

Watch Out, Macau!

Before Your Blood Pressure Gone Too High

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The George Institute for Global Health at Peking University Health Science Center
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Dr. Jacky Ho, PhD

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About the speaker

Dr. Jacky HO, graduated from the University of Sydney (Australia) and received his PhD in Gerontology and Sleep Science. He is currently an assistant professor and program coordinator of Social Work at the University of Saint Joseph, Macau, China. He is a Gerontologist and Sleep Medical Scientist, specialising in the research of sleep, dementia & ageing, hypertension and cardiovascular diseases. He has conducted multidisciplinary research projects in Australia and Macau, and serves as reviewer in academic journal related to sleep and ageing. He has been an active consultant of several social service organizations in Macau.

About the lecture

MHA conducted its FIRST epidemiological study on the risk factors for hypertension in Macau, China in 2012, its main objective is to collect comprehensive and representative data regarding the prevalence, awareness, treatment and control rates of hypertension, diabetes and dyslipidaemia in the general population. This presentation will demonstrate the most updated situation regarding hypertension, and further discuss the associate risk factors, which is comparable to that of China, United States, Hong Kong, Taiwan and Japan. Dr. Ho will also discuss the connection between sleep and hypertension.

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