



PMPS News

FOR MEMBERS ONLY

AUGUST 2024

ISSUE 37

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(Membership Drive, CPD)
Dr Ding Soo King (Social & Tours)

Editor's Request

Members who are interested to write articles for the Newsletter kindly email:

pmips.secretariat@gmail.com

or fax: 05-2426549

or post to:

PMPS Secretariat,
KPJ Ipoh Specialist Hospital,
26 Jalan Raja DiHilir,
30350 Ipoh.

Letters to the Editor / President / Committee may be published in the Newsletter in full or in abbreviated form at the Editor's discretion. If the writer does not wish her/his name to be published she/he must specifically state so. Articles / letters must be in MS Word format. Please limit word count to less than 1,000.

From the President's Desk

Greetings to all members, I hope this finds you healthy and well.

We just concluded a very successful 13th ASEAN and 10th Perak Health Congress on 11-14 Jul 2024 at the Kinta Riverfront Hotel Ipoh. The occasion was officiated in its opening ceremony by the deputy minister of health YB Dato Lukanisman bin Awang Sauni. This event saw a participation of 28 industry exhibition booths and over 350 delegates.



The annual golf tournament was successfully held on 23 Jun 2024, concluding with a sumptuous dinner for all participants. Also in line with the season of Olympic Games, our very own members are having our own friendly competitions by way of bowling, held on 6 Aug 2024, and various other ball games on 25 Aug 2024 including pickleball (for the very first time). In PMPS Games, everyone participating is a winner! Prizes will be given out during our informal dinner.

Continue next page.

We hope to gather again for celebration and fellowship in our annual informal dinner which will be held on 26 Oct 2024. There promises to be a fun evening for members, families and friends, with good food, games and live music. Please mark your calendar and I hope to see many of you at this event.



I am proud to introduce POMACY, a virtual platform for healthcare professionals to access the largest selection of medical and pharmaceutical supplies. This is much like how we buy goods on Shopee or Lazada. PMPS signed the MOU with Techmed which owns that platform, and members signing on get a 1% rebate which they can utilise for their next purchase. POMACY is not just about buying clinic supplies, but they are also developing virtual educational materials, and giving back to members benefits like discounted hotel rates.

Finally, I wish everyone Happy Merdeka and Happy Malaysia day.

Dr Loke Yee Heng

Condolences



Dr David Yeo Keat Him

PMPS Committee expresses sincere condolences to the family of Dr David Yeo Keat Him, who departed peacefully on 30 Jun 2024. Dr Yeo, a distinguished anaesthetist, was PMPS Honorary Secretary (1979-1980), President (1983-1984), and a doyen of both the medical fraternity and golfing.
We will miss him.

PMPS COMMITTEE (2023-25)

The eighth meeting was held on 30 Jun 2024 (Sunday), in Palm Tree Atrium Villa Ipoh.

MEETING WITH PANTAI HOSPITAL IPOH CEO ON 19 JUN

Dr Sumithra arranged a meeting with Pantai Hospital Ipoh CEO Ms Yow Huai Mim to thank her for letting PMPS use their premises for committee meetings, invite her for the ASEAN Congress opening ceremony, and start a regular GP symposium/workshop and a community service project with them.



13TH ASEAN & 10TH PERAK HEALTH CONGRESS ON PRIMARY HEALTH CARE & PRE-CONGRESS 2024

by Dr G. Nantha Kumar, President-Elect PMPS 2023-2024
Organising Chairman 13th ASEAN & 10th Perak Health Congress 2024

The 13th ASEAN and 10th Perak Health Congress on Primary Health Care concluded successfully, receiving positive feedback from attendees. This in-person event was held at the Kinta Riverfront Hotel from 12 to 14 Jul 2024, and a pre-congress workshop on 11 Jul.

Over the course of four days, the congress offered a rich array of activities, including thought-provoking lectures, informative group seminars, and hands-on workshop (wound care). Industry representatives were also present, showcasing new products and medications used in primary care, providing an invaluable opportunity for doctors to stay connected with the latest advancements in medicine.

A total of 350 delegates, representing both government and private sector doctors, registered for this conference. The program featured four plenary sessions, four symposiums (three industry-sponsored lunch talks and a high tea symposium), and a pre-congress workshop. Additionally, there were 10 oral presentations, 33 poster presentations, and 28 exhibition booths.

The opening ceremony and the Dr CVN Prasad Oration were graced by the presence of Yang Berbahagia Dato Lukanisman bin Awang Sauni, Deputy Minister of Health Malaysia. Dr. Davis Johnraj Jebamoney delivered the keynote address for the Dr CVN Prasad Oration, focusing on the health reform implementation efforts by the Ministry of Health Malaysia.



I would like to extend my heartfelt thanks to my capable Organising Committee for their sacrifice, dedication, and professionalism over the past two years, which made this congress a resounding success.

A very special thank is due to our esteemed Scientific Programme Committee for curating a wide-ranging agenda covering essential topics in primary care practice and public health. Their efforts have equipped our primary health care providers with a vast array of knowledge and updates on these critical topics.

