



SLAGM NEWS

Official Newsletter of Sri Lankan Association of Geriatric Medicine

Volume 2 Issue 1 ISSN 2682-714

July 2025

Current Issue highlights



Annual Academic Sessions 2025.



Council of Sri Lankan Association of Geriatric Medicine



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Contentsts	Page
Message from the President -	3
Editor's Message	7
SLAGM Concil Photo	8
Pre- Congress	9
Inauguration Ceremony	12
SLAGM Annual Session 2025	20
Art Competition	24
SLAGM CME	26
SLJGG Introduction	28
Poetry Corner	29

President's Message



Dear Members,

It is with great honor that I acknowledge the successful culmination of the 11th Annual Academic Sessions of the association. Congratulations to all who contributed to this remarkable achievement.

The inauguration ceremony was distinguished by the esteemed presence of Dr. Anil Jasinghe, Secretary to the Ministry of Health, along with Prof. Duncan Forsyth and Prof. Thahir Masud as Guests of Honour. We also had the privilege of welcoming Prof. Shehan Williams as the Orator for 2025.

SLAGM AAS is the flagship event of the annual academic calendar representing the culminate of the year's theme.

“Pioneering Age –Friendly care the leadership Journey”

Within the South Asia, Sri Lanka demonstrates the most rapidly ageing process - by 2042, almost one out of every four persons is expected to be elderly. The rapid aging process in Sri Lanka is not only reshaping health and social dynamics but also posing economic challenges and influencing several other sectors. In many countries with strong health indicators, the field of geriatric medicine is well-developed to provide specialized care for the aging population.

The Sri Lankan Association of Geriatric Medicine (SLAGM) was established in 2014 in response to the growing challenges associated with an aging population. Recognizing the urgent need for specialized geriatric care, a group of dedicated professionals lead by Dr. Lalith Wijyaratne came together to lay the foundation for this association. Their vision was to enhance the quality of life for older adults through improved healthcare services, education, and advocacy.

Not only as the current president of the association, as one of the founder members of SLAGM, I am reminded of the 19th of February 2014, the day we embarked on this incredible journey. It filled me with pride to see that many of the other founders who have shared mission in the audience of inauguration ceremony.

SLAGM brings many specialties who are interested in Geriatric Medicine together to a single platform facilitating the establishment of center of excellence for the continuous professional development in Geriatrics Medicine.

"Hence, the association itself is multidisciplinary and rich in resources,

Through the unwavering dedication of past presidents, their councils and membership we have embarked on a leadership journey that has paved the way for us to stand here.

This year we planned a vibrant array of activities aimed at fulfilling the theme of understanding the commitment towards our membership.

As we just concluded the annual academic sessions, I would like to share some of the key activities we have embarked up on. We have successfully conducted monthly CME sessions, each accredited for CPD, focusing on geriatric medicine. These sessions have been made possible with the valuable expertise of specialists in the field.

"Trainees' forums were organized monthly to engage in discussions on clinically relevant topics and to review recent advances in the field, These forums also served as an excellent platform to discuss challenging clinical cases with experts.

The regional meetings provided excellent opportunities to share knowledge, build networks, and identify challenges and solutions for areas outside of Colombo. Last December, we traveled to the deep south of the country with an excellent multidisciplinary faculty and conducted two highly successful CPD-accredited programs for doctors and nurses.

The sessions were well attended and received much appreciation.

In April, we visited the North Central Province of the island with the same module and conducted programs for doctors and nurses where the most recent MD in geriatric medicine training unit was established.

SLAGM is continuously engaged with the community to raise awareness about common geriatric problems and to promote healthy aging practices. Last year, we held several events alongside our regional meeting, celebrating the International Day of Older Persons and partnering with the corporate sector. We appeared in both print and electronic media to amplify our message of healthy aging and reach a broader audience.

Developing care pathways is a core objective of our association. To date, we have established nine care pathways designed to address common geriatric issues, ensuring comprehensive management of these conditions across various healthcare settings.

SLAGM newsletters are published quarterly, offering a broader platform to showcase scientific writing and academic activities related to geriatrics from both local and international contributors.

