

SCIENTIFIC PROGRAMME
18th CPD: "Diabetes Asia Conference" 2019
October 10-13, 2019

DAY 1 - OCTOBER 10, 2019 (THURSDAY)

0700 - 0815 **REGISTRATION**

0815 - 0900 **PLENARY 1**

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

NEW UNDERSTANDING OF MECHANISMS FOR TYPE 2: HOW IT AFFECTS MANAGEMENT?

Speaker : Professor Hanan Gawish, *EGYPT*

0900 - 0945 **PLENARY 2**

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

OPTIONS FOR CV RISK REDUCTION IN T2DM: BEYOND GLUCOSE CONTROL

Speaker : Professor Peter Gaede, *DENMARK*

0945 - 1015 **COFFEE BREAK**

1015 - 1215 ***Concurrent Main Symposium 1***

MAIN SYMPOSIUM 1A

THEME : NUTRITION AND DIABETES

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

- i) **High Protein or Low Carbohydrate Diet: Which is better for Diabetics?**
Associate Professor Barakatun Nisak, *Universiti Putra Malaysia*
- ii) **Role Of LCD and VLCD in Diabetes**
Professor Peter Gaede, *DENMARK*
- iii) **Intermittent Fasting: Does it Improve HbA1c?**
Associate Professor Norlaila Mustafa, *University Kebangsaan Malaysia Medical Centre*
- iv) **Panel Discussion**

MAIN SYMPOSIUM 1B

THEME : Hypoglycemia

Chairman: Dr. G. R. Letchuman, *Hospital Raja Permaisuri Bainun*

- i) **Hypoglycemia and Cardiovascular Mortality**
Dr. Chionh Siok Bee, *SINGAPORE*
- ii) **Effects of Hypoglycemia on Cognitive Function**
Dr. Stephen Thevananthan A/L Jambunathan, *The Mind Faculty Kuala Lumpur*
- iii) **New Diabetes Medications: Reducing Hypoglycemia Risks**
Professor Philip Home, *UNITED KINGDOM*
- iv) **Panel Discussion**

MAIN SYMPOSIUM 1C

THEME : CHALLENGES IN MANAGEMENT OF DIABETES IN CHILDREN

Chairman: Dr. Janet Hong Yeow Hua, *Hospital Putrajaya*

- i) **Obesity in Type 1 Diabetes: Treatment Options Beyond Diet and Exercise**
Associate Professor Dr. Muhammad Yazid Jalaludin, *University Malay Specialist Centre*
- ii) **Managing T1 Teenagers: How to Quell the Rebellion**
Dr. Janet Hong Yeow Hua, *Hospital Putrajaya*
- iii) **Type 1 Diabetes: Unmet Need and Future Directions**
Professor Maria Craig, *AUSTRALIA*
- iv) **Panel Discussion**

1215 – 1315 **Concurrent Lunch Symposium 1**

LUNCH SYMPOSIUM 1A

Slot for Sponsor

Chairman:

TOPIC

Speaker :

LUNCH SYMPOSIUM 1B

Slot for Sponsor

Chairman:

TOPIC

Speaker :

1315 – 1400 **LUNCH**

1400 - 1530 **Concurrent Experts' Case Discussions and Free Paper Presentations**

EXPERTS' CASE DISCUSSION 1

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

A 32-YEAR OLD RECENTLY-DIAGNOSED TYPE 1 PATIENT WHO IS NOT GAINING WEIGHT IN SPITE OF GOOD APPETITE

Presenter: Dr. G. R. Letchuman, *Hospital Raja Permaisuri Bainun*

- Panel: i. Dr. Ng Ooi Chuan, *Universiti Putra Malaysia*
 ii. Professor Wu Loo Ling, *Subang Jaya Medical Centre*
 iii. Professor Maria Craig, *AUSTRALIA*

EXPERTS' CASE DISCUSSION 2

Chairman: Dr. Saiful B Kassim, *Gleneagles Kuala Lumpur*

A 45-YEAR OLD MALE WITH DIABETES OF MORE THAN 10 YEARS, WORRIES ABOUT POOR SEX

Presenter: Associate Professor Wan Mohamad Izani, *Universiti Sains Malaysia Hospital*

- Panel: i. Professor Christopher Ho Chee Kong, *Universiti Kebangsaan Malaysia Medical Centre*
 ii. Dr. Lim Kim Piow, *Ampang Hospital*
 iii. Professor Saeed Mahar, *PAKISTAN*

EXPERTS' CASE DISCUSSION 3

Chairman: Associate Professor Norlaila Mustafa, *Universiti Kebangsaan Malaysia Medical Centre*

A 65-YEAR OLD WOMAN WITH POOR DIABETIC CONTROL, FREE OF COMPLICATIONS

Presenter: Dr. Gunavathy Muthusamy, *Shah Alam Hospital*

- Panel: i. Dr. Wong Ming, *Sunway Medical Centre*
 ii. Dr. Foo Siew Hui, *Selayang Hospital*
 iii. Professor Luc Van Gaal, *BELGIUM*

Free Paper Presentations

(Details refer to 'Abstracts Free Paper Presentation')

1530 – 1600 TEA BREAK

1600 – 1645 **PLENARY 3**

Chairman: Emeritus Professor Dato' Khalid Abdul Kadir, *Monash University Malaysia*

RECENT ADVANCES IN TECHNOLOGY TO IMPROVE DIABETES MANAGEMENT

Speaker : Associate Professor Alice Kong, *HONG KONG*

1645 - 1730 **Concurrent Meet the Professor 1**

MEET THE PROFESSOR 1A

Chairman : Dr. Gunavathy Muthusamy, *Shah Alam Hospital*

MANAGING DIABETES IN THE YOUNG (INCLUDING CHOICE OF INSULINS AND TARGETS)

Resource Person : Professor Maria Craig, *AUSTRALIA*

MEET THE PROFESSOR 1B

Chairman: Professor Dato' Wan Mohamad Wan Bebakar, *Universiti Sains Malaysia Hospital*

GLP-1 RECEPTOR AGONISTS (INCLUDING TYPES AND INDICATION)

Resource Person : Professor Philip Home, *UNITED KINGDOM*

**** END OF DAY 1 ****

DAY 2 - OCTOBER 11, 2019 (FRIDAY)0715 – 0815 **REGISTRATION**0815 – 0900 **PLENARY 4**Chairman: Professor Dato' Dr. Mafauzy Mohamad, *Hospital Universiti Sains Malaysia***CV TRIALS IN T2 DIABETES: SHOULD WE CHANGE OUR MANAGEMENT?**Speaker : Professor Philip Home, *UNITED KINGDOM*0900 - 0945 **SPECIAL LECTURE 1***Sponsored by Novo Nordisk*

Chairman:

TOPIC

Speaker:

0945 – 1015 **COFFEE BREAK**1015 - 1215 **Concurrent Main Symposium 2****MAIN SYMPOSIUM 2A****THEME : DIABETES AND WOMEN**Chairman: Professor Dato' Wan Mohamad Wan Bebakar, *Hospital Universiti Sains Malaysia*

- i) **CVD Risk in Women with Diabetes**
Professor Hanan Gawish, *EGYPT*
- ii) **Gestational Diabetes: Minimising Complications to Mother and Baby**
Professor Dato' N. Sivalingam, *International Medical University*
- iii) **Managing Diabetes in Post-Menopausal Women**
Associate Professor Wan Mohamad Izani, *Universiti Sains Malaysia Hospital*
- iv) **Panel Discussion**

MAIN SYMPOSIUM 2B*Sponsored by AstraZeneca Sdn. Bhd.***THEME : ACTING ON THE EVIDENCE: EARLY INTERVENTION FOR TYPE 2 DIABETES PATIENTS**Chairman: Professor Dato' Dr. Mafauzy Mohamad, *Hospital Universiti Sains Malaysia*

- i) **The Peril of Leaving it Too Late**
Professor Dato' Dr. Mafauzy Mohamad, *Hospital Universiti Sains Malaysia*
- ii) **Sweet Failure in Type 2 Diabetes – NOT Sweet at all**
Dr. Hew Fen Lee, *Subang Jaya Medical Centre*
- iii) **Fixing the Leaky Filter early in Diabetes Nephropathy**
Dr. Chow Yok Wai, *Hospital Pantai Ayer Keroh*
- iv) **Panel Discussion**

MAIN SYMPOSIUM 2C**THEME : COMPLEMENTARY AND ALTERNATIVE REMEDIES**Chairman: Professor Zhou Wen Xin, *International Medical University*

- i) **Preventing Type 2 Diabetes with Foods**
Associate Professor Barakatun Nisak, *University of Putra Malaysia*
- ii) **Diet in diabetes management: what's new?**
Associate Professor Alice Kong, *Hong Kong*
- iii) **Yoga, Tai Chi and Qigong to Help Manage Diabetes**
Dr. Che Amir Farid Che Isahak, *Klinik Medik Kuala Lumpur*

Panel Discussion

1215 – 1315 **Concurrent Lunch Symposium 2**

LUNCH SYMPOSIUM 2A

Slot for Sponsor

Chairman:

TOPIC

Speaker :

LUNCH SYMPOSIUM 2B

Slot for Sponsor

Chairman:

TOPIC

Speaker :

1315 – 1400 **LUNCH**

1400 – 1530 **Concurrent Main Symposium 3**

MAIN SYMPOSIUM 3A

THEME : DIABETES MANAGEMENT TARGETS: HOW LOW SHOULD IT GO

Chairman: Dr. Zanariah Hussein, *Hospital Putrajaya*

- i) **HbA1c: Less than 7.0 or 6.5 % ?**
Professor Luc Van Gaal, *BELGIUM*
- ii) **BP: Less than 140 or 130?**
Professor Abdul Rashid Abdul Rahman, *An-Nur Specialist Hospital*
- iii) **LDL-Cholesterol: How low should it be?**
Professor Dato' Dr. Mafauzy Mohamad, *Hospital Universiti Sains Malaysia*
- iv) *Sponsored by Servier (M) Sdn. Bhd.*
Diabetes Management targets: How low should it go?
- v) **Panel Discussion**

MAIN SYMPOSIUM 3B

Slot for Sponsor

THEME :

Chairman:

- i) **Topic**
Speaker
- ii) **Topic**
Speaker
- iii) **Panel Discussion**

MAIN SYMPOSIUM 3C

THEME : Fatty Liver And Diabetes

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

- i) **NAFLD in Diabetes: Scope of the Problem**
Dr. Foo Siew Hui, *Selayang Hospital*
- ii) **Diagnosing Fatty Liver: The simple and the Complicated**
Dr. Nazri Mustafa, *Hospital Universiti Sains Malaysia*
- iii) **Emerging Treatment for Fatty Liver in Diabetics**
Professor Cecille Anonuevo Cruz, *PHILIPPINES*
- iv) **Panel Discussion**

1530 – 1600 **TEA BREAK**

1600 – 1645 **PLENARY 5**

Chairman: Emeritus Professor Dato' Khalid Abdul Kadir, *Monash University Malaysia*

DIABETES CURE: FACT OR FAKE NEWS?

Speaker : Professor Luc Van Gaal, *BELGIUM*

Concurrent Meet the Professor 2

MEET THE PROFESSOR 2A

Chairman: Associate Professor Dr. Muhammad Yazid Jalaludin, *University Malaya Specialist Centre*

(confirmed)

INSULIN THERAPY (INCLUDING INITIATION AND INTENSIFICATION)

Resource Person : Professor Stephen M. Twigg, *AUSTRALIA*

MEET THE PROFESSOR 2B

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

DIABETES MANAGEMENT IN RESOURCE CONSTRAINED SETTING

Resource Person : Professor Saeed Mahar, *PAKISTAN*

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

DAY 3- OCTOBER 12, 2019 (SATURDAY)0730 - 0815 **REGISTRATION**0815 - 0900 **PLENARY 6**

Chairman: Datuk Dr. Mohamed Badrulnizam Long Bidin, *Kuala Lumpur Hospital*
ADJUNCT THERAPY IN TYPE 1 DIABETES: CURRENT RECOMMENDATIONS
 Speaker : Professor Maria Craig, *AUSTRALIA*

0900 - 0945 **SPECIAL LECTURE 2***Sponsored by Duopharma Biotech*

Chairman:

TOPIC

Speaker :

0945 - 1015 **COFFEE BREAK**1015 - 1215 **Concurrent Main Symposium 4****MAIN SYMPOSIUM 4A***Slot for Sponsor***THEME :**

Chairman:

i) **Topic**
Speaker

ii) **Topic**
Speaker

iii) **Panel Discussion**

MAIN SYMPOSIUM 4B*Sponsored by Boehringer Ingelheim (Malaysia) Sdn Bhd***THEME :**

Chairman:

i) **Topic**
Speaker

ii) **Topic**
Speaker

iii) **Topic**
Speaker

iv) **Panel Discussion**

MAIN SYMPOSIUM 4C**THEME : MANAGING TYPE 2 DIABETES (T2DM)**Chairman: Professor Dato' Dr. Mafauzy Mohamad, *Hospital Universiti Sains Malaysia*

i) **Achieving PPG Control: Inhale Insulin or Injection?**
Dr. G. R. Letchuman, *Hospital Raja Permaisuri Bainun*

ii) **Newer Insulin Formulations Use for Type 2 patients**
Professor Stephen M. Twigg, *AUSTRALIA*

iii) **The Use (and Misuse) of SGLT2-I in T2DM**
Professor Saeed Mahar, *PAKISTAN*

iv) **Panel Discussion**

1215 - 1315 **LUNCH SYMPOSIUM 3***Sponsored by Servier Malaysia Sdn Bhd*

Chairman:

TOPIC

Speaker :

1315 - 1400 **LUNCH**

1400 - 1530

Concurrent Main Symposium 5**MAIN SYMPOSIUM 5A***Sponsored by Eli Lilly***THEME :**

Chairman:

- i) **Topic**
Speaker
- ii) **Topic**
Speaker
- iii) **Panel Discussion**

MAIN SYMPOSIUM 5B*Sponsored by Novartis Corporation***THEME :**

Chairman:

- i) **Topic**
Speaker
- ii) **Topic**
Speaker
- iii) **Panel Discussion**

MAIN SYMPOSIUM 5C**THEME : ADVANCES IN DIABETIC COMPLICATION MANAGEMENT**Chairman: Associate Professor Norlaila Mustafa, *Universiti Kebangsaan Malaysia Medical Centre*

- i) **Diabetic Nephropathy - New Targets, New Therapies**
Professor Stephen M. Twigg, *AUSTRALIA*
- ii) **New technologies for diagnosis and Treatment of Diabetic Retinopathy**
Associate Professor Tajunisah Begam, *Universiti Malaya Medical Centre*
- iii) **Advances in Diabetic Wound Management**
Professor Dr. Harikrishna Ragavan Nair, *Kuala Lumpur Hospital*
- iv) **Panel Discussion**

1530 - 1600

TEA BREAK

1600 - 1645

PLENARY 7Chairman: Professor Dato' Ikram Shah Ismail, *Universiti Malaya Medical Centre***GLP-1 RECEPTOR AGONISTS: FROM DESERT TO BEDSIDE**Speaker : Professor Saeed Mahar, *PAKISTAN*

1645 - 1730

Concurrent Meet the Professor 3**MEET THE PROFESSOR 3A**Chairman : Professor Dato' Anuar Zaini Md. Zain, *Monash University Malaysia***DIABETES MONITORING (BG, HBA1C AND BEYOND)**Resource Person : Professor Cecille Anonuevo Cruz, *PHILIPPINES***MEET THE PROFESSOR 3B**Chairman : Dr. Nurain Mohd Noor, *Putrajaya Hospital***DIABETES IN PREGNANCY (INCLUDING PREPREGNANCY COUNSELLING & POSTPREGNANCY FOLLOW-UP)**Resource Person : Professor Hanan Gawish, *EGYPT***** END OF DAY 3 ****

