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During his 30-year career in the medical profession, Dr. Dai has specialized in geriatric, rehabilitation and pulmonary medicine. He has been the Consultant Geriatrician in the Department of Medicine at Prince of Wales Hospital, Hong Kong, since 2002, and he holds honorary teaching positions at the Chinese University of Hong Kong and Hong Kong University. In addition, Dr. Dai was a member of several Hong Kong Government Labour and Welfare Bureau steering committees and working groups studying issues relating to community care and residential care services for the elderly. He was a member of several Social Welfare Department committees and panels, and of the Guardianship Board's Panel. Besides, he serves as the Hon Secretary of the Hong Kong Alzheimer's Disease Association, and he is its Immediate Past President. In 2009, Dr. Dai obtained his LLB as a personal enrichment, and became an accredited mediator in 2010. These two qualifications enhanced his work in complaint management in the Hospital Authority. Dr. Dai is also a panel member of the Independent Committee for Handling Complaints of the Social Welfare Department since 2009. In 2012, Dr. Dai was appointed Justice of the Peace. Dr. Dai believes that an ordinary person can contribute to his fellow human through service, courage and passion.

Life Course Approach to Successful Ageing

Functional decline occurs with ageing and is accelerated by comorbidities. Physiological deterioration is not noticeable usually until after 55 years of age. Rowe and Kahn developed a model of successful ageing based on three domains in maintaining physical and cognitive functions, minimizing risk of disease and disability, and continuing engagement with life. Brain, bone and cardiorespiratory health are central to successful aging. Greater cognitive stimulation at work and outside work is associated with higher levels of cognitive function at later life. Raising brain reserve can withstand the effects of aging and disease. A culturally appropriate of the Chinese Six Arts will be proposed to enrich brain and cognitive reserve throughout the life course. Bone and muscle cannot be dissociated. Sarcopenia meaning the loss of muscle marks frailty of old age, and share many similar risk factors for osteoporosis. Progressive resistance training have beneficial effects on both muscle and bone health and reverse frailty. Good life health habits and diets protect vascular and lung function. The coming generation of elders must be prepared to meet the challenges of the Third Age when work life is extended. In this way, the onslaught of the Fourth Age can be delayed and morbidities are compressed to a short final journey of life in dignity.