SLAGM bulletins are highly valued publications compiled by the association, offering insightful discussions on a wide range of important topics in geriatric medicine.

These bulletins are especially valuable for postgraduate trainees, serving as an excellent resource to enhance their knowledge and understanding of geriatric medicine.

Ladies and gentlemen, in this president's message, I am pleased to announce the launch of Sri Lanka's very first Geriatric Journal, the Sri Lanka Journal of Geriatrics and Gerontology, which will be published for the first time this November. I warmly invite all of you to contribute to this important initiative.

We do have many associations. We have a close and collaborative association with PGIM, where there is active representation and significant contributions towards the MD in Geriatric Medicine and the Postgraduate Diploma in Geriatric Medicine. This partnership greatly supports the development and advancement of postgraduate training in this vital field.

We collaborate closely with the Ministry of Health, the World Health Organization (WHO), the University of Colombo, and the National Secretariat for Elders. These partnerships enhance our efforts of developing care packages, strengthening the primary care, and on involvement of the policy dialogs.

On our Foundation Day, we proudly celebrated our roots by honoring our esteemed founder, Dr. Lalith Wijayaratne, in a heartfelt felicitation. SLAGM has been recognized both nationally and internationally, opening doors for us on prominent stages worldwide. We have been honored to serve as resource persons at numerous esteemed international academic events, including invitations from the Royal College of Physicians in Edinburgh.

we successfully conducted three pre-congress workshops on Geriatric Rehabilitation, Geriatric Nursing, and Wound Management. These enriching sessions were made possible through the dedicated support of experts in each respective field and they collectively enhanced the quality of main congress which will be commenced tomorrow.

During the inauguration ceremony, we had the esteemed privilege of listening to the distinguished SLAGM Oration 2025, delivered by professor Shehan Williams, honour of listening to our chief guest of the evening Dr. Anil Jasinghe. We also received warm greetings and inspiring words from our esteemed guests of honor, adding to the significance of this memorable occasion.

We launched the NCD Bulletin, a new addition to our family of publications, expertly compiled by SLAGM. And we were pleased to publish two new care pathways—Risk Feeding and Urinary Incontinence.

In conjunction with the Foundation Day celebrations, we organized a presentation skills competition for senior registrars across all specialties. The aim was to foster enthusiasm for geriatric care among future specialists.. The winners were awarded their prizes during the inauguration ceremony.

The main congress was featured a comprehensive program including a wide range of discussions on geriatric medicine, comprising ten plenary sessions, three symposia, three panel discussions, and two lunchtime talks.

The scientific program was conducted in association with the Royal College of Physicians Edinburgh and was accredited by the Federation of the Royal Colleges of Physicians of the United Kingdom. Participants earned 14 CPD points.

Additionally, it was also accredited by the Education, Training, and Research Unit of the Ministry of Health, Sri Lanka, for 13.5 CPD points. These sessions were enriched by the contributions of dynamic local and international faculty. This well-crafted main congress was further enhanced by a substantial number of free paper presentations, including numerous oral and poster sessions. The award winners were honored and receive their prizes during the awards ceremony scheduled on Saturday, the 28th June.

We all believe that elders are truly precious. To convey this important message to our younger generation, SLAGM organized an art competition for school children across the island in collaboration with the Ministry of Education. We were proud to have received a vibrant array of artwork from children nationwide. These masterpieces were evaluated by a panel of experts, and the winners were awarded their prizes during the award ceremony on the 28th. The colorful artworks displayed outside the main hall of the main congress, showcasing the creativity and heartfelt messages of our young artists.

I would like to extend my heartfelt gratitude to the resource persons, organizers of the pre-congress workshops, members of the academic committee, editorial committee, abstract evaluation committee, and judges for various projects and free papers. Special thanks also go to the chairpersons and the organizing committee of the AAS.

I would like to express my sincere gratitude to the members of the Scientific Committee of AAS 2025 for their invaluable contributions. A special thank you to my co-chair, Dr. Shehan Silva, whose involvement has been instrumental, as well as to the secretaries, Dr. Madushani Dias and Dr. Saumya Darshanie, for their dedicated efforts in shaping the program. Their continuous support through all the ups and downs have been truly appreciated.

