



SPGG | Sociedade Portuguesa
de Geriatria e Gerontologia

2017:

PORTUGUESE SOCIETY OF GERIATRICS AND GERONTOLOGY HISTORY

(Section of the Portuguese Medical Sciences Society, Lisbon-Portugal)

Member of International Association of Gerontology and Geriatrics (IAGG)

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The Portuguese Society of Geriatrics and Gerontology (SPGG) was founded in Lisboa in the year of 1951. His founder was Doctor José Reis Jr., MD.

The founding meeting took place at **the Portuguese Medical Sciences Society, Lisbon-Portugal (SCML)**, and it was chaired by the Professor Costa-Sacadura.

Since then, the Portuguese Society of Geriatrics and Gerontology (SPGG) was always represented, until the end of the 1980s, by his founder Dr. José Reis Jr. in all World Congresses organized by the International Association of Gerontology and Geriatrics (IAGG).

Dr. José Reis Jr. was also one of the founders of IAGG and member of its Board of Directors.

In the early 1980s, precisely in October 1980, the annual Portuguese Congress of Geriatrics and Gerontology has taken place, until today.

1950 – In July, Dr. José Reis Jr. attends and was part of the Board of the Opening Session of the First Spanish Congress of Geriatrics in Barcelona, presided by Professor Gregory Marañón and at his invitation. Also at his invitation he visits in Madrid his Medical Pathology Department and the 1st External Consultation of Geriatrics. He was the only Portuguese doctor present.

In September of the same year, he attends the I International Congress of Gerontology and was invited to join the Founding Board of the International Association of Gerontology (IAG) in Liège, Belgium. He was the only Portuguese doctor present. During this congress, began the Modern and Scientific Age of Geriatrics.

1951 – Thus, the following year, in 1951, he founded the Portuguese Society of Geriatrics and Gerontology in Lisbon, as a division of the Society of Medical Sciences of Lisbon (SCML), on May 22, 1951 and the president, Professor Costa-Sacadura, gave the inaugural speech of the Geriatric Division of SCML. Professor Costa-Sacadura was then considered a pioneer in social medicine in Portugal, having defended as President of SCML the need to study Sociology in relation to Medicine.

During this session, Dr. José Reis Jr. presented the paper "History of Geriatrics Through the Ages".

Also during this session, the secretary of SCML, Dr. Fernando Correia said: "A young doctor appeared in Portugal, Dr. José Reis Jr., who began to take an interest in gerontology and represented Portugal (in 1950) in this new medical movement. If this is for the young, it appears to be for them to be able to avoid precocious old age with all its consequences! The Central Institute of Hygiene, present at this session of the SCML, could not avoid being interested in the subject. Finally, congratulates the president of the Society of Medical Sciences of Lisbon, Professor Costa-Sacadura for this initiative ". Minutes of the 11th Session (geriatrics division) of May 22, 1951, of SCML.



Legend: 1951: After the Foundation of the Portuguese Society of Geriatrics and Gerontology, the first Portuguese Meeting of Gerontology was organized. Some medical doctors present: Left to right: Prof. Jean Huet, Prof. Costa-Sacadura, Dr. José Reis Jr., Dr. Diogo Furtado, Prof. Cordeiro Ferreira e Dr. Almerindo Lessa

Dr. José Reis Jr. organizes, shortly after, the first Portuguese Meeting of Gerontology, where several scientific sessions are held and to which he invites, among others, the French doctor Professor Jean Huet (geriatrician in Paris) and Drs. Almerindo Lessa, Diogo Furtado and Professors Costa-Sacadura and Cordeiro Ferreira.

On that occasion, Dr. José Reis Jr. seeks to bring together the doctors interested in forming the board of directors of the newly created society. The meeting is postponed to a date to be announced and the matter is always postponed, without an effective conclusion.

In the same year of 1951 he attends the II International Congress of I.A. Gerontology in St. Louis, Missouri, USA, presided by Dr. Edmund Cawdry, a great pioneer of Geriatrics, author of the 1939 treaty "Problems of Aging". He presented the original work "Inhibitory action of lipotropic factors in experimental atherosclerosis of the rabbits produced by cholesterol feeding".

He also meets there, the well-known Harvard cardiologist, Professor Paul White and establishes with him a professional and friendly relationship, inviting him a few years later to visit Lisbon.

In 1951 he attends the Columbia University Geriatrics Course in New York, held at Mount Sinai Hospital and at the Home of Aged and Infirm Hebrews. General Dwight Eisenhower, who later in 1953, became President of the United States, and was the head of Columbia University in 1951. He also visits the Institute of Physical Medicine and Rehabilitation at Bellevue Medical Center, led by the renowned physiatrist Professor Howard Rusk, who years later visits him on his trip to Portugal.



Legend: Dr. José Reis Jr (the 2nd left in the picture)

1954 – Attends the III Congress of I.A. Gerontology in London, under the chairmanship of Dr. Sheldon, with a reception in the House of Lords at the invitation of Lord Amulree, also a pioneer physician in British geriatrics.

Dr. José Reis Jr. continues by himself to attend international congresses of gerontology without being able to gather among the national doctors, geriatrics and gerontology cultists who wanted to join SPGG, founded 3 years earlier.

