

**COURSE PROGRAMME**  
**CLINIC DIABETES: LEARNING FROM KOLs**  
**"Improving Diabetes Care"**

**May 3-5, 2024**  
**Royale Chulan Kuala Lumpur, MALAYSIA**

**DAY 1 – May 3, 2024 (Friday)**

- Moderator : Professor Dato' Anuar Zaini Md. Zain, *Monash University Malaysia*
- 0700 – 0825 : **REGISTRATION**
- 0825 - 0830 : **Briefing of Course**  
Emeritus Professor Dato' Mustaffa Embong, *National Diabetes Institute*
- 0830 - 1000 : **Session #1: Physical and Dietary Therapy**
- i) Exercise for Diabetics With and Without Physical Disability** (20 min + 10 min Q&A)  
Speaker: Dr. Alston Choong Wai Kwong, *University Malaya Specialist Centre*
  - ii) Doable Malaysian Diet for People with Diabetes** (20 min + 10 min Q&A)  
Speaker: Associate Professor Zulfitri 'Azuan Mat Daud, *Universiti Putra Malaysia*
  - iii) Simple Yoga Asanas and Meditation for Diabetes Control** (20 min + 10 min Q&A)  
Speaker: Ms. Ambika Menon, *Arogya Holistic Care*
- 1000 - 1030 : **BREAK (Visit to Booths)**  
Please make sure you receive a chop from the booth that you visit to be eligible for Lucky Draws.
- 1000 - 1130 : **Session #2: Glucose-Lowering Medications: Oral**
- i) Alpha Glucosidase Inhibitors**
  - ii) Metformin**
  - iii) Sulfonylureas**
  - iv) DPP4-Is** (20 min + 10 min Q&A)  
Speaker: Dr. Ng Ooi Chuan, *Universiti Putra Malaysia*
  - v) SGLT2-Is** (20 min + 10 min Q&A)  
Speaker: Professor Norlaila Mustafa, *Hospital Canselor Tuanku Muhriz UKM*
- 1130 - 1200 : **Sponsored Lecture: Taisho Pharmaceutical** (20min + 10min Q&A)  
**Lusefi: Clinical Insights on the Benefits of an SGLT2i in Treating Diabetes**  
Speaker: Dr. Malathi Karupiah, *Prince Court Medical Centre*
- 1200 - 1300 : **LUNCH**
- 1300 - 1400 : **Session #3: Glucose-Lowering Medications: Injectables**
- i) Insulin Therapy** (20 min + 10 min Q&A)  
Speaker: Dr. Vijay Ananda Paramasvaran, *Pantai Hospital Kuala Lumpur*
  - ii) GLP-1 RAs** (20 min + 10 min Q&A)  
Speaker: Professor Norlaila Mustafa, *Hospital Canselor Tuanku Muhriz UKM*
- 1400 - 1530 : **Session #4: IFG and IGT**  
**Chairman:** Emeritus Professor Dato' Mustaffa Embong, *National Diabetes Institute*

## **CASE PRESENTATION AND DISCUSSION**

### **Diagnosis and Significance of IFG, IGT (15 min)**

Speaker: Associate Professor Wan Mohd Izani Wan Mohamed, *Universiti Sains Malaysia Hospital*

#### **Panel**

1. Professor G.R Letchuman, *Monash University Malaysia*
2. Dr. Ng Ooi Chuan, *Universiti Putra Malaysia*
3. Associate Professor Wan Mohd Izani Wan Mohamed, *Universiti Sains Malaysia Hospital*
4. Dato' Sri Dr. Azhari Rosman, *National Heart Institute*

### **Case #1: Should Prediabetes be Treated? (15 min + 30 min discussion)**

Case Presenter: Emeritus Professor Dato' Mustaffa Embong, *National Diabetes Institute*

1500 - 1530 : **Special Session: Case Presentations by Participants**

#### **Panel**

1. Professor G.R Letchuman, *Monash University Malaysia*
2. Dr. Vijay Ananda Paramasvaran, *Pantai Hospital Kuala Lumpur*
3. Associate Professor Wan Mohd Izani Wan Mohamed, *Universiti Sains Malaysia Hospital*
4. Professor Sazzli Shahlan Kasim, *Universiti Teknologi Mara*