I extend my heartfelt gratitude to all past presidents for generously sharing their wisdom with me during this period. My sincere appreciation also goes to Treasurer Dr. Indika Kulasinghe for meticulously managing the finances.

I would like to sincerely thank our dedicated office staff.

Ladies and gentlemen, this journey has always been made possible with the unwavering support of two incredible secretaries who have stood by my side throughout. Their constant optimism has played a vital role in shaping my thoughts and decisions.

Finally, I would like to warmly invite all of you to continuously support the SLAGM and your engagement will undoubtedly enrich our collective effort to uplift the quality of Geriatric care in the country.

Thank you

Dr. Lasantha Ganewatta

President- SLAGM

Editor's Message



Dear Colleagues,

Pioneering Age-Friendly Care: The Leadership Journey

The Sri Lankan Association of Geriatric Medicine (SLAGM) proudly concluded its 11th Anniversary Academic Sessions, held from June 26th to 28th June 2025 at the Galadari Meridian Hotel in Colombo. This year's sessions were guided by the inspiring theme: "Pioneering Age-Friendly Care: The Leadership Journey." It was a celebration of the advances made in geriatric care, and a call to action for continued leadership, innovation, and compassion in addressing the needs of an ageing population.

Preceded by three rich and practical pre-congress workshops, the event attracted a large and diverse group of delegates, including physicians, specialists, and allied health professionals. The academic programme featured an exceptional panel of speakers from Australia, the United Kingdom, Malaysia, and India, in addition to leading Sri Lankan experts. Their presentations stimulated important conversations and knowledge exchange on the future of ageing and elder care in the region.

A significant highlight of this year's sessions was the valued collaboration with the Royal College of Physicians of Edinburgh, which added further prestige and depth to the scientific proceedings. This partnership reflects SLAGM's growing global footprint and reinforces our commitment to international collaboration and excellence.

The inauguration ceremony, held on the evening of June 26th, was a dignified and memorable occasion. It included addresses by distinguished guests, the SLAGM Oration by Prof. Shehan Williams, and the official launch of the NCD Bulletin and Care Pathways. The ceremony concluded with a cultural performance that beautifully showcased Sri Lankan artistic heritage.

This year's sessions were not only a celebration of SLAGM's journey but also a reaffirmation of our responsibility in shaping a more inclusive, respectful, and supportive environment for older adults. The knowledge shared, the partnerships formed, and the vision reaffirmed over these three days will continue to guide us on our collective leadership journey.

As we look ahead, SLAGM remains steadfast in its mission to elevate the standards of geriatric medicine in Sri Lanka and beyond. We thank all our members, collaborators, and international partners for making this year's academic sessions a resounding success.

Dr. Achala Balasuriya

Editor

SLAGM

SLAGM Council 2025



Seated Row Left to Right

Dr. Saumya Darshani (Joint Secretary), Dr. Indika Kulasinghe (Treasurer), Dr. Achala Balasuriya (Editor), Dr. Manilka Sumanatilleke (Vice President), Dr. Lalith Wijayaratne (Founder), Dr. Chamila Dalpatadu (President Elect), Dr. Lasantha Ganewatta (President), Dr. Barana Millawithana (Immediate Past President), Prof. Sarath Lekamwasam (Past President), Prof. Kamani Wanigasuriya (Past President), Dr. Padma S. Gunaratne (Past President), Dr. Kapila Ranasinghe (Vice President), Dr. Madhushani Dias (Joint Secretary).

Standing 1st Row Left to Right

Dr. Dumitha Govindapala, Prof. Shyamalee Samaranayaka, Prof. Priyamali Jayasekara, Dr. Warsha De Zoysa, Dr. Sithira Senevirathne, Dr. Chamara Jayatunga, Dr. Shehan Silva, Dr. Yasas Abeywickrama, Dr. Upeka Samarawickrama, Dr. Kishara Gooneratne, Dr. Nelum Samaruthilake, Dr. Malsha Gunathilake, Dr. Dilusha Lamabadusuriya.

