

Multimorbidity and polypharmacy are frequent accompaniments to ageing. Although an ageing demographic transition is universal in our region, multimorbidity and polypharmacy can present unique health challenges to individual nations. In this symposium we explore the varied effect of multi-morbidity and ways to address these issues. Advanced ageing and multimorbidity can lead to challenges in hospital care and extremely deleterious outcomes for people with hip fractures. Patterns of multimorbidity and polypharmacy can cluster providing opportunities for early prevention and treatment. Older people with HIV may be particularly prone to both multimorbidity and polypharmacy and a multidisciplinary approach may be valuable. Modern technology may offer novel methods to tackle polypharmacy and finally frail older people with multimorbidity can present specific challenges in the dying process, especially in long term care. We will explore these issues with presentations from Malaysia, Taiwan, Hong Kong, Singapore and India.