### **Case 1: My Journey to Conquer Diabetes (5min + 10min discussion)**

Case Presenter: Dr. Jennett Michael, *Klinik Kesihatan Kota Sentosa*

### **Case 2: Improving Diabetic Care: The case studies of patients in intensive diabetic clinic (5min + 10min discussion)**

Case Presenter: Dr. Albert Lim Juan You, *Klinik Kesihatan Kota Sentosa*

1530 - 1600 : **BREAK (Visit to Booths)**

Please make sure you receive a chop from the booth that you visit to be eligible for Lucky Draws.

1600 - 1730 : **Session #5: Diabetes in Pregnancy**

**Chairman:** Professor G.R Letchuman, *Monash University Malaysia*

## **CASE PRESENTATION AND DISCUSSION**

### **Managing At-Risk and Diabetic Subjects in Pregnancy (20 min + 10 min Q&A)**

Speaker: Dr. Nurain Mohd Noor, *Putrajaya Hospital*

#### **Panel**

1. Professor Norlaila Mustafa, *Hospital Canselor Tuanku Muhriz UKM*
2. Professor Datuk Siti Zawiah Omar, *University Malaya Specialist Centre*
3. Dr. Nurain Mohd Noor, *Putrajaya Hospital*
4. Dr. Ng Ooi Chuan, *Universiti Putra Malaysia*

#### **Appropriate Use of Medications**

### **Case #2: (10 min + 20 min Q&A)**

Case Presenter: Associate Professor Norasyikin A. Wahab, *Hospital Canselor Tuanku Muhriz UKM*

### **Case #3: (10 min + 20 min Q&A)**

Case Presenter: Associate Professor Norasyikin A. Wahab, *Hospital Canselor Tuanku Muhriz UKM*

**DAY 2 – May 4, 2024 (Saturday)**

- Moderator : Professor Dato' Anuar Zaini Md. Zain, *Monash University Malaysia*
- 0800 – 0930 : **Session #6: Diabetes with Heart Disease**  
Chairman: Datuk Dr. Mohamed Badrulnizam Long Bidin, *Prince Court Medical Centre*
- Diagnosis and Management of IHD and CCF in Diabetics** (20 min + 10 min Q&A)  
Speaker: Dato' Sri Dr. Azhari Rosman, *National Heart Institute*
- Panel:**
1. Associate Professor Wan Mohd Izani Wan Mohamed, *Universiti Sains Malaysia Hospital*
  2. Professor G.R Letchuman, *Monash University Malaysia*
  3. Dato' Sri Dr. Azhari Rosman, *National Heart Institute*
  4. Professor Imran Zainal Abidin, *University Malaya Medical Centre*
- Case presentation and discussion:**
- Case discussion (Ischaemic Heart Disease in Diabetics):**  
**Case #4:** (10 min + 20 min Q&A)  
Case Presenter: Datuk Dr. Mohamed Badrulnizam Long Bidin, *Prince Court Medical Centre*
- Case discussion (Heart Failure in Diabetics):**  
**Case #5:** (10 min + 20 min Q&A)  
Case Presenter: Datuk Dr. Mohamed Badrulnizam Long Bidin, *Prince Court Medical Centre*
- 0930 - 1000 : **SLOT FOR SPONSOR: Zuellig Pharma Sdn Bhd**  
(20 min + 10 min Q&A)  
**Lusefi: Simplifying Oral Antidiabetic Therapies in Older People**  
Speaker: Associate Prof. Dr. Sharmila Sunita Paramasivam
- 1000 - 1030 : **BREAK (Visit to Booths)**  
Please make sure you receive a chop from the booth that you visit to be eligible for Lucky Draws.
- 1030 - 1130 : **Session #7A: Targets for Glycaemia and Associated Conditions**  
Chairman: Datuk Dr. Mohamed Badrulnizam Long Bidin, *Prince Court Medical Centre*
- i) **HbA1c**
    - a) **Type 1**
    - b) **Type 2**
    - c) **Remission**
  - ii) **Cholesterol/Dyslipidaemia**
  - iii) **Blood Pressure**
  - iv) **Weight**
  - v) **Others**  
(20 min + 10 min Q&A)  
Speaker: Professor Dato' Mafauzy Mohamed, *Universiti Sains Malaysia Hospital*
- Session #7B: Follow-ups Assessments**
- i) **History**
  - ii) **Serial Examination**
  - iii) **Lab Tests**
  - iv) **What and When to Refer**  
(20 min + 10 min Q&A)  
Speaker: Associate Professor Wan Mohd Izani Wan Mohamed, *Universiti Sains Malaysia Hospital*
- 1130 - 1200 : **SLOT FOR SPONSOR: Zuellig Pharma Sdn Bhd**  
(20 min + 10 min Q&A)  
**Lusefi: Simplifying Insulin Therapies in Older People**  
Speaker: Associate Prof. Dr. Sharmila Sunita Paramasivam
- 1200 - 1300 : **LUNCH**