Standing 2nd Row Left to Right

Dr. Osuri Dissanayake, Dr. Hiranthini De Silva, Dr. Keshab Muttupulle, Mrs. Shakila Jayasinghe, Dr. Kushinth Bogahawatte, Dr. Balakrishnan Gowrishanker, Dr. Hemal Senanayake, Dr. Asha Wettasinghe, Dr. Srishankar Verlmaran, Mrs. Chandrani Herath, Mrs. Nimali Aluthwatta

Pre- Congress Workshops Laid the Foundation for a Successful SLAGM 2025

The lead-up to the 11th Annual Academic Sessions of the Sri Lankan Association of Geriatric Medicine (SLAGM) featured three rich and well-curated pre-congress workshops, held at the Neurotrauma Auditorium of the National Hospital of Sri Lanka. These sessions were carefully designed to address key areas in geriatric care and were well received by a diverse audience of physicians, nurses, therapists, and allied health professionals.

The first workshop, held on 6th June, was dedicated to Geriatric Rehabilitation, a critical but often underemphasized aspect of elder care. Expert speakers, including Dr. Chamara Jayatunga, Dr. Sithira Senevirathne, Dr. Asha Wettasinghe, and others, shed light on the general approach, cognitive aspects, and specific needs of rehabilitation in older adults, including dysphagia and disability. The session reinforced the importance of interdisciplinary collaboration in promoting functional independence and quality of life in ageing populations.

The second pre-congress event on 12th June was a Workshop for Nurses, focusing on practical and clinical issues encountered in elderly care. Topics ranged from healthy ageing and fall prevention to pressure injury care and delirium management. Senior lecturers from the University of Colombo and Ruhuna, including Dr. Padma Gunaratne, Dr. Shehan Silva, and Mrs. Chandrani Herath, brought a wealth of knowledge to the participants. The session emphasized the central role of nurses in comprehensive geriatric assessment and in delivering compassionate, patient-centered care.

The third workshop, held on 20th June, concentrated on Wound Care in Older Adults, an area of growing concern in both acute and long-term settings. The programme, coordinated by Dr. Yasas Abeywickrama, included discussions on wound types, management principles, dressings, infection control, and nutrition in healing. Eminent speakers like Dr. Duminda Ariyaratne, Prof. Rezni Cassim, and Dr. Indira Kahawita shared their expertise in managing complex wounds in frail older persons.

Together, these pre-congress workshops reflected SLAGM's commitment to a multidisciplinary, evidence-based approach to geriatric medicine. The strong attendance, enthusiastic engagement, and diverse content set the stage for the main congress and helped elevate professional dialogue around elder care in Sri Lanka.

Pre- Congress highlights





Inauguration of the 11th Anniversary Academic Sessions 2025

The Inauguration Ceremony of the 11th Anniversary Academic Sessions of the Sri Lankan Association of Geriatric Medicine (SLAGM) was held on the evening of 26th June 2025 at Hotel Galadari, Colombo. The Chief Guest was Dr. Anil Jasingha, Secretary to the Ministry of Health. Two distinguished guests of honour, Prof. Duncan Forsyth and Dr. Tahir Masud addressed the gathering.

The event was graced by a large number of delegates, representatives from professional colleges, SLAGM members, consultants, and medical officers. The SLAGM President delivered the presidential address highlighting the achievements of the association over the past year. Prof. Shehan Williams delivered the SLAGM Oration titled “Virgin Coconut Oil – Hope or Hype in Dementia.” This was followed by the official launch of the NCD Bulletin and Care Pathways by Dr. Shehan Silva and Dr. Dilusha Lamabadusuriya. The event concluded with a vote of thanks by Dr. Madushani Dias and a beautiful cultural performance by local artists.











