方日報 on 14 November 2011.
- Newspaper interview about “防髖骨折” by Metro HK on 14 November 2011.
- RTHK Radio 3 “Backchat” topic: Health inequality in cities on 17 November 2011.
- Radio interview about “重新睇健康” by 新城財經台 on 28 November 2011.
- Radio interview about “Dying patients in the eyes of doctors” by RTHK I: 「精靈一點」 on 14 Mar, 2012.
- Radio interview about “Death and dying” by RTHK I: 「精靈一點」 on 28 June, 2012.
- Radio interview about “Dementia and drugs” by RTHK I: 「精靈一點」 on 11 July 2012.
- Newspaper interview about “防跌運動升級版” by 經濟日報 on 13 June 2012.
- Newspaper interview about “腦退化不危人” by 都市日報 on 11 September 2012.
- Magazine interview about “中老年健康系列：解開長者健康密碼” by 健康創富 vol 142, September 2012.
- Newspaper interview about “人生下半場 活得更精彩 - 健康策劃: 點止體檢 年紀大 機器不壞” by 明報 on 6 November 2012.