1300 - 1500 : **Session #8: Diagnosis and Practical Management of Patients with Diabetic Kidney Disease**

**CASE PRESENTATION AND DISCUSSION**

**Chairman:** Professor Dato' Mafauzy Mohamed, *Universiti Sains Malaysia Hospital*

**Diagnosis and Practical Management of Patients with Diabetic Kidney Disease**

(20 min + 10 min Q&A)

Speaker: Associate Professor Wan Ahmad Hafiz Bin Wan Md Adnan, *Universiti Malaya*

**Panel**

1. Associate Professor Rozita Mohd, *Hospital Canselor Tuanku Muhriz UKM*
2. Professor G.R Letchuman, *Monash University Malaysia*
3. Associate Professor Wan Ahmad Hafiz Bin Wan Md Adnan, *Universiti Malaya*
4. Dato' Dr. Zaki Morad Mohamad Zaher, *KPJ Ampang Puteri Specialist Hospital*

**Case Discussion (Treatment Options of Diabetes with CKD):**

**Case #6:** (15 min + 30 min Q&A)

**Case Presenter:** Professor Dato' Mafauzy Mohamed, *Universiti Sains Malaysia Hospital*

**Case Discussion (Monitoring and Targets):**

**Case #7:** (15 min + 30 min Q&A)

**Case Presenter:** Professor Dato' Mafauzy Mohamed, *Universiti Sains Malaysia Hospital*

1500 - 1530 : ***SLOT FOR SPONSOR: Cardiac Vascular Sentral (CVSKL)***

(20min + 10 min Q&A)

- i) **Peripheral Arterial Disease (PAD) in the Diabetic Patient Prevention, Diagnosis & Management**

Speaker: Dr. Leong Yew Pung, Cardiac Vascular Sentral (Kuala Lumpur)

- ii) **Management of Diabetic Ulcer with PAD**

Speaker: Dr. Tan Kia Lean, Cardiac Vascular Sentral (Kuala Lumpur)

1530 - 1600 : **BREAK (Visit to Booths)**

Please make sure you receive a chop from the booth that you visit to be eligible for Lucky Draws.

1600 - 1700 : **Session #9: Microvascular Complications**

**Session #9A: A Diabetic Foot**

**Painful Neuropathy and Non-Healing Foot Ulcer** (20 min +10 min Q&A)

Speaker: Professor Mohd Yazid Bajuri, *Hospital Canselor Tuanku Muhriz UKM*

**Session #9B: Retinopathy / Blurring vision**

**"Doctor! I am not seeing well": Management of Diabetic Retinopathy**

(20 min +10 min Q&A)

Speaker: Professor Mae-Lynn Catherine Bastion, *Hospital Canselor Tuanku Muhriz UKM*

1700 - 1730 : **Session #10: Treating Obesity in Diabetics** (20 min + 10 min Q&A)