11th Anniversary Annual Academic Sessions 2025
Sri Lankan Association of Geriatric Medicine
Planning Age - Friendly Care - The Leadership Journey

ANIL RAMAKRISHNA
011 4242423/011 9205117



11th Anniversary Annual Academic Sessions 2025
Sri Lankan Association of Geriatric Medicine
Planning Age - Friendly Care - The Leadership Journey

ANIL RAMAKRISHNA
011 4242423/011 9205117





11th Anniversary Annual Academic Sessions 2025
Sri Lankan Association of Geriatric Medicine
Primarily Age - Family Care - The Geriatric's Strategy







Report on Main Congress of SLAGM 2025

The Main Congress of the 11th Anniversary Academic Sessions of the Sri Lankan Association of Geriatric Medicine (SLAGM) was held from the 26th to 28th of June 2025 at the Grand Ballroom of the Galadari Hotel, Colombo. This prestigious academic event, which carried 14 CPD credits awarded by the Federation of the Royal Colleges of Physicians (UK), drew a large number of delegates including specialists, consultants, and representatives from local and international professional colleges.

The congress opened with Symposium 1 on “Healthy Ageing,” featuring engaging talks by speakers from Australia, India, and Sri Lanka on various dimensions of ageing including mindful motion, beautification of ageing, and vaccinations. This was followed by a keynote plenary session on Realistic Medicine by Prof. Andrew Elder (UK), delivered online. The morning continued with Symposium 2, focusing on non-communicable diseases in older adults, with key presentations on diabetes, dyslipidaemia, and thyroid dysfunctions.

The afternoon plenaries were equally enriching, addressing complex issues such as osteoporosis (Prof. Tahir Masud, UK), peri-operative geriatric care (Prof. Adam Gordon, UK), deprescribing practices (Dr. Aravind Mathur, India), and philosophical perspectives on ageing (Prof. Saroj Jayasinghe, SL). The day concluded with a highly interactive panel discussion on care delivery models adaptable to Sri Lanka, moderated by Dr. Lasantha Ganewatta, and enriched by international perspectives including those from the WHO.

Day 2 commenced with free paper presentations followed by plenary sessions on psychological frailty (Dr. Kapila Ranasinghe), and dementia diagnostics (Dr. Prasun Chatterjee, India). A powerful plenary by Justice Yasantha Kodagoda addressed the legal gaps in geriatric medicine and the need for legislative reform. Panel Discussion 2 featured case-based dilemmas in geriatric care, moderated by Dr. Shehan Silva, and presented by leading clinicians from Sri Lanka.

The post-lunch sessions included a plenary on ageing and sleep by Prof. Duncan Forsyth (UK), and another on geriatric training in the Asia-Pacific by Prof. Julie Byles (Australia). An online session by Prof. Hiroaki Arai (Japan) examined Japan’s experience with healthy ageing. The final symposium—Bedsides in Geriatric Care—delved into practical clinical issues such as hyponatraemia, chronic pain, and delirium vs. dementia, with contributions from experts from Malaysia and India. The concluding panel discussion explored future directions for geriatric care in Sri Lanka, moderated by Prof. Prasad Mathews (India), and supported by an eminent local faculty. The event ended with the presentation of awards and closing remarks, rounding off a truly successful and impactful congress.







All-Island School Art Competition – SLAGM 2025

In celebration of inter-generational understanding and the value of older adults in society, the Sri Lankan Association of Geriatric Medicine (SLAGM) organised an All-Island School Art Competition ahead of its 11th Annual Academic Sessions. Themed “Elders Are Precious”, this initiative invited schoolchildren from Grades 6 to 11 to express their appreciation for elders through the power of art.

Participants competed in two categories—Grades 6–8 and Grades 9–11—using any colouring medium on A3-size paper. With entries received from all corners of the island, the competition saw an overwhelming response, showcasing creativity, empathy, and powerful visual narratives centered on ageing, care, and family bonding.

The judge panel for the art competition consisted of veteran artists Prof Susuripala Malimbada, Mr Baratha Kumara Liyanage, Mr Aruna Moraias and Dr Shanaka Kulatunga. In addition to first, second and third places, 10 merit awards were presented for each age category.

In the junior category, the first place was awarded to Senuka Helith Ranasinghe, while the second and third places were awarded to Ruvindi Thathsara Gunarathne Jayathilaka and Udawaththa Dissanayakage Vinsara Thulshan Karunathilaka, respectively.

