



THE 40TH ANNIVERSARY OF CUHK PWH ORTHOPAEDICS

WEBINAR SERIES

AIRING FROM HONG KONG [GMT+8]

Advancing Sarcopenia Management: Prevention, Treatment and Nutrition

Date: Nov 22, 2023

Time: 6:00 – 7:20 pm (GMT+8)

Chairman: Prof. Louis Cheung
Professor
Department of Orthopaedics and Traumatology
The Chinese University of Hong Kong

Keynote Speakers: Dr. Hidenori Arai
President, National Center for Geriatrics and Gerontology
Japan

Prof. Welch Ailsa
Professor of Nutritional Epidemiology
Department of Public Health and Epidemiology
Norwich Medical School
United Kingdom

Program:

Time	Topic	Speaker
Session 1		
6:00 – 6:05 pm	Opening and Welcome Remarks	Prof. Louis Cheung
6:05 – 6:25 pm	Update of Sarcopenia Prevention and Treatment in Asia	Dr. Hidenori Arai
6:25 – 6:40 pm	Q&A and Discussion	All
Session 2		
6:40 – 6:45 pm	Welcome Remarks	Prof. Louis Cheung
6:45 – 7:05 pm	Are There Nutritional Solutions for Sarcopenia?	Prof. Welch Ailsa
7:05 – 7:20 pm	Q&A and Discussion	All

Registration: [Webinar Registration - Zoom](#)