

# THE FOURTH PROFESSOR CHAR-NIE CHEN DISTINGUISHED LECTURE



HONORABLE SPEAKER & 2024 DISTINGUISHED  
VISITING PROFESSOR OF CNC FOUNDATION

## Professor Nicola LAUTENSCHLAGER

Professor

Chair of Psychiatry of Old Age & Director of the  
Academic Unit for Psychiatry of Old Age (AUPOA)  
Department of Psychiatry  
University of Melbourne & Royal Melbourne  
Hospital Mental Health Services

## DEMENTIA RISK: FROM FATALISTIC BELIEFS TO EMPOWERING BRAIN HEALTH STRATEGIES



**1 December 2024 (Sunday)**



**18:00 – 19:30**



**Function room 5-6, Basement 1, Hotel ICON  
17 Science Museum Road, Tsim Sha Tsui East, Kowloon**

**Registration:**



CME / CPD in application

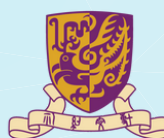
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**Department of Psychiatry  
The Chinese University of Hong Kong**

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### **Abstract:**

This lecture will give an overview of reflections on my research interests and journey over the past 30 years with a particular focus on what we have learned about the risk of developing dementia with advancing age. Specific areas such as genetic epidemiology and big data, biomarkers, as well as lifestyle factors will be covered. Learnings from face to face and online trials with a focus on non-pharmacological interventions for dementia risk reduction strategies will be shared with covering individual protective factors, such as physical activity, as well as multi-domain approaches spanning several factors in combination. Experiences on how to move from evidence and guideline advice to feasible behaviour change and the importance of consumer engagement and co-design with diverse populations will be discussed.

### **Biography:**

Nicola Lautenschlager is an old age psychiatrist who has worked since 1996 continuously as a clinician-scientist in joint appointments at universities and affiliated public hospitals first in Germany and since 2000 in Australia: initially in Perth and now in Melbourne. Originally from Germany, Nicola undertook her medical training and doctoral research at the Technical University of Munich and her postdoctoral studies at Boston University. Since July 2008 she holds the Chair in Psychiatry of Old Age in the Department of Psychiatry, at University of Melbourne, where she is also the Director of the Academic Unit for Psychiatry of Old Age (AUPOA), a multidisciplinary group of academics and students dedicated to research, teaching and learning that benefits older people to support their cognitive, mental and physical health and with this their overall wellbeing. As a consultant psychiatrist at Royal Melbourne Hospital Nicola is the mental health expert in a multidisciplinary memory clinic. She also served in various leadership roles at the University of Melbourne over the years and after 15 months as interim Head of the Melbourne Medical School she recently was appointed to the role of Deputy Dean People, Community & Partnerships in the Faculty of Medicine, Dentistry and Health Sciences. Her dementia and aged mental health related research expertise spans from prevention to diagnosis and care. At this stage of her career, she enjoys the privilege of supporting and mentoring the next generation of academics and clinicians while growing her leadership skills to help shape the future in health and education.

**Department of Psychiatry  
The Chinese University of Hong Kong**





## Professor Char-Nie CHEN

OBE, JP, MB, MSc, FHKAM(Psychiatry),  
FHKCPsych (Hon.) FHKCPsych,  
FRCPsych, FRANZCP, DPM

**Emeritus Professor of Psychiatry  
The Chinese University of Hong Kong**

As the Foundation Chairman and Professor of Psychiatry, Professor Char-Nie CHEN built up the Department of Psychiatry in CUHK from scratch in 1981. He laid down the solid foundation for undergraduate teaching in behavioural science and bio-psycho-social medicine and believed that psychiatry should be taught as a universal subject similar to other medical disciplines for undergraduate medical students and non-psychiatrists. He was instrumental in developing a postgraduate training course in psychiatry in CUHK, which was later adopted by the Hong Kong College of Psychiatrists as the Central Training Course in Hong Kong. He insisted on a training career in psychiatric subspecialty and was influential in building up child and adolescent psychiatry and old age psychiatry. In research development, he has built up the monumental research in psychiatric epidemiology with the landmark Shatin Psychiatric Epidemiology Survey and a new cross-disciplinary research in sleep medicine. In 1986-1994 he was also appointed by the University as the Foundation Head of the Shaw College, he again built up the new college from scratch with the help of many university and college staff. After his retirement in 1998, he worked as a private specialist in psychiatry but continued to help promote addiction psychiatry and liaison psychiatry for HIV/AIDS patients. He was awarded O.B.E. in 1997. With his foresight, wisdom and passion, he has helped to transform psychiatric education for both undergraduate and postgraduate education and research landscape in Hong Kong.

Department has established a research and education fund and is honoured to name the fund (Professor Char-Nie Chen education and research fund) after Professor CHEN. The fund will be used in enhancing the education and research aspects of the Department. In particular, there will be an annual Char-Nie Chen Distinguished Lecture that will invite eminent psychiatrists and scientists around the world to come to Hong Kong to deliver the lecture. The 4th Professor Char-Nie Chen Distinguished Lecture on December 1, 2024 will be delivered by Professor Nicola Lautenschlager, the Professor, Chair of Psychiatry of Old Age & Director of the Academic Unit for Psychiatry of Old Age (AUPOA) at Department of Psychiatry at University of Melbourne & Royal Melbourne Hospital Mental Health Services.

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