In the senior category, the first place was won by Minudi Valinsa Samarawickrama. Namal Gamuwage Kisara Veditha Kitmmal Namalgamuwa won the second place while Udawaththa Dissanayakage Vinsara Thulshan Karunathilake became the third.

In addition, 10 merit awards were presented in each category.

The awards were presented to the winners at the Annual Academics Sessions of SLAGM on 27th June 2025.



Junior - 1st place

Senuka Helith Ranasinghe



Senior category -1st place

Minudi Valinsa Samarawickrama



SLAGM Monthly CME and Trainees' Forum Highlights – April & May 2025

Monthly CME – April 2025

The April session of SLAGM’s Monthly CME series was held on the 1st of April at ClinMARC, NHSL, featuring an insightful lecture by Prof. Shehan Williams, Professor of Psychiatry, Faculty of Medicine, University of Kelaniya. His talk, titled “Grief and Anxiety in Old Age: A Growing Phenomenon”, addressed the increasingly prevalent yet often under-discussed psychological challenges faced by the elderly. The session highlighted the need for early recognition and empathetic support to improve mental wellbeing in later life, drawing a warm response from attendees both on-site and online.

SLAGM
Sri Lankan Association of Geriatric Medicine
MONTHLY CME
1 CPD point offered by the Ministry of Health
GRIEF AND ANXIETY IN OLD AGE: A GROWING PHENOMENON
Prof. Shehan Williams
MBBS, MPhil, MD(Psychiatry), FRCPsych
Professor in Psychiatry
Faculty of Medicine
University of Kelaniya
Tuesday, 1st April
12.30 - 1.30 pm
ClinMARC - NHSL
Powered by: LIVE STREAM Getz pharma A member of The Getz Group, USA
ZOOM REGISTRATION

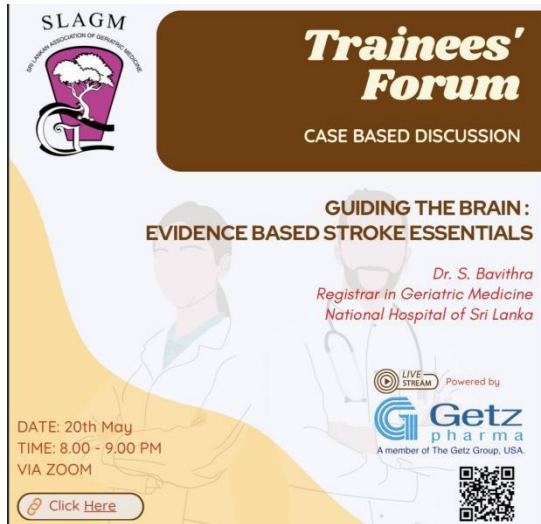
SLAGM
Sri Lankan Association of Geriatric Medicine
MONTHLY CME
1 CPD point offered by the Ministry of Health
AGEING AND POVERTY OF FLESH
Prof. Inoshi Atukorala
MBBS, MRCP(London), FACP, FCCP, PhD
Professor in Rheumatology
Department of Clinical Medicine
Faculty of Medicine
University of Colombo
TUESDAY, 6TH MAY
12.30 - 1.30 PM
CLINMARC - NHSL
Powered by: LIVE STREAM Getz pharma A member of The Getz Group, USA
ZOOM REGISTRATION

Monthly CME – May 2025

On the 6th of May, Prof. Inoshi Atukorala, Professor in Rheumatology, Faculty of Medicine, University of Colombo, delivered a compelling lecture titled “Ageing and Poverty of Flesh”. Held at ClinMARC, NHSL, this session drew attention to the degenerative changes associated with ageing and the socioeconomic challenges they entail. The discussion skillfully linked clinical rheumatology with broader issues of frailty and elder care, enriching the audience’s understanding of holistic ageing.