This 13th edition of the ASEAN Congress is a combined effort of the Perak Medical Practitioners' Society, the Perak Association of Public Health Physicians, and the Family Medicine Specialists' Association of Perak. Our collaboration has created a platform for achieving great things, and I hope our partnership continues to grow for the betterment of healthcare.

Last but not least, I would like to thank our congress secretariat, our sponsors for the exhibition booths and symposiums, advertisers for our souvenir programme, and representatives from the Jabatan Kesihatan Negeri Perak, Perak Association of Public Health Physicians and the Family Medicine Specialists' Association of Perak, all of whom contributed to the success of our congress.

Thank you.



Pre-Congress Workshop



Some Congress speakers



Plenaries



Delegates at Exhibition



Perak government Hospital Pengarahs



Perak government Health Clinic Family Medicine Specialists
& State Health Director



The hardworking team



Congress Secretariat

UZBEKISTAN TOUR, 02-10/3/24 (PART 1)

by Shanti Lingam (Mrs Kumar)



Day 1

On 2 Mar 2024 a wonderful group of doctors, their spouses and friends drawn in from different parts Malaysia began an adventure to Uzbekistan, famed for being at the heart of the rich Silk Road.



Our skillful Uzbek pilot brought us down safely at Tashkent International Airport, which led to a spontaneous applause from all the passengers. We were welcomed with a soft falling of snowflakes.

We had dinner in Anjir a restaurant in Tashkent that served up a cuisine of traditional Uzbek / Russian food.

After dinner we took an hour and half long domestic flight to Urgench of Khorazm Region in northwest Uzbekistan, then to Khiva where we stayed in the comfortable 5-star Faravon Hotel.

Day 2

We visited the last preserved walled city in Central Asia called Itchan Kala Khiva. The city is protected by an impressive sand coloured brick fortress called Kunya Ark, a UNESCO World Heritage Site, with four gates topped by beautiful blue tiled domes.

Our Uzbek guide here was Ziyodjon, a handsome and charming young man. He proved to be knowledgeable about his homeland and a very competent shepherd herding us to make us comfortable and safe.

For those with a love for intricately worked wooden doors like Dr Loke, Itchan Kala did not disappoint. The doors seen in the photo were sourced from pine wood abundant in the region.



All along the main streets of Itchan Kala we were entertained by street performers in masks and traditional garb of past town folks. Being a popular wedding setting we spotted as many as six glowing brides with their handsome grooms and their happy families and friends in tow. They broke out spontaneously from time to time with some enthusiastic celebratory dancing.

The Juma Mosque was distinctive for its uncharacteristic architecture, with none of the usual domes and arched entrances. Its interior prayer hall was adorned with over 200 carved five meters tall



pine wood pillars, standing in harmony within the calm and serene space.

The magnificent Tash Hauli Palace exhibited beautiful tile work with its vibrancy of the colours remain unchanged by centuries of time.

Day 3

We travelled across the Kyzylkum Desert (or Red Desert) to Bukhara. We had lunch in a traditional yurt tent en route - a traditional fare of breads, hearty soups and generous skewers of grilled lamb and chicken.



In Bukhara, we dined at a lovely restaurant with a wonderful quartet of musicians along the lovely Bakhovaddin Nakshband Street.

Day 4



We travelled to Gijduvan, an hour's drive out of Bukhara, to visit a traditional pottery workshop started in 1790.

After the pottery workshop we visited the memorial complex of Uzbekistan's most beloved Sufi saint Abdul Khaliq Ghijduwani, founder of the School of Central Asian Sufism.

In Bukhara we visited Toqi Zargaron, the largest of the three bazaars, built in 16th century. Here under the covered shelter of a large central brick dome are workshops for local craftsmen and traders. Several smaller overlapping domes were built creating a visually stunning multi dome space, recognized by UNESCO as a part of the Historical Centre of Bukhara.

The Ulugh Beg Madrasa was a madrasa named after Mirza Ulugh Beg. The interior madrasa had many rooms where students from all over came to stay and learn. Facing it was the stunningly ornate Abdulaziz-Khan Madrasah.

We also had the opportunity to see some of the finest and most stunning of carpets. The jaw dropping beauty of the pieces made The Bukhara Carpet Shop a worthwhile place to visit.

Last on our itinerary for the day was the star of Bukhara, the Po-i-Kalan Complex near the bazaars. It had three monuments, the Kalan Mosque, the Kalan Minaret and the Mir-i-Arab Madrasah. Kalan Mosque, among the largest mosques in central Asia, had been declared a UNESCO World Heritage site. The Mir-i-Arab Madrasah opposite was covered with beautiful, glazed mosaic tiles. Between them stood the towering 12th century Grand Minaret.



Day 5

Our first stop was Sitorai Mokhi-Khosa - the Summer Palace of the Emir of Bukhara, named after his much-loved wife Sitorabony. It was a blend of European and Central Asian elegance, as Russian architects were engaged to build the grand exterior and the resplendent interiors by the best Bukharan artisans of the day. Then the beautiful crafts displayed by traders in the grounds caught our eyes and pockets.