1956 – His Private Geriatric Clinic begins in Ajuda neighborhoods, Belém, Alcântara, Algés and Avenidas Novas, in Lisbon.

1957 - Attends the IV Congress of I.A. Gerontology, in Italy.

1960 - Attends the V Congress of I.A. Gerontology in San Francisco, California, USA, which was one of the largest, with 500 speakers from 23 countries. 400 papers were presented. He presented his work entitled "Cholesterol Levels and Clinical Improvement in Geriatric Patients with Arterial Hypertension, Coronary Artery Disease and Peripheral Artery Disease Treated with a Supplement of Linoleic Acid, Pyridoxine and Tocopherol", which was awarded with a medal from the Bobst Foundation. At the time Dr. Herman's work on "Theory of Free Radicals", was recognized for its originality that remains until today.



Foundation Medal:
Bobst

Legend: Dr. José Reis Jr (the 1st left in the picture)

1963 – Attends the VI Congress of I.A. Gerontology, in Denmark.

1965 –The founder of SPGG, Dr. José Reis Jr., increases the contacts already initiated, with the objective of creating an external consultation of Geriatrics in the Lisbon District Council, mobilizing the support of the coordinator, General Schultz and the assemblyman, Dr. Agostinho Cardoso. However, they could not get the approval for this meritorious initiative, by the health authorities of the time ... The lack of interest in geriatrics and gerontology was manifest in Portugal, where there was an almost absolute silence about this branch of medicine. Despite the founding of SPGG fourteen years earlier, the interest of Portuguese doctors in geriatrics had not yet materialized.

1966 – Attends the VII Congress of I.A. Gerontology, in Vienna, Austria. This congress had more than 1,000 participants and more than 500 papers were presented, being the largest European congress.

1967 – Writes and publishes the first treatise "GERIATRIC MEDICINE - Prevention - Treatment - Recovery", which was effectively the first book of Geriatrics published in the Iberian and Latin American medical literature.

1969 - August: Attends, as a member of the Steering Committee at the Eighth International Congress of Gerontology (IAG) in Washington, USA, chaired by the great pioneer and promoter of this specialty, Dr. Nathan W. Schok, author of 300 scientific papers on aging, and professor at the Gerontology Research Center of Baltimore. 1,500 participants from 40 countries attended an event that emphasized the importance of geriatrics recognized by almost fifty countries and with a record participation for the time. However, during the 1950s and 1960s, there were few people (doctors and others) who were interested in Geriatrics in our country, and the Society of Geriatrics was only represented abroad by the persistence of its founder. In Portugal there was still an atmosphere of indifference and resignation, due to the lack of interest in treating and caring for the elderly in a different way. There were no mentors of this new area of medicine and geriatric meetings in Portugal were not possible.

1978 - Nine years later, he published the revised and updated 2nd edition of his 1967 treatise "GERIATRIC MEDICINE", now acquired not only by medical doctors, but also by the general public.

In this year of 1978, Dr. José Reis Jr, re-founded the Portuguese Society of Geriatrics and Gerontology (SPGG), with the support of some modern names of Portuguese Medicine and with the support of the Spanish Society of Geriatrics and Gerontology, namely its President and Secretary General, respectively, Prof. Jimenez Herrero (Coruña) and Dr. F. Guillén Llera (Madrid).

In two sessions of the Society of Medical Sciences of Lisbon held in June and July of this year, in the presence of its president, Prof. Dr. Torres Pereira and the secretaries of SCML, Prof. Dr. José Conde and Dr. Maria José Salgado, both the importance of geriatrics and the need for (re) establishing the Portuguese Society of Geriatrics are highlighted.

According to the SCML Minutes: "At the 1st session, Dr. José Reis Jr presented to SCML the paper "Geriatrics: the need for its study and its current development. Some general and medical aspects of geriatrics".

In this session, Dr. Fernando Caldeira, present, pointed out the need for the Society of Geriatrics to be reestablished now and include a section of sociological studies focusing on the study of the main problems of the elderly. Dr. José Reis Jr. closed the session by drawing attention to the importance of geriatrics as a specialty".

During the 2nd session, held on July 14, 1978, the Portuguese Society of Geriatrics was re-established as a division of the Society of Medical Sciences of Lisbon. "Professor Doctor Torres Pereira reported that in 1951 the establishment of the Portuguese Society of Geriatrics was proposed and approved as a division of the Society of Medical Sciences of Lisbon. However, due to the lack of subsequent election and takeover of the other management bodies, this Society was not created to be effective. The President informed those present of the new proposal for the (re) establishment of the Portuguese Society of Geriatrics. This proposal was approved by the Advisory Board and was presented immediately in a General Assembly for discussion. Among the members present at the General Assembly were Drs. José Reis Jr., Lima Faleiro, Fernando Caldeira and Ferreira Marques, who referred the importance of this re-establishment. With the approval of these and all other members present, the Portuguese Society of Geriatrics, in Lisbon, is hereby created on July 14, 1978, Minutes of the 10th Administrative Session, with as President: Prof. Doctor Torres Pereira and Secretaries: Prof. Dr. José Conde and Dr. Maria José Salgado".



