

IX CME of Indian Association for Geriatric Mental Health

Department of Geriatric Mental Health

King George's Medical University, Lucknow

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On Friday, 16th March 2018, Department of Geriatric Mental Health (DGMH), King George's Medical University Lucknow organized the IX CME of Indian Association for Geriatric Mental Health (IAGMH). The theme of Continuous Medical Education (CME) was "Life Style Disorders and Geriatric Mental Health". CME was inaugurated with lighting of the lamp by the Chief Guest, Prof. A.K. Tripathi, Director, Central Institute of Medicinal and Aromatic Plants (CIMAP), Lucknow. After lightening of lamp, Dr. Shrikant Srivastava, Associate Professor, DGMH & Organising Secretary of IX CME welcomed dignitaries and participants. After welcome address, Dr. S. C. Tiwari, Professor & Head, DGMH, KGMU & Founder President IAGMH & Organising Chairperson briefed the audience about IAGMH and IX CME. Prof. A.K. Tripathi enlightened the audience with his words of wisdom. This was followed by release of Souvenir by Prof. (Dr.) Vineeta Das, Dean, Faculty of Medicine, KGMU. Prof. (Dr.) M.L.B. Bhatt, Hon'ble Vice-Chancellor, King George's Medical University, Lucknow extended his words of encouragement for the department. The presidential address was delivered by Dr. Ajit Avasthi, President Elect, IAGMH & Professor & Head, Dept. of Psychiatry, Postgraduate Institute of Medical Education and Research, Chandigarh. He highlighted the bidirectional role of lifestyle and mental health. Physical inactivity, unhealthy diet and smoking are the most important lifestyle factors leading to mental illnesses. He emphasised that lifestyle plays one of the important role in chronic illnesses, including dementia and depression. Problems related to cognitive functions and depressive symptoms can be reduced by healthy lifestyle which includes regular exercise, healthy diet, stress reduction, good relationship, natural environment and participating in religious activities. Inaugural session ended up with vote of thanks by Dr. Nisha Mani Pandey, Assistant Professor, DGMH, KGMU.

Following this, the scientific sessions of CME 2018 started. On day first, there were three Invited Lectures and one Theme Lecture. In first invited lecture on "*Metabolic Cognitive Syndrome-a useful diagnostic entity for clinicians*", Dr. Sandeep Grover, Professor, Department of Psychiatry, PGIMER, Chandigarh stated that Metabolic Syndrome (MetS) is associated with development of age-related cognitive decline (ARCD), Mild Cognitive Impairment (MCI), vascular dementia, and Alzheimer's disease (AD). These associations have led to the proposition of "metabolic-cognitive syndrome". Common genetic, environmental, and lifestyle factors are proposed to be responsible for predisposition for the development of MetS as well as neurodegenerative disorders. Weight loss through lifestyle interventions or medications may alter the Metabolic syndrome and thus reduce the risk of cognitive decline. In second invited lecture Dr. Kauser Usman Siddiqui, Professor, Department of Medicine, King George's Medical University delivered a lecture on "Under nutrition in older adults: Lifestyle issues". He emphasized that diet rich in antioxidants is associated with a decreased risk of dementia. In third invited lecture, Dr. R. K. Mahendru, a well known figure among the psychiatrists taught the audience about the optimistic view of life. He stressed in his lecture on "*Spirituality and life style Disorders in later life*" that spirituality is the assimilation of our education, exposure, sensitivity, struggle and circumstances. Spirituality is to perceive the needs of others, to express love and compassion in a genuine and selfless way. Studies confirm that the elderly people are generally happier, healthier and more satisfied with life if they are more spiritually committed and active. A US Study published in 2007 says that those who are conscientious, self disciplined and scrupulous are less likely to suffer from Alzheimer's disease. He also highlighted that spirituality can play an important role in patient's management by reducing poly-pharmacy and the burden of side-effects.

Dr. Vihang N. Vahia International Fellow, American Psychiatric Association & Professor Emeritus of Psychiatry, Dr. R. N. Cooper Municipal General Hospital and HBT Medical College, Mumbai delivered the Theme Lecture. He elaborated that lifestyle and health related factors are sensitive components of the risk for cognitive aging.

Each lecture was followed by a discussion focussed on possible research methodology in Indian context. These discussions were led by Dr. Ashoo Grover, Scientist – E, ICMR, New Delhi and Dr. Ravinder Singh, Scientist – C, ICMR, New Delhi.
