



# PMPS News

FOR MEMBERS ONLY

JAN 2015

ISSUE 15

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Dr Kamalanathan A G Raju

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Dr Yek Sing Chee  
(Membership Drive)

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@ Ting Sea Leong (Tours)

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## Hon. Treasurer

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Dr Amarjeet Kaur  
d/o Rathan Singh (Tours)  
Dr Kumar Thiagarajah (Sports)  
Dr Yap Foo Ngan (CME)  
Dr Loke Yee Heng (Membership Drive)  
Dr Harbinder Kaur d/o  
Sarjit Singh Rai (Social)  
Dr Yee Meng Kheong (Bulletin/  
Newsletter)

## Hon. Auditors

Dato' Dr Gurdeep Perkash Singh  
Dr Lim Tee Jin

## Editor's Request

Members who are interested to have their article, thoughts, dreams, suggestions, pleasure, agitation, anger or dissatisfaction to be included in future newsletters, kindly e-mail: [pmps.secretariat@gmail.com](mailto:pmps.secretariat@gmail.com) or fax: 05-2426549 or post to the PMPS Secretariat: Ipoh Specialist Hospital, 26 Jalan Raja DiHilir, 30350 Ipoh

Letters to the Editor/President/Committee members may be published in the Newsletter and in abbreviated form at the Editor's discretion. If the writer does not wish his name to be published he/she must specifically so state.

## From the President's Desk

Dear PMPS members,

My warm greetings to all of you. This could well be my final message (in our newsletter) as I near the end of my tenure as President. Of course, I will be having other avenues such as at our AGM and Dr Yek's Installation Dinner where I will have opportunity to address.



Fortunately, it has been a good challenging term which I relished and my dedicated Committee, in spite of differences of opinion sometimes, rallied around me and were very hard working going about doing their allotted work. Not forgetting the ever dependable and loyal Ms Wendy Wong. I think my term would have broken the record for the most number of committee meetings with some being emergency meetings at short notices. We have also established a PMPS Committee whatsapp group, a PMPS members' whatsapp group, a FB PMPS account for members (now with about 87 members on board) in addition to the already existing PMPS webpage and Asean Conference webpage. All this for every PMPS member to keep abreast of what is happening in PMPS, in Perak, and in Malaysia by forwarding useful mails, notifications, or medical happenings.

My Term has been extremely busy and a successful one.

In addition to the routine activities, we conducted together with PGMES a highly successful 8th Asean Conference on Primary Care in June 2013 where about 340 participants took part and for the first

*continue in page 2*

*Wishing our members,*



*A Happy & Prosperous  
Year of the Ram*

time more Doctors than Paramedics and a better response from doctors in Perak. But unfortunately it was the same story again with poor response from PMPS doctors. Please my dear PMPS doctors, come and support our 9th Asean Conference happening in Kinta Riverfront Hotel from the 23rd April to 26th April 2015.

Next was our Installation Dinner on 8th Sept 2013 which drew a participation of about 200 and with a live band, good food and spirits was a night to remember, Chief Guests were Federation President and State Health Pengarah.

PMPS AGM came by in March 2014 and Perak was asked to host the Federation's AGM too on the same day. The committee worked hard and arranged the AGMs, 2 CMEs (including the inaugural Dr Wu Lien Teh Lecture) and an Informal BBQ Dinner, both for Federation and PMPS combined.

Federation was highly impressed with our arrangements so much so that Federation asked PMPS to host the inaugural DOCTORS' DAY celebrations in Ipoh on 10/10/2014. History was made when PMPS arranged a 3-Day Doctors' Day event as follows with a mix of Community and Social responsibility (Blood & Organ Donation, a Medical Camp) CME, a Public Forum (on Drug Addiction & Stress in Teens), a Care programme, a Golf Tournament, two Dinners with live bands on both nights and on the last day a family outing by PMPS and 30 children from the Salvation Army Home in Ipoh to the Lost World of Tambun with packed lunch and a delicious spread for buffet dinner. All the activities were sponsored by Federation and sponsors like Hoe Pharmaceuticals, Dettol Company, Munchy Company, Eli Lilly, AMAM, KPJ ISH, Pharmaton, NeoAsia, Beiersdorf, and finally Gnosis Lab. A full report is given elsewhere in this newsletter.

