



### **Dr. Charmaine Ma, Family Physician**

Born in Hong Kong and growing up in Vancouver Dr Ma completed her pharmacy degree from the University of British Columbia. She enjoyed the beautiful outdoors as she worked as a pharmacist throughout BC. After completing her medical degree from UBC she moved to Hong Kong with her husband where she attained a Diploma of Family Medicine. With a passion for public medical education and global medicine she was involved in volunteer medical work in rural China for two years.

Upon returning to Vancouver she completed family practice residency training at St Paul's Hospital. In addition to full service family practice Dr Ma has a passion for patient medical education and is involved in radio/television programs, community and online medical seminars.

Dr Ma lives in Vancouver with her husband two children. Her experiences overseas have given her a more global perspective on medical care. In her spare time Dr Ma enjoys performing theatre and relaxing in Vancouver's "liquid sunshine".

**Session:** *Do I have dementia?*

- Objectives:**
1. Understand differences between normal aging and dementia.
  2. Recognize the early signs and symptoms and understand importance of early detection.
  3. Understand what factors increase the risk of dementia and what actions can help to prevent it.
  4. Know when to seek help.

**Date:** Day 1 – Saturday, December 11, 2021