Speaker: Professor Dato' Dr. Nik Ritza Kosai Nik Mahmood, *Hospital Canselor Tuanku Muhriz UKM*

**\*\* END OF DAY 2 \*\***

**DAY 3 – May 5, 2024 (Sunday)**

Moderator : Professor Dato' Anuar Zaini Md. Zain, *Monash University Malaysia*

0800 - 0930 : **Session #11: Diabetes in Children**

**CASE PRESENTATION AND DISCUSSION**

**Chairman:** Professor Muhammad Yazid Jalaludin, *University Malaya Medical Centre*

**Features and Treatment of Type 1 and Type 2 in Children** (20 min + 10 min Q&A)

Speaker: Associate Professor Azriyanti Anuar Zaini, *University Malaya Medical Centre*

**Panel**

1. Professor Wu Loo Ling, *Subang Jaya Medical Centre*
2. Associate Professor Noor Shafina Mohd Nor, *Universiti Teknologi Mara*
3. Associate Professor Azriyanti Anuar Zaini, *University Malaya Medical Centre*
4. Dr. Janet Hong Yeow Hua, *Putrajaya Hospital*

**Case #8: Is This Type 1 or Type 2?** (10 min + 20 min Q&A)

Case Presenter: Professor Muhammad Yazid Jalaludin, *University Malaya Medical Centre*

**Case #9: Comorbidities in Type 2 Children: Should We Treat?** (10 min + 20 min Q&A)

Case Presenter: Professor Muhammad Yazid Jalaludin, *University Malaya Medical Centre*

0930 - 1000 : **Special Lecture: Issues in T1DM**

**Key Issues in Managing Children with Type 1 Diabetes**

(20min + 10min discussion)

Speaker: Dr. Ch'ng Tong Wooi, *Sunway Medical Centre*

1000 - 1030 : **BREAK (Visit to Booths)**

Please make sure you receive a chop from the booth that you visit to be eligible for Lucky Draws.

1030 - 1100 : **Clearing Doubts on Diabetes Management** (20 min + 10 min Q&A)

**Chairman:** Emeritus Professor Dato' Mustaffa Embong, *National Diabetes Institute*

**Panel**

1. Professor Dato' Mafauzy Mohamed, *Universiti Sains Malaysia Hospital*
2. Professor Norbadrul Mustafa, *Hospital Canselor Tuanku Muhriz UKM*
3. Professor G.R Letchuman, *Monash University Malaysia*
4. Datuk Dr. Mohamed Badrulnizam Long Bidin, *Prince Court Medical Centre*
5. Dato' Sri Dr. Azhari Rosman, *National Heart Institute*
6. Datuk Dr. Ghazali Ahmad, *National Heart Institute*

1100 - 1230 : **Session #12: The Complicated Cases: Prioritising and Optimising Management**

Chairman: Emeritus Professor Dato' Mustaffa Embong, *National Diabetes Institute*

**Panel**

1. Professor Dato' Mafauzy Mohamed, *Universiti Sains Malaysia Hospital*
2. Professor Norlaila Mustafa, *Hospital Canselor Tuanku Muhriz UKM*
3. Dato' Sri Dr. Azhari Rosman, *National Heart Institute*
4. Associate Professor Wan Ahmad Hafiz Bin Wan Md Adnan, *Universiti Malaya*
5. Professor Datuk Siti Zawiah Omar, *University Malaya Specialist Centre*

**CASE PRESENTATION AND DISCUSSION:****Case Discussion (The Complicated Cases):**

**Case #10:** Topic (15 min + 30 min Q&A)

Case Presenter: Emeritus Professor Dato' Mustaffa Embong, *National Diabetes Institute*

**Case #11:** Topic (15 min + 30 min Q&A)

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Case Presenter: Emeritus Professor Dato' Mustaffa Embong, *National Diabetes Institute*

1230 - 1300 : **CLOSING CEREMONY & LUCKY DRAWS**

1300 - 1400 : **LUNCH**

**-END OF CLINIC DIABETES COURSE 2024-**

*\* Subject to change*