

Lunchtime Seminar Series 2018

Music as Medicine: Can singing together prevent cognitive decline in aging?

Cognitive function declines with advancing age and the prevalence and incidence of dementia rise dramatically in later life. Impaired cognitive function limits one's ability to work, live and socialize, and represent a major obstacle for active and functional aging. How to maintain good cognitive health in the later stage of life is an important and challenging question that requires well-founded research with good translational opportunities. In Singapore, we are currently working on a large randomized controlled trial that aims to assess the efficacy and underlying biological mechanisms of choral singing in the prevention of cognitive decline among at-risk individuals living in the community (ClinicalTrials.gov Identifier: NCT02919748). In this talk, I will summarize status of dementia prevention in the world and in Singapore, and elaborate on the scientific rationales, study designs, outcome measures, recruitment status and short term and long term plans of the choral singing RCT.



Dr. **FENG Lei** is a Research Assistant Professor at the Department of Psychological Medicine, Yong Loo Lin School of Medicine, NUS. He received his medical and psychiatric trainings in Shandong, China and obtained his PhD from NUS in 2009. His primary research interest is the epidemiology and prevention of cognitive decline and dementia. He has over 100 research publications on aging, cognition, and mental health. He has successfully obtained research grants amounting to over three million Singapore dollars as the Principal Investigator. His recent awards include the NUHS Academic Medicine Development Award (2013), NUHS Clinician Scientist Program Award (2014) and the MOH Transition Award (2016).

CHAired BY: **DR FENG QIUSHI**

Member, CFPR Steering Committee, Assistant Professor, Department of Sociology, NUS

DATE: 26 JANUARY 2018 | TIME: 12.00NN - 1.30PM

VENUE: VENTUS EVANS ROOM, VT-02-01C

ALL ARE WELCOME! REFRESHMENTS WILL BE SERVED. REGISTRATION IS REQUIRED.

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