Legend: 1978: Some of the elected Advisory Board.

Left to right: Dr. Pedro de Moura Reis (General-Secretary), Prof. Jimenez Herrero (invited has Spanish Society of Geriatrics and Gerontolog President), Dr. José Reis Jr. (President) and Dr. Pais Rodrigues (General Assembly President).

Three months later, in October, in a session organized by the Society of Medical Sciences of Lisbon, Professor Jimenez Herrero, president of the Spanish Society of Geriatrics and Gerontology, from Corunha, who sponsored the re-foundation and Doctor Gomes Ermida and Pais Rodrigues, from Coimbra were speakers. The secretaries were Doctor Pedro de Moura Reis and Doctor José Coelho Virgílio, from Lisbon.

About two dozen doctors and members of the Medical Sciences Society of Lisbon were present. The administrative bodies of the Portuguese Society of Geriatrics and Gerontology were elected: Doctor José Reis Jr., President; Doctor Pais Rodrigues, President of the General Assembly; Doctor Pedro de Moura Reis, General Secretary; Doctor Gomes Ermida, Member of the Board; Doctor José Coelho Virgílio, Treasurer: a new management was established under the chairmanship of Doctor José Reis Jr. and the plan was to hold the 1st Portuguese Congress on Geriatrics and the 1st Luso-Spanish Geriatrics Conference in October 1980.

In 1978, the Portuguese Society of Geriatrics and Gerontology, through its President, attends the 11th International Congress of Gerontology of IAG, in Tokyo, as a member of the Board of Directors formed by each one of the 35 representatives of Geriatrics Societies affiliated to IAG, where 2000 congressmen from 45 countries meet. In Tokyo there were already 5 Geriatrics Hospitals, one with 800 beds and research institutions, among them the Tokyo Institute of Gerontology, funded by the Tokyo municipality.

1980 - In October, the Portuguese Geriatrics and Gerontology Society holds the 1st Portuguese Congress on Geriatrics and the 1st Luso-Spanish Geriatrics Conference, bringing together about 1500 doctors, nurses and social workers! About 100 speakers were invited, of which 20 from neighboring Spain. It was a true medical event spoken throughout the country.

Since then, every year without exception, in October, and only recently in November, the Portuguese Society of Geriatrics and Gerontology organizes the Portuguese Congress of Geriatrics and Gerontology, under the chairmanship of Doctor José Reis Jr., after Professor Cerqueira Magro (from Oporto) and currently Professor Manuel Carrageta (Lisbon).

1981- In October, the Portuguese Society of Geriatrics and Gerontology, organizes in Lisbon, the 2nd Portuguese Congress of Geriatrics and created an Advisory Council consisting of: Professor A. Monteiro de Lacerda, Doctor Eduardo Brito Paiva, Professor F. Cerqueira Magro,

Professor A. Lopes Vaz, Doctor João Figueirinhas, Doctor Jaime Souto Lopes, Doctor Luis de Lima Faleiro, Professor Salomão Sequerra Amram and Professor Macieira Coelho.

1982 – In October, the Portuguese Society of Geriatrics and Gerontology, organizes in Lisbon, the 3rd Portuguese Congress of Geriatrics.

1983- In October, the Portuguese Society of Geriatrics and Gerontology, organizes in Lisbon, the 4th Portuguese Congress of Geriatrics and the 2nd Luso-Spanish Geriatrics Conference, in collaboration with the Spanish Society of Geriatrics.

1984- In October, the Portuguese Society of Geriatrics and Gerontology, organizes in Lisbon, the 5th Portuguese Congress of Geriatrics.

1985- In May, the Portuguese Society of Geriatrics and Gerontology creates in Oporto, the 1st NORTHERN CONFERENCE OF GERIATRICS, annually, chaired by Doctor José Reis Jr. and vice-presided by Professor Doctor F. Cerqueira Magro, from Oporto's Medical School, and Professor Doctor Nuno Grande, from the Biomedical Sciences Institute Abel Salazar, in Oporto, who gave an important impetus to Geriatrics in the North of the country. Doctors Bonnet Monteiro, Sérgio Coimbra and Pedro de Moura Reis were general secretaries.

Also in 1985, the Portuguese Society of Geriatrics and Gerontology is present, in New York, at the 13th International Congress of Gerontology, as a member of its Board of Directors, under the presidency of Doctor Ewald Busse, at the Congress Center of the Hilton Hotel, located on 5th Avenue. Doctor José Reis Jr. and Doctor Pedro de Moura Reis were in attendance.

October: SPGG organizes the 6th Portuguese Congress of Geriatrics in Lisbon.

1986 – In February, SPGG organizes the 2nd Northern Geriatric Conference, in Oporto.

In May, SPGG creates in Coimbra the 1st CENTER GERIATRIC CONFERENCE, annually, chaired by Doctor José Reis Jr. and vice presided by Professor Doctor Maria Helena Saldanha and Professor Doctor Adriano Vaz Serra, from Coimbra Medical School, who also gave an important boost to Geriatrics in the Center of the country.

Doctor José Gomes Ermida, from HUC (Coimbra) and member of SPGG, and Doctor Pedro de Moura Reis, General Secretary of SPGG, are general secretaries. In October, SPGG organizes the 7th Portuguese Geriatrics Congress and the 3rd Luso-Spanish Geriatrics Conference in Lisbon, in collaboration with the Spanish Geriatrics Society.

1987 – In February, SPGG organizes the 3rd Northern Geriatrics Conference, in Oporto.

In May, SPGG organizes the 2nd Center Geriatric Conference, in Coimbra.

In October, SPGG organizes the 8th Portuguese Geriatric Congress, in Lisbon.

1988 – The Portuguese Society of Geriatrics and Gerontology founded the first specialized medical journal "GERIATRICS - the Portuguese Journal of Geriatric Medicine", published monthly, directed by Doctor Pedro de Moura Reis, general secretary of the Portuguese Society of Geriatrics and Gerontology, with one objective: to promote a national bibliography of "a medicine for the future" and to invest in continuing education in geriatric medicine and gerontology and in the necessary multidisciplinary integration, with eighty personalities in its scientific and editorial councils.

Doctor José Reis Jr. is elected Honor Member of the Spanish Society of Geriatrics and Gerontology. He is also rewarded with the recently created "Geriatric Prize: Nunes Correia Verdades de Faria", by the Santa Casa da Misericórdia, in Lisbon, awarded at the Mantero Foundation.

In February 1988, SPGG organizes the 4th Northern Geriatric Conference, in Oporto.

In May, SPGG organizes the 3rd Geriatric Conference of the Center, in Coimbra.

In October, SPGG organizes the 9th Portuguese Congress of Geriatrics and the 5th Luso-Spanish Geriatrics Conference, in collaboration with the Spanish Society of Geriatrics.

1989 - SPGG is represented by Doctor Pedro de Moura Reis, General Secretary, in Mexico, at the 14th International Congress of Gerontology.

In February, SPGG organizes the 5th Northern Geriatric Conference, in Oporto.

In May, SPGG organizes the 4th Geriatric Center Conference, in Coimbra.

In October, SPGG organizes the 10th Portuguese Congress of Geriatrics, in Lisbon and, under the chairmanship of Doctor José Reis Jr., will begin, together with the Congress of Geriatrics, the 1st Portuguese Congress of Social Gerontology. Professor Almerindo Lessa was invited to preside.

For the first time and every two years, all Non-Medical Professional Associations will be represented at the SPGG Congress where their professionals participate actively, such as Social Work professionals, Nurses, Physiotherapists, *Misericórdias*, Private Institutions of Social Solidarity.

Relevant topics were discussed, namely "What problems and solutions for an aging society?", "The Elderly, the Law, and the Family: Conflicts and Complementarity of Generations", "Age and Social Security", "What Policy in Portugal for the Elderly?".

Some of the guest speakers were: Professor Salvador Massano Cardoso, Priest Vítor Melícias, Professor Coreolano Ferreira, Professor Fernando Maia, Doctor Manuel Pinto, Doctor Ângelo d' Almeida Ribeiro, Professor Joaquim Nazareth, Professor Álvaro Macieira-Coelho, Professor Manuel Carrageta, Doctor Maria João Quintela, Professor Diniz da Gama, Professor Martins Correia, Professor Ramos Lopes, Mr. António Maia, Doctor Sebastião de Pinho, Professor Fernando de Pádua, Professor Cerqueira Magro, Professor José Conde, Professor Matos Ferreira, Doctor Sérgio Coimbra, Professor Helena Saldanha, Doctor Fernando Santos, Doctor Teixeira Veríssimo, and numerous other doctors and Health and Social Work professionals.

1990- Doctor José Reis Jr. is invited and honored in Coruña, by the Galician Society of Geriatrics and Gerontology, and is elected as Honorary Member.

After elections in the Portuguese Society of Geriatrics and Gerontology, Doctor José Reis Jr, is elected Honorary President, and occupies this position until April of 2012.

After that year, Professor F. Cerqueira Magro, from the Medical School of Oporto was elected president. Professor Maria Helena Saldanha, from the Medical School of Coimbra, and Professor Manuel Carrageta, from the Medical School of Lisbon were elected vice-presidents. Doctor Pedro de Moura Reis and Doctor Rui Soares are the general-secretaries. Doctor Maria João Quintela, a member of SPGG's management, is a representative at IAG.



Prof. F. Cerqueira Magro
President of SPGG

This same year, in February, SPGG organizes the 6th Northern Geriatric Conference, in Oporto.
In May, SPGG organizes the 5th Geriatric Conference of the Center, in Coimbra.
In October, SPGG organizes the 11th Portuguese Geriatrics Congress, in Lisbon.

1991- In February, SPGG organizes the 7th Northern Geriatric Conference, in Oporto.
In May, SPGG organizes the 6th Geriatric Conference of the Center, in Coimbra.
In October, SPGG organizes the 12th Portuguese Geriatric Congress and the 2nd Portuguese Congress of Social Gerontology, the latter presided by Professor Almerindo Lessa. Doctor Maria João Quintela, member of the SPGG Board collaborates actively in the organization of the Gerontology Congress.