Bolo Haouz Mosque, built in 1712, another UNESCO World Heritage, boasted a beautiful colourful and intricately carved wood ceiling held up by 20 slender columns carved with floral and geometrical patterns.



Then we climbed up to the gateway of the majestic Ark Fortress, flanked by two imposing towers. The huge mud brick fortress was a military stronghold which also held palaces for the Bukharan emirs, residences for officials, dungeons, mosques, home to famous poets, scholars, government offices, libraries, the treasury and more.



We visited the Throne Hall where coronation ceremonies took place, and rooms displaying relics from Uzbek history.

The Samanid Mausoleum was an architectural masterpiece with combination of Islamic and pre-Islamic styles



A few hundred metres away was Chasma Ayub Mausoleum. It was believed that the water here had healing properties.

I had a tumble at the entrance to Sitorai Mokhi-Khosa. A million thanks for all the medical aid of every kind generously given to ease my pain walking on this unforgettable day.

After dinner we left Bukhara by a superfast clean train to Samarkand. There in a cold evening we toured Gur-e-Amir Mausoleum - the "Tomb of the King". Its inner chamber roomed the tombs of Amir Timur, who founded the Timurid Empire, and his male descendants. When we were leaving, the Mausoleum against the backdrop of the clear night sky was a breathtaking sight.



We headed off to a sumptuous dinner and a luxurious stay in another elegant 5-star hotel selected so generously for us throughout this tour.

PROPOSED SRI LANKA TOUR 8D7N (22-29/11/24)

Dates are not finalized. Please follow PMPS Broadcast for details.



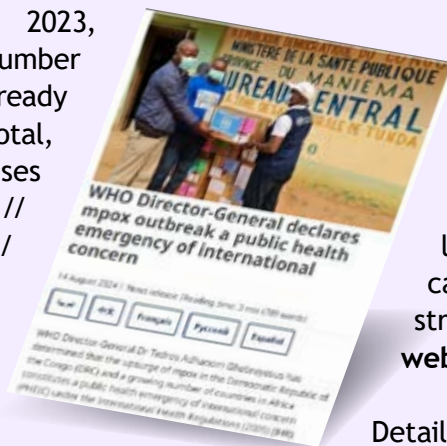
MPOX OUTBREAK 2024

by Dr Yap Foo Ngan

World Health Organization has declared mpox (formerly called monkey pox) as a public health emergency of international concern (PHEIC) for the second time on Aug 14, 2024. The first time was on July 23, 2022 and the status was rescinded on May 11, 2023.

Mpox was first detected in humans in 1970 in Democratic Republic of the Congo (DRC). The disease is considered endemic to countries in central and west Africa. In DRC the number of cases reported each year has increased steadily over past 10 years. Globally reported cases increased significantly in 2023, and so far this year the number of cases reported has already exceeded last year's total, with more than 14,000 cases and 524 deaths. (<https://www.who.int/news/item/14-08-2024-who-director-general-declares-mpox-outbreak-a-public-health-emergency-of-international-concern>)

Mpox has been spreading mainly through sexual networks. However, alarmingly, a new sub-variant - Clade I - has the ability to spread easily through close, personal contact.



In Indonesia, Jakarta health office confirmed at least 11 cases of mpox in various sub-districts within the province this year. Malaysia is increasing surveillance at Malaysia's international entry points. All medical practitioners need

to notify suspected and confirmed cases of mpox immediately to the nearest district health office. (<https://www.freemalaysiatoday.com/category/nation/2024/08/18/alert-for-mpox-at-all-entry-points-in-country/>)

Mpox causes fever, pustular lesions and lymphadenopathy. It is highly infectious and causes more severe illness compared to previous strains. (UN Web TV, "5 facts on mpox": <https://webtv.un.org/en/asset/k1k/k1kx8cwo15>)

Detailed information on clinical presentation, management, prevention and notification can be obtained in Guidelines - Mpox Management In Malaysia, 2nd edition (updated on 18 Jan 2023).



PMPS Golf Tournament 2024

by Dr Lai Thian Seong, Golf Tournament Convenor

The PMPS Annual Golf Tournament was held on Sunday 23 Jun at the Royal Perak Golf Club. Twenty-nine gentlemen (with six doctors over the age of eighty) and four ladies took on the challenging golf course. The weather and course conditions were conducive for good scores but only two golfers managed to play below their handicap.

It was the decision of our PMPS Committee to present the prizes for all our winners together with the other games on the Informal Night. This decision was duly conveyed to the participants with the hope that more doctors will attend our informal night.

However, the golfers over the age of eighty were affirmed and recognised. They were presented with yellow golf balls by our President Dr Loke.

The CME lecture was given by Dr Rajkumar (consultant orthopaedic surgeon at KMC) and dinner was at the Ipoh Country Club. Our PMPS President Dr Loke Yee Heng chaired the meeting, and several committee members were also present. The atmosphere was a little subdued due to the absence of our regular senior annual golf committee members Dr David Yeo and Dr Chew Teik Chye.

The following were declared the winners in the categories:

