

#### **ALL HEALTHCARE PROFESSIONALS ARE WELCOME!**

Registration is FREE

\*NOTES:

2.00PM - 5.25PM

CPD points: 4 from MMA 4 from MPS 1-4 from MyCPD

e-Certificate will be provided\*



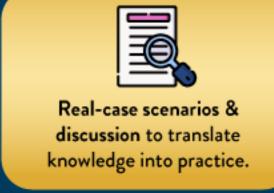


CPD point(s) is subjected to HCP specialty.

2. e-Certificate of attendance will be emailed to those who have attended and submitted the feedback survey approximately 2 weeks after the event.

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





#### **KEYNOTE LECTURES**

Diabesity: 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

### 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



## **REGISTER TODAY!**

Click Here

or scan the QR Code

If you have any enquiries, please email us at <a href="mailto:secretariat@mydlp.com">secretariat@mydlp.com</a>

### **Diabetes Lifestyle Programme Secretariat**

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