1992- In February, SPGG organizes the 18th Northern Geriatrics Conference, in Oporto.
In May, SPGG organizes the 7th Geriatric Center Conference, in Coimbra.
In October, SPGG organizes the 13th Portuguese Congress of Geriatrics, in Lisbon.

1993- A larger delegation of the Portuguese Society of Geriatrics and Gerontology registers and participates in the 15th International Congress of Gerontology in Budapest, Hungary, headed by Professor F. Cerqueira Magro, President of SPGG.

Also in that year, in February, SPGG organizes, in Oporto, the 9th Northern Geriatrics Conference, in which Doctor José Reis Jr. handed over the presidency of the conference to Professor F. Cerqueira Magro.

In May, SPGG organizes in Coimbra the 8th Geriatric Center Conference in which Doctor José Reis Jr. will transfer the Presidency of the Conference to Professor Maria Helena Saldanha and a scientific commission is created: Professors Helena Saldanha, Vaz Serra, Norberto Canha and Salvador Massano Cardoso and Doctor José Reis Jr., Doctor Gomes Ermida and Doctor Pedro de Moura Reis.

In October, SPGG organizes the 14th Portuguese Congress of Geriatrics and the 3rd Portuguese Congress of Social Gerontology, last presided over by Professor Almerindo Lessa.

1994- SPGG creates the first bi-annual Geriatrics Award, GERIATRICAL PRIZE DR. JOSÉ REIS JR., that awards the best work published in Portugal about Geriatric Medicine, published in the journal GERIATRICALS - Portuguese Journal of Geriatric Medicine, official journal of SPGG.

Death of Professor Almerindo Lessa, SPGG's invited chairman for the Portuguese Congress of Social Gerontology.

In February, SPGG organizes the 20th Northern Geriatrics Conference, in Oporto.

In May, SPGG organizes the 19th Geriatric Conference of the Center, in Coimbra.

In October, SPGG organizes the 15th Portuguese Congress of Geriatrics, in Lisbon.

1995 – In February, SPGG organizes the 9th Northern Geriatrics Conference, in Oporto.

In May, SPGG organizes the 10th Geriatric Center Conference, in Coimbra.

In October, SPGG organizes the 16th Portuguese Congress of Geriatrics and the 4th Portuguese Congress of Social Gerontology, in Lisbon. Doctor Maria João Quintela has increased her support to the bi-annual organization of the Portuguese Congress of Social Gerontology, in which Doctor Regina Cabral Ferreira is also an active participant.

The Portuguese Society of Geriatrics and Gerontology publishes the book "Themes in Geriatrics, Volume I". In this edition were published original and revised papers, authored by Professor F. Cerqueira Magro, Doctor José Reis Jr., Doctor J. Gomes Ermida, Professor Martins Correia, Professor G. Rodrigues Peixe, R. Amaral-Marques, Professor Mário Simões, Professor Carlos Garcia, Professor José Ferro, Professor Eurico Lisboa, Professor Maria Helena Saldanha de Oliveira and Professor Fernando Brandão.

1996- In February, SPGG organizes the 12th Northern Geriatrics Conference, in Oporto.
In May, SPGG organizes the 11th Geriatric Center Conference, in Coimbra.
In October, SPGG organizes the 17th Portuguese Congress of Geriatrics, in Lisbon.
The Portuguese Society of Geriatrics and Gerontology publishes the book "Themes in Geriatrics, Volume II".
In this edition were published original and revised papers, authored by Doctor C. Roldão Vieira, Professor Manuel Carrageta, Doctor Nuno Castel-Branco, Professor Luís Cunha, Professor Jorge Poland, Doctor Alejandro Santos, Professor Carlos Ramalhão, Doctor José Barrias, Doctor Zélia Duarte, Doctor Jorge Marques, Doctor Luis Bonnet Monteiro and Doctor Jorge Castilho Luna Caldeira.

1997 – The Portuguese Society of Geriatrics and Gerontology prepares Portugal's candidacy to the 18th International Congress of Gerontology 2005, by sending its General Secretary, Doctor Pedro de Moura Reis, to Adelaide, Australia, to the 26th International Congress of Gerontology. The winner is Brazil, with the support of Portugal, who declined his candidacy against the background of the most likely vote in Brazil, which effectively became the organizer of that congress.

In February, SPGG organizes, in Oporto, the 13th Northern Geriatrics Conference.
In May, SPGG organizes the 12th Geriatric Center Conference, in Coimbra.
In October, SPGG organizes the 18th Portuguese Congress of Geriatrics and the 5th Portuguese Congress of Social Gerontology, in Lisbon.
The Portuguese Society of Geriatrics and Gerontology publishes the book "Themes in Geriatrics, Volume III". In this edition were published original and revised papers, written by Doctor José Reis Jr., Doctor Alexandre Diniz, Doctor Rosa Gallego, Doctor J. M. Bragança Parreira, Doctor Rui Silva Duarte, Doctor Pedro Marques da Silva, Doctor Júlio Almeida, Doctor Margarida Bentes de Jesus, Doctor António Vital Morgado, Professor J. Gorjão Clara, Professor Carolina Garrett, Professor Carlos Garcia, Professor Serafim Guimarães and Professor Fernando Brandão.