DAY 4 - OCTOBER 13, 2019 (SUNDAY)

0815 – 0900

PLENARY 8Chairman: Professor Dato' Mafauzy Mohamad, *Hospital Universiti Sains Malaysia***MANAGING BONE FRAGILITY IN PATIENTS WITH DIABETES**Speaker : Dr. Chionh Siok Bee, *SINGAPORE*

0900 - 0945

PLENARY 9Chairman: Datuk Dr. Mohamed Badrulnizam Long Bidin, *Kuala Lumpur Hospital***THE FUTURE OF T2DM: NEW AGENTS FOR GLUCOSE CONTROL**Speaker : Associate Professor Sompongse Suwanwalaikorn, *THAILAND*

0945 - 1015

COFFEE BREAK

1015 - 1215

Concurrent Main Symposium 6**MAIN SYMPOSIUM 6A****THEME : MENTAL HEALTH AND DIABETES**Chairman: Professor Dato' Ikram Shah Ismail, *Universiti Malaya Medical Centre*

- i) **Diabetes Distress: Minimising The Effects**
Associate Professor Sompongse Suwanwalaikorn, *THAILAND*
- ii) **Depression: Common, Undiagnosed**
Professor Nor Zuraida Zainal, *University Malaya Medical Centre*
- iii) **Dementia in Diabetics**
Professor Dato' Raymond Azman Ali, *Universiti Kebangsaan Malaysia Medical Centre*
- iv) **Panel Discussion**

MAIN SYMPOSIUM 6B**THEME : BARIATRIC SURGERY**Chairman: Emeritus Professor Dato' Dr. Mustafa Embong, *National Diabetes Institute*

- i) **Diabetes Remission with Bariatric Surgery: Mechanisms**
Professor Dato' Dr. Nik Ritza Kosai, *Universiti Kebangsaan Malaysia Medical Centre*
- ii) **Bariatric surgery: Not without Drawbacks**
Dr. Lau Peng Choong, *Pantai Hospital Kuala Lumpur*
- iii) **Panel Discussion**

1215 - 1315

FREE PAPER PRESENTATIONS AWARDING CEREMONY

- **BEST ORAL PRESENTATION AWARD**
- **BEST POSTER PRESENTATION AWARD**
- **PROF MUSTAFFA YOUNG INVESTIGATORS' AWARD**

1315 - 1400

LUNCH & CLOSE**JUDGING PANELS****Chief: Professor Dato' Anuar Zaini Md. Zain, *Monash University Malaysia***Date/Time: **October 10, 2019 (Thursday) 1400 - 1530****Section: Prof Mustafa Young Investigators' Award**

- 1) Professor Dato' Dr. Mafauzy Mohamad, *Hospital Universiti Sains Malaysia*
- 2) Professor Philip Home, *UNITED KINGDOM*
- 3) Professor Stephen M. Twigg, *AUSTRALIA*
- 4) Professor Peter Gaede, *DENMARK*
- 5) Professor Cecille Anonuevo Cruz, *PHILIPPINES*

Date/Time: **October 10 & 11, 2019 (Thursday & Friday) 1530 - 1600**

Section: Best Poster Presentation Award

- 1) Professor Dato' Ikram Shah Ismail, *Universiti Malaya Medical Centre*
- 2) Dr. Ng Ooi Chuan, *Universiti Putra Malaysia*
- 3) Dr. Vijay Ananda Paramasvaran, *Pantai Hospital Kuala Lumpur*
- 4) Associate Professor Alice Kong, *HONG KONG*

Date/Time: **October 10, 2019 (Thursday) 1400 - 1530**

Section: Best Oral Presentation Award

- 1) Emeritus Professor Dato' Khalid Abdul Kadir, *Monash University Malaysia*
- 2) Professor Dato' Anuar Zaini Md. Zain, *Monash University Malaysia*
- 3) Professor Dato' Wan Mohamad Wan Bebakar, *Hospital Universiti Sains Malaysia*
- 4) Professor Hanan Gawish, *EGYPT*