

DIABETES LIFESTYLE PROGRAMME SUMMIT 2025



Turning Small Changes into Lasting Impact: Sustainable Behaviours for Obesity Management in T2DM



ZOOM ONLINE

DECEMBER 6, 2025 (SATURDAY)
2.00PM – 5.25PM

ALL HEALTHCARE PROFESSIONALS ARE WELCOME!



***NOTES:**

1. CPD point(s) is subjected to HCP specialty.
2. e-Certificate of attendance will be emailed to those who have attended and submitted the feedback survey approximately 2 weeks after the event.

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SUMMIT HIGHLIGHTS



Get experts' insights on
managing the challenges of
obesity in T2DM.



Rapid fire sessions with
practical tips on key lifestyle
behaviours.



Real-case scenarios &
discussion to translate
knowledge into practice.

KEYNOTE LECTURES

Diabetes: The Combined Burden of Diabetes and Obesity



Prof Dr Rohana Abdul Ghani
Consultant Endocrinologist &
Professor of Medicine
Universiti Teknologi MARA (UiTM)
President of the Malaysian Society
of Obesity (MYOS)

Managing Obesity in Type 2 Diabetes: Lessons Learned from a Primary Care Perspective



**Dr Mohamad 'Ariff Fahmi
Bin Ahmad Zawawi**
Family Medicine Specialist
Klinik Kesihatan Bandar Botanik

EXPERTS' SHARING OF PRACTICAL LIFESTYLE POINTERS & APPLICATION IN CASE DISCUSSION

PART 1

BUILDING THE FOUNDATION: DIET, NUTRITION & EXERCISE



Dr Sri Wahyu Taher (Moderator)
Consultant Family Medicine Specialist
Klinik Kesihatan Simpang Kuala

Nutritional Tips for Various Obesity Management Approaches



Prof Dr Barakatun Nisak Mohd Yusof
Consultant Dietitian & Lecturer
Universiti Putra Malaysia (UPM)

From "Do More Exercise" to "Here's How": Practical Ways to Get Patients Moving



Dr Devamalar Selvi Naicker
Consultant Sports Physician
Hospital Tengku Ampuan Rahimah
Klang

PART 2

SUSTAINING THE JOURNEY: SELF-MONITORING BLOOD GLUCOSE & MENTAL WELL-BEING



Dr Chang Li Cheng (Moderator)
Consultant Family Medicine Specialist
Klinik Kesihatan Kuang

Teaching People with Diabetes to Monitor & Interpret Readings in Simple, Actionable Ways



Dr Tan Ming Yeong
Adjunct Senior Lecturer &
Diabetes Nurse Specialist
IMU University & Oriental Melaka
Straits Medical Centre

Addressing Stress & Emotional Eating



**Assoc Prof Dr Jamilah Hanum
Abdul Khaiyom**
Clinical Psychologist
International Islamic University Malaysia



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If you have any enquiries, please email us at secretariat@mydlp.com

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