1998- The Portuguese Society of Geriatrics and Gerontology organizes the 1st International Luso-Hispanic-Brazilian Geriatrics Congress of Madeira, in which Doctor José Reis Jr. is honored at the age of 90 by the Spanish and Brazilian Societies of Geriatrics and Gerontology through allocutions of their presidents, Professor Ribera Casado, from Madrid, and Doctor. Norton Sayeg, from São Paulo.

The Portuguese speech, in which is paid tribute to Doctor José Reis Jr., is given by Doctor Raquel Ribeiro, president of the National Commission for a Policy for the Elderly.
He received a Gold Medal of Distinct Services from the Ministry of Health, sent by the Minister Doctor Maria de Belém Roseira, by her Chief of Staff.
Doctor João Nunes Abreu, to the International Congress of Geriatrics of Madeira.
The Congress brings together about 400 physicians, of whom 96 are invited speakers from all over the country, from Spain and Brazil. It was one of the great congresses held in the 1990s, in Madeira.

In February, SPGG organizes the 14th Northern Geriatric Conference, in Oporto.
In May, SPGG organizes the 13th Geriatric Center Conference, in Coimbra.
In October, SPGG organizes the 19th Portuguese Geriatrics Congress, in Lisbon.

1999- In February, SPGG organizes the 15th Northern Geriatric Conference, in Oporto.
In May, SPGG organizes the 14th Geriatric Center Conference, in Coimbra.
In October, SPGG organizes the 20th Portuguese Geriatrics Congress and the 16th Portuguese Congress of Social Gerontology, in Lisbon.

The Portuguese Society of Geriatrics and Gerontology publishes the book "Themes in Geriatrics, Volume IV".

In this edition were published original and revised papers, authored by Doctor Raimundo Martins, Doctor Pedro Marques da Silva, Professor J. Martins Correia, Professor Raúl de Amaral-Marques, Professor A. Lopes Vaz, Professor F. Carvalho Araújo, Doctor Manuel Mendes Silva, Doctor Manuel Macieira Pires, and Doctor Carlos Dias.

2000- As honorary president of the Portuguese Society of Geriatrics and Gerontology, Doctor José Reis Jr. creates the FEG DOCTOR JOSÉ REIS JR. : "Foundation for Teaching and Geriatrics, Doctor José Reis Jr." which administers some resources for the EDUCATION PRIZES DOCTOR JOSÉ REIS JR., from Lagos (Algarve), to reward the 2 best students of the secondary education of Lagos (his native city), and for the PRIZE DOCTOR JOSÉ REIS JR. FOR GERIATRICS to reward the best work of geriatric medicine published in the GERIATRICS journal, of the Portuguese Society of Geriatrics and Gerontology.

Also in this year, in February, SPGG organizes the 16th Northern Geriatric Conference, in Oporto.

In May, SPGG organizes the 15th Geriatric Center Conference, in Coimbra.

In October, SPGG organizes the 21st Portuguese Congress of Geriatrics, in Lisbon.

Also in 2000, the Honorary President of SPGG, Doctor José Reis Jr., is invited and honored in Barcelona not only by the Spanish Society of Geriatrics and Gerontology, but also by the Alcaide of Barcelona present at the 50th Anniversary Celebration of the First Spanish Congress of Geriatrics, that he attended in 1950.

2001- Various International Medical Associations, such as the New York Academy of Sciences, the American Association of Advancement of Science, the American Association for Cancer Research, the Gerontology Society of America and the Royal Academy of Medicine of Galicia invite the Honorary President of SPGG for his International prestige and longevity achieved as a member.

In February, SPGG organizes the 17th Northern Geriatrics Conference, in Oporto.

In May, SPGG organizes the 16th Geriatric Center Conference, in Coimbra.

In October, SPGG organizes the 22nd Portuguese Congress of Geriatrics and the 17th Portuguese Congress of Social Gerontology, in Lisbon.

The Portuguese Society of Geriatrics and Gerontology publishes the book "Themes in Geriatrics, Volume V". In this edition were published original and revised papers, authored by Professor Carlos Perdigão, Doctor Helena Canada, Doctor Eduarda Leite, Doctor Rosa Gallego, Professor Freire Gonçalves, Doctor J. Gomes Ermida, Professor João Barreto and Professor Manuel Pestana de Vasconcelos.

2002- The 3rd edition, reviewed and updated, of the 1967 treaty "GERIATRIC MEDICINE - Prevention, Treatment and Rehabilitation", now with 434 pages, is published.

In February, SPGG organizes the 18th Northern Geriatric Conference, in Oporto.

In May, SPGG organizes the 17th Geriatric Center Conference, in Coimbra.

In September, SPGG organizes the 2nd Ibero-American Congress of Geriatrics in Madeira, with the Presidents Professor Cerqueira Magro (Portugal), Doctor Ulisses Salgado Rodrigues (Brazil) and Doctor Pedro Paulo Marín (Chile). Doctor José Reis Jr. was the Honorary President, and Doctor Pedro de Moura Reis, General-Secretary.