In addition to these, PMPS was involved in two to three medical camps along with a NGO Sri Sathya Sai Baba Centres of Perak, a community programme of bringing speakers from Ipoh to give talks to the Senior Citizens group of the Pioneer Methodist Church in Sitiawan. PMPS will also be involved in the 1½ day Medical Camp for the forthcoming Thaipusam on 2/2/15 and 3/2/15 at the wedding Hall of Sri Kallumalai Temple along Jalan Raja Abdul Aziz, Ipoh. There is also a New Year Medical Camp in Buntong RT on 1/1/2015 morning.

GST and dispensing separation will certainly dampen the spirits of most of our GP members in 2015 when they are implemented beginning April. So, my dear members, I seek your support when we begin our protest against DS. Maybe some Public Forums like the TakNak 1Care. For the moment all we are asking of you is to explain to your patients the effort and hardship they have to put in if the DS is implemented... two visits to Doctors and Pharmacists, two consultation fees to pay... instead of the one-stop treatment and dispensing as practised now. Also PLEASE, please try and group together with your GPs in your region so that we can have uniformity of consultation fees. Doctors' UNITY is going to be very paramount and crucial next year when the Government starts implementing its phase of its Health Transformation. So PMPS members... let's become ONE strong UNITED group... especially the GPs – for it's our rice bowl that's going to be badly affected. Awaiting Federation's input/instructions on this DS.

Next year's AGM has been fixed for 29th March 2015. See you there. A Very Very Happy New Year to all in spite of the gloom that awaits us in 2015.

Dr Kamalanathan A G Raju



## Membership

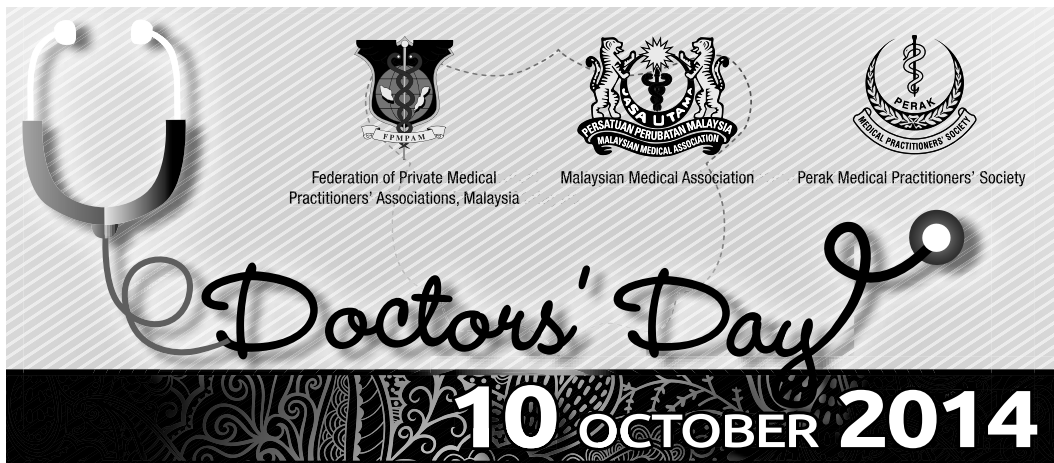
**Dr Kum Sui Yin**  
(new member)

**Dr Aw Soh Choo**  
(Associate Member)

**Dr K S Devan**  
(exempt member)

REMINDER  
to pay your subscriptions.

*Send to:*  
Perak Medical Practitioners' Society  
c/o KPJ Ipoh Specialist Hospital  
26 Jalan Raja Dihilir, 30305 Ipoh



**CELEBRATED IN MALAYSIA** for the first time as announced by Federation of Private Medical Practitioners Associations of Malaysia (FPMPAM) President Dr Steven Chow. Tenth of October every year (10/10) was chosen to represent the cent per cent (100%) commitment and dedication of Doctors in this country for their patients and for patients to recognize and appreciate the Doctors for their care.

Perak was chosen to host this year's Doctors Day as it submitted a 3-day meaningful and eventful celebrations. The Organising Committee with Dr. Kamalanathan as its Chair got down to work and with guidance of the Federation President managed to arrange the following.

### **10 October 2014**

Started the day with a Community Service Project of Blood and Organ Donation Campaign along with a Health Screening for the general Public at the 1st Floor Foyer of Jaya Jusco Kinta City from 10:00 am to 5:00 pm. This was supported by staff from Jabatan Kesihatan Negeri Perak and Blood Bank HRPB. Dr Yek, Dr Harbinder, Dr Loke, Dr Charis Kong (a new graduate), and Dr Nathan were there in the morning till 2:00 pm while Dr Raj did the afternoon shift. Both Dr Yek and Dr Raj donated Blood too. A total of 24 pints of Blood were collected while another 9 were rejected for various reasons.

The evening saw about 300 Doctors (from PMPASKL Perak, Kedah, Perlis, and Penang), their spouses, and invited Guests of both Federation and PMPs gathered at ICCA Atrium for the GALA DOCTORS' DAY Dinner from about 6:30 pm to nearly past midnight. A live Band "Limelight Trio" was

in attendance and kept the crowd on their toes. Programme began with the National Anthem being sung. Lucky Draws, Table Draws were aplenty and beautifully handled by Dr Yek with his usual humorous antics

Highlight of the Gala Dinner was the presentation of FPMPAM Awards.

1. Past Presidents of Federation. Present were Dr Michael Khor, Dato Dr S Jenagaratnam, Dr Chin Yoon Hiap
2. National Community Service Awards to
  - a) Dato Dr Lee Hoo Teong
  - b) Dr Harbaksh Singh
  - c) Dr Hew Kin Sun
3. National CME/CPD Service Awards to
  - a) Dato' Seri Dr T P Devaraj
  - b) Dr Damian Wong Nye who
  - c) Dr Lawrence Chan
4. International CME/CPD Service Awards to
  - a) Dr Teoh Soong Kee
  - b) Dr CVN Prasad
  - c) Dr Ng Swee Choon

All these awards were given for the first time in Federation's History. The nite went well with plenty of good food and many Doctors crooning out many oldies. The OC Chairman's and Federation President's speeches were well received and a standing ovation and toast was given to the current longest serving Federation President Dr Steven Chow. This being his 12th year on the throne.

### **11 October 2014**

Due to poor response for the Family Games due to it being a working day, Badminton, Table Tennis, and Tennis supposedly to be held in the morning were all cancelled with deep regret.

The Afternoon saw about 26 golfers taking part in the Interstate Golf Tournament for "the Federation Cup" donated by Dr Steven Chow at Clearwater Golf Sanctuary, Batu Gajah beginning with lunch at 12:00 pm followed by Golf. Dr Kuan Kow

scored a **Hole-in-One** which was incidentally a first in the history of PMPS Golf.

While the Golfers were busy putting, a **Free Public Forum** sponsored by FPMPAM, AMAM, & KPJ Ipoh Specialist Hospital took place from 2:00 pm to 4:00 pm chaired by Dr Giritharan and introduction done by Dr Yek Sing Chee. Venue: KPJ ISH Dewan Anugerah.

Topics were:

- Is your Child on Drugs by Mr Cris Sekar a Addiction Therapist from KL
- Stress in Teens and Adults by Dr Esther Gunaseli Ebenezer a Psychiatrist from ISH.

Pre-Dinner **CME Event** was:

- Care at Home and CPR programme by Dato Dr Lee and Dr Harbaksh where 8 participants took part.
- Insulin Therapy from Initiation to Intensification by Dr Ang Hock Aun sponsored by Eli Lily. About 43 Doctors took part and were sponsored for the BBQ Dinner.

**Fellowship BBQ Dinner** was held in Symphony Suites, 10th Floor Ballroom, with a breathtaking view of the city from its balcony. About 150 people took part. A Live Band the "Jam" was in attendance.

After the Welcome address by Deputy Chairman OC Dr Yek Sing Chee, a talk by Ipoh's renowned Food Columnist Ms See Foon Chan took place on Ipoh's Food Trail, following which Dinner was served. MCs were Dr Harbinder and Dr Amarjeet who were also in charge of having about 5 short games for children, couples, guests, ladies and for men. All participants were given prizes.

Again there were plenty of lucky draws. Golf prizes numbering about 10 were also given out. The Federation Cup was won by PMPASKL. The Hole-in-One winner got a special prize.

The night ended about 12:30 am with a lot of Doctors and their spouses dancing. Only sour note was the insufficient BBQ Food though other foods and drinks were plenty.

### **12 October 2014**

After the Council Meeting in the morning, for the Family Day outing programme 26 PMPS members and their families played host to 30 children from the Ipoh Salvation Army Home and their two supervisors for a trip out to Lost World of Tambun from about 12:00 pm. Pre-packed lunch and a sumptuous buffet dinner was arranged for all the participants. Munchy goody bags were also given out to the children and

participants. The children really had a good time enjoying all the facilities there. This was part of PMPS social contribution to Society.

Most of us returned home tired and exhausted after 7:30 pm. Event was sponsored by Dettol Company.

Thus ended Doctors' Day 2014 Celebrations organised by PMPS, earning praises from Federation President, other Council members and guests from KL, Selangor, Penang, Kedah and Perlis for a job well planned and done. The Chairman wishes to thank his hard working Committee and Ms Wendy Wong for all their tireless efforts and also thank Dr Steven Chow for his invaluable guidance and for providing sponsors for most of the events.

Sponsors thanked are Beiersdorf, Pharmaton, Hoe Pharmaceuticals, Bayer & Bayer, Munchy Oat Krunch, Neoasia, Gnosis Lab, Addiction Medicine Association Malaysia, KPJ Ipoh Specialist Hospital, Eli Lily, R B, Jabatan Kesihatan Negeri Perak and MMA Perak Branch for all the support and contributions.

10 October 2015 most likely to be a one-day celebration. It will be Penang's turn in 2015. See you all there for next year's Doctors' Day.

**Register Now! Deadline 31 March 2015 ~ 25% DISCOUNT\*** for PMPS members.

\* Not applicable to late or on-site registration

Contact:

**Ms Wendy Wong,**  
**9<sup>th</sup> ASEAN Conference**  
**on Primary Health Care,**  
c/o KPJ Ipoh Specialist Hospital,  
26 Jalan Raja Dihilir,  
30350 Ipoh, Perak, Malaysia.

**Tel & Fax:** +6(05) 242 6549

**Email:** pmps.secretariat@gmail.com

**Web:** www.pmps.org.my

**9<sup>th</sup> ASEAN Conference on**  
**PRIMARY HEALTH CARE**  
24~26 April 2015 Kinta Riverfront Hotel & Suites, Ipoh, Malaysia

**Pre-Conference Workshop: "Occupational Health"**



## PMPS (doctors) vs PERAK BAR (lawyers) 2014

### FRIENDLY TENNIS & DARTS GAME ~ Sunday 17<sup>th</sup> August 2014

The PMPS VS PERAK BAR Games are usually held once in two years and this year we were happy to once again meet as adversaries on the court and off the court as well! On the court meaning that we played out the tennis matches on the DBI Courts and played darts off the courts at the Royal Ipoh Club Long Bar.

The games were held on a hot Sunday evening on the 17th of August. The tennis games were played from 5 to 7 pm at the DBI Grounds. Overall there were more doctors than lawyers who participated in the tennis games. The participants however displayed keen sportsmanship and the games were played in a seriously competitive spirit.

After tennis, we then gathered at the Royal Ipoh Club at 7:30 pm for our next competition i.e darts, but were treated to drinks and a sumptuous dinner before the game. The darts competition was played off with much enthusiasm and the legal fraternity this time took the lead and won it.

All in all it was an enjoyable evening of fun and comradery. I must here thank all those who came and attended the games on both sides and to Mr Kenny Lai for helping organise the event and also for the arrangements made for

#### DOCTORS

Dr Tai Kim Ting/Dr Ng Seng Yew  
Dr Ng Sooi Kheh/Dato Guna  
Dr Kumar/Dr Lee Nik Hooi  
Dr Yee MK/Mrs Ng SK  
Dr Ng Sooi Kheh/Dr Goh DW  
Dr David Yeo/Mrs Ng SK  
Dr Hu Wen Shiong/Dr Ruslan

RESULTS of tennis games:

#### LAWYERS

8—2 Kiko/Chow Seng Wai  
5—8 Kiko/Chow Seng Wai  
8—4 Nathan/Ram Kumar  
8—5 Ashwin/Parthiban  
6—3 Chow Seng Wai/Ram  
5—7 Kiko/Ms Lim Teik Lee  
6—2 Nathan/Parthiban

5—2



dinner at the Royal Ipoh Club. I must also here mention a word of thanks to my friend Dr Yee Meng Kheong for all the help given to organize and coordinate the games. We are indeed proud to have this event in our PMPS calender although it is once in two years, and we look forward to the next games in 2016.



### **PMPS TOUR TO SILK ROAD 2015**

This tour is now under planning. An early reply is necessary to enable tour agency to purchase air tickets when an offer arise.

Date of departure is around 16/9/2015 to enable a visit to visit sunday Baazar in Kashgar which is the biggest in this part of China.

Duration is around 12 to 14 days as the area is so vast. We are covering the whole China Silk Road from Xian to Kashgar (most tours stopped halfway at Urumqi).

Cost of the tour—not known yet as company has not come up with one for their products after May 2015.

The lure of the Silk Road is always tempting with its contrasting and magnificent landscapes. From desert to fertile valleys and grassland and snow-capped mountains to tranquil lakes. Along the trails are scores of UNESCO heritage sites. You will be amazed by the Great Tianzhan Canyon, Zhange Ye rainbow mountains, Mogao grottoes, Karez irrigation system and many more.

Reply to Dr Ting Sea Leong or Wendy before February 2015. Places are limited.

### **Doctors' Day (10<sup>th</sup>-11<sup>th</sup> Oct 2014)**



Barbecue dinner, 11th Oct 2014



CME – "Insulin Therapy", 11th Oct 2014



CPR workshop, 11th Oct 2014



Children who participated in the games , 11th Oct 2014





Organising Committee with FPMPAM President, Dr Steven Chow



Gala Dinner, 10th Oct 2014



Golf Winners, 10th Oct 2014

## PMPS Fêtes the Orphans



PMPS group outing at Lost World of Tambun with the Salvation Army Children's Home, 12th Oct 2014

## ANNOUNCEMENTS

- i) **Community Service – Thaipusam Medical Camp**  
2 & 3 February 2015 @ Sri Subramaniam Temple (Jalan Raja Musa Aziz, Ipoh)

ii) **PMPS AGM cum CME**

29 March 2015 @ Weil Hotel, Ipoh

Programme:	2:30 pm	Registration
	3:00 pm	CME
	4:35 pm	Hi Tea
	5:15 pm	“Wu Lien Teh” Lecture
	6:15 pm	PMPS AGM



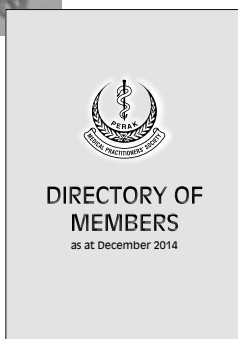
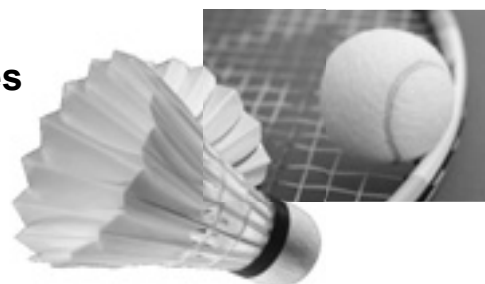
iii) **PMPS vs Ipoh Swimming Club Friendly Games**

17 May 2015 @ Ipoh Swimming Club

Games Convenor: Dr T Kumar / Dr Yee Meng Kheong

(This year will include Badminton together with Tennis)

Kindly reply to: PMPS Secretariat



iv) **Final Announcement for 9th Asean Conference on Primary Health Care**

The following is posted to all PMPS members together with this newsletter.

- Final Announcement Booklet
- Registration Form
- Hotel Registration Form

Also available online at <http://www.pmps.org.my>

Take advantage of the special 25% discount for PMPS members!

v) **PMPS Members' Directory 2015**

It's here! It's here!

It's in the post with this newsletter.

- vi) Happening soon!

**PMPS Tour to the Silk Road**

Read on page 6

- vi) The usual reminder to support your society:

- pay your subscriptions
  - check that your latest details are recorded
- Please inform your secretariat.