Trainees' Forum – April 2025

The Trainees' Forum in April, held virtually on the 29th, featured Dr. G. Dilanee, Registrar in Geriatric Medicine at Colombo South Teaching Hospital. Her case-based discussion, titled "Navigating Challenges: Insight into Motor Complications of Parkinson's Disease", offered practical perspectives on managing advanced motor symptoms and fluctuations in older adults with Parkinson's. The interactive format encouraged valuable dialogue among trainees and seniors alike.



SLAGM
Sri Lanka Association of Geriatric Medicine

Trainees' Forum
CASE BASED DISCUSSION

GUIDING THE BRAIN: EVIDENCE BASED STROKE ESSENTIALS

Dr. S. Bavithra
Registrar in Geriatric Medicine
National Hospital of Sri Lanka

LIVE STREAM Powered by
Getz pharma
A member of The Getz Group, USA.

DATE: 20th May
TIME: 8.00 - 9.00 PM
VIA ZOOM

[Click Here](#)

QR code



SLAGM
Sri Lanka Association of Geriatric Medicine

TRAINEES' FORUM
CASE BASED DISCUSSION

NAVIGATING CHALLENGES: INSIGHT INTO MOTOR COMPLICATIONS OF PARKINSON'S DISEASE

DR. G. DILANEE
REGISTRAR IN GERIATRIC MEDICINE
COLOMBO SOUTH TEACHING HOSPITAL - KALUBOWILA

LIVE STREAM Powered by
Getz pharma
A member of The Getz Group, USA.

DATE: 29TH APRIL
TIME: 8.00 - 9.00 PM
VIA ZOOM

[CLICK HERE](#)

QR code

Trainees' Forum – May 2025

The May session of the Trainees' Forum was conducted on the 20th of May via Zoom, featuring Dr. S. Bavithra, Registrar in Geriatric Medicine at the National Hospital of Sri Lanka. The session titled "Guiding the Brain: Evidence-Based Stroke Essentials" focused on practical case discussions around acute stroke management in older adults. Participants appreciated the evidence-backed approach and clarity in addressing day-to-day diagnostic and therapeutic challenges in geriatrics.

Sri Lanka Journal of Geriatrics & Gerontology (SLJGG)




We are delighted to announce a historic milestone in Sri Lanka’s medical publishing landscape — the upcoming launch of the Sri Lanka Journal of Geriatrics & Gerontology (SLJGG), the official journal of the Sri Lankan Association of Geriatric Medicine (SLAGM).


To be unveiled in November 2025, SLJGG is the country’s first dedicated scholarly journal focusing on ageing, elder care, and gerontological research. This peer-reviewed, multidisciplinary journal aims to promote academic excellence, research collaboration, and evidence-based practice in the rapidly expanding field of geriatric medicine.

Our vision is to lead scholarly innovation and discourse on healthy ageing and elder care across Sri Lanka and the South Asian region. The journal welcomes contributions from physicians, researchers, academics, and allied health professionals whose work aligns with the health, dignity, and wellbeing of older adults.

We now warmly invite original research, case reports, review articles, and perspectives for publication in our inaugural issue. Submissions are accepted until 31st July 2025.

This is your opportunity to be part of a pioneering publication that will shape the future of elder care in Sri Lanka and beyond.

 For submission guidelines and further details, visit: <https://slagm.lk>

 Email: sljgg2025@gmail.com

Let us write the future — together.

Poetry Corner

I WANNA BE A SUPER-AGER

I wanna be a super-ager,
strong and wise and bold.
Nor fading like the autumns
leave, but tunning into gold.

With silver like a seasond llade,
and laughter in my vaeines.

Out runnin tre with books
and friends, keep mō think
and thill think anch old.

I'll fuel my days with kindness,
greens, and turmeric-spiced delight

With yoga moves, I'll sing moigs
I'll toast to growing old gold

Let them say, 'She's eigty now,
but climbs like she's eitteen!

For age is just whisper, be sturd,
at aging so serene.

Yes, I wanna be a super-ager,
wild, and hohly *mē*

Let them say, 'She's ethty now,
but clams like she's rit reen "

For age is just a whisper when
your spirit shouts with glee –

Yes, I wanna be a super-ager,
wild, and holly *me*