The congress brought together 400 participants, of which 70 were speakers. Doctor Maria João Quintela, from the SPGG Board, presented the national project pioneered in this Ibero-American Geriatric Congress in Funchal: PAIL - Integrated Support Program for the Elderly and the Health of the Elderly".

In October, SPGG organizes the 23rd Portuguese Geriatrics Congress, in Lisbon.

2003-2009- The Portuguese Society of Geriatrics and Gerontology at the Inaugural Session of all annual congresses, chaired by Professor F. Cerqueira Magro, and in the presence of Doctor José Reis Jr., its Honorary President, evokes, through several invited speakers, his work for the advancement of geriatrics and gerontology in Portugal, while at the same time brings more young cultists of geriatrics and gerontology among the invited speakers.

2003- In February, SPGG organizes, in Oporto the 19th Northern Geriatric Conference. In May, SPGG organizes the 18th Geriatric Center Conference, in Coimbra. In October, SPGG organizes the 24th Portuguese Congress of Geriatrics and the 8th Portuguese Congress of Social Gerontology in Lisbon.

2004 - In February, SPGG organizes, in Oporto, the 20th Northern Conference on Geriatrics and Gerontology. In October, SPGG organizes the 25th Portuguese Congress on Geriatrics and the 2nd Luso-Brazilian Conference on Geriatrics and the Conference on Social Gerontology, in collaboration with the Brazilian Society of Gerontology.

2005- in May, SPGG organizes, in Oporto, the 21st Northern Conference of Geriatrics and Gerontology. In October, SPGG organizes, in Lisbon, the 17th Congress of Geriatrics and the IX Portuguese Congress of Social Gerontology.

2006- The Portuguese Society of Geriatrics and Gerontology becomes part of the team of consultants of the General Board of Health through one of its board members named first by Doctor Rui Soares and subsequently by the Professor Doctor Manuel Carrageta, in the Elderly National Program.

2007- In May, SPGG organizes, in Oporto, the 22nd Northern Geriatrics and Gerontology Conference. In October, SPGG organizes, in Lisbon, the 27th Portuguese Geriatric Congress and the 10th Portuguese Congress of Gerontology.

2008- The Honorary President of the Portuguese Society of Geriatrics and Gerontology is awarded, in his 100th year of life by the President of the Republic, the Grand Cross of the Order of Merit in honor of his “pioneering spirit in implementing and promoting health care to the elderly and advancing Geriatrics and Gerontology in Portugal”.



Legend: Dr. José Reis Jr., pioneer of Portuguese geriatrics, honored with his name in an artery of the city and with the Grand Cross of the Order of Merit, at the age of 100.

In May, SPGG organizes, in Oporto, the 24th Northern Conference on Geriatrics and Gerontology.

In October, SPGG organizes, in Lisbon, the 29th Portuguese Congress of Geriatrics.

2009 - In May, SPGG organizes the 25th Northern Conference on Geriatrics and Gerontology, in Oporto.

In October, SPGG organizes the 30th Portuguese Congress of Geriatrics and the 11th Portuguese Congress of Social Gerontology, in Lisbon.

2010 – The new board of the Portuguese Society of Geriatrics and Gerontology is elected for a five-year period (2010-2015), chaired by Professor Manuel Carrageta, Vice Presidents Doctor Maria João Quintela and Doctor L. Bonnet Monteiro and Doctor Pedro Moura Reis as General-Secretary.

Has Honorary Presidents are elected the outgoing President Professor Cerqueira Magro and Doctor José Reis Jr., founder and SPGG first President.



Prof. Manuel Carrageta



Dra. Maria João Quintela



Dr. L. Bonnet Monteiro

The Multidisciplinary Scientific Council of SPGG is established, and invites approximately 145 high academic level and personalities of recognized merit, among physicians and other graduates outside of medicine.

In May, SPGG organizes, in Oporto, the 26th Northern Conference on Geriatrics and Gerontology. This was the last one presided by Professor Cerqueira Magro.

In October, SPGG organizes, in Lisbon, the 31st Portuguese Congress of Geriatrics and the 12th Portuguese Congress of Social Gerontology, which will also be annually held.

2011- The Portuguese Society of Geriatric and Gerontology through its President, Professor Manuel Carrageta and its Vice-President Doctor Maria João Quintela organizes, along with the Pharmacists Order, the 1st Course of Geriatrics and Gerontology for the Pharmacists Association in collaboration with some of members of the board and several members of the Multidisciplinary and Scientific Board of SPGG.

In May, SPGG organizes in Oporto, the 27th Northern Conference on Geriatrics and Gerontology, under the Presidency of Doctor L. Bonnet Monteiro and the Vice-Presidency of Doctor Sérgio Coimbra.

In October, SPGG organizes, in Lisbon, the 32nd Portuguese Congress of Geriatrics and the 13th Portuguese Congress of Social Gerontology.

2012- In March, the Portuguese Geriatric Society organizes, for the Pharmacists Association, the 2nd Geriatric and Gerontology Course, with the cooperation of various members of the

Multidisciplinary Scientific Board and under the guidance of Doctor Maria João Quintela, SPGG Vice-President.

On April 17th of the same year, at his home, and at the beginning of his 105th year of life, Doctor José Reis Jr., founder, first President and Honorary President of the Portuguese Society of Geriatric and Gerontology, founder and permanent member of the Governing and Scientific Board of the International Association of Gerontology, passed away.

In October of the same year, SPGG, organizes, in Lisbon, the 33rd Portuguese Congress of Geriatric and the 14th Congress of Social Gerontology. In the same month, in Oporto, took place the 27th Northern Conference on Geriatrics and Gerontology, under the chairmanship of Doctor Luís Bonnet Monteiro and the Vice-Presidency of Doctor Sérgio Coimbra.

2013- In October, the 28th Northern Conference on Geriatrics and Gerontology was held, chaired by Doctor Luís Bonnet Monteiro, SPGG Vice President, and the Vice-President was Doctor Sérgio Coimbra, member of SPGG.

This was the last conference, interrupted by the non-existent financial support, due to the increasing national financial crisis.

In November, SPGG organizes, in Lisbon, the 34th Portuguese Geriatric Congress and the 15th Social Gerontology Congress. During both, SPGG publishes, in partnership with the Portuguese Association of Nutritionists, the E-Book “Nutrition and the Elderly”.

2014- On January 17th, Professor Fernando Cerqueira Magro, 2nd Honorary Chairman of SPGG, passed away at 93 years of age.

In November, SPGG organizes, in Lisbon, the 35th Portuguese Geriatric Congress and the 16th Social Gerontology Congress.

2015- In March, SPGG publishes, in partnership with the Portuguese Association of Nutritionists, the E-Book on “Hydration and the Elderly”.

In June, the Spanish Society of Geriatrics and Gerontology has developed a free online course for caregivers of elderly people with dependency, for which it has requested the partnership and collaboration of the Portuguese Society of Geriatrics and Gerontology, with the collaboration of the Portuguese Association of Psychogerontology: a joint working partnership was established.

In November, SPGG held in Lisbon the 36th Portuguese Congress of Geriatrics and the 17th Congress of Social Gerontology, in which actively participated the Spanish Society of Geriatrics and Gerontology, represented by a group of doctors and professionals of social services, among them its President, Professor López Trigo, Doctor María Ángeles Garcia Antón, Doctor António Moya Bernal and Doctor Montaña Román García.

Following the closing of the Congress, new elections for the SPGG's governing board were held for the 2015-2020 quinquennium, now with 19 members:

Professor Manuel Carrageta (Chairman), Doctor Maria João Quintela, Doctor Luis Bonnet Monteiro, Doctor Pedro Marques da Silva (Vice-Presidents), Doctor Pedro de Moura Reis (General Secretary), Doctor Rui Soares (Treasurer), Doctor António Leitão, Professor José Coucello, Doctor Manuel Viana, Doctor Luis Cortez Pinto Doctor Sérgio Coimbra (Members), Doctor Rosa Afonso (Delegate of the Board in Madeira), Doctor Vergílio Schneider (Delegate of the Board of Directors in Azores), Professor Jacinto Gonçalves, Doctor Vitor Gabão Veiga, Doctor Amílcar Aleixo (General Assembly), Doctor Mendes Silva, Doctor Gata Simão, Ms. Isabel Viana (Fiscal Council), Doctor Maria João Quintela (Representative for International Relations).

2016 - In October of 2016, SPGG, in partnership with the Spanish Society of Geriatrics and Gerontology, promotes the 2nd free online course for caregivers of dependent elderly people.

In November, SPGG organizes the 37th Portuguese Congress on Geriatrics and Gerontology, in Lisbon.

2017 - SPGG, in partnership with the Spanish Society of Geriatrics and Gerontology, continues to hold, until April, the 2nd free online course for caregivers of dependent elderly people.

In November, the 38th Portuguese Congress of Geriatrics and Gerontology will be held on the 22nd, 23rd and 24th, at the Ismaili Center, in Lisbon.

Next year, 2018, SPGG will commemorate the 40th anniversary of its re-foundation, held on July 14th 1978, at the 10th Administrative Session of the Society of Medical Sciences of Lisbon, presided by Professor Torres Pereira and with Professor José Conde as secretary.

Publishing Activities of Portuguese Society of Geriatrics and Gerontology:

- Publication of the first Geriatrics Treaty in Portugal, in the Iberian Peninsula and Latin America: "Geriatric Medicine - Prevention, Treatment and Rehabilitation" with 3 reissues: in 1967, 1978 and 2002, by Doctor José Reis Jr;

- Publication of the Portuguese Journal of Geriatric Medicine, official journal of SPGG, from 1988 to 2006, publishing a total of 159 issues;

- Publication of 5 books entitled "Themes in Geriatrics" - Volume I, 1995;

Volume II, 1996; Volume III, 1997; Volume IV, 1999; Volume V, 2001.

- Publication in several medical journals and in the newspaper "Notícias Médicas", hundreds of papers by physicians and other health and social service professionals, invited speakers by the Portuguese Society of Geriatrics and Gerontology at the 18th Geriatric Conference of the Center, 28th Conference of Geriatrics, in Oporto and the 37th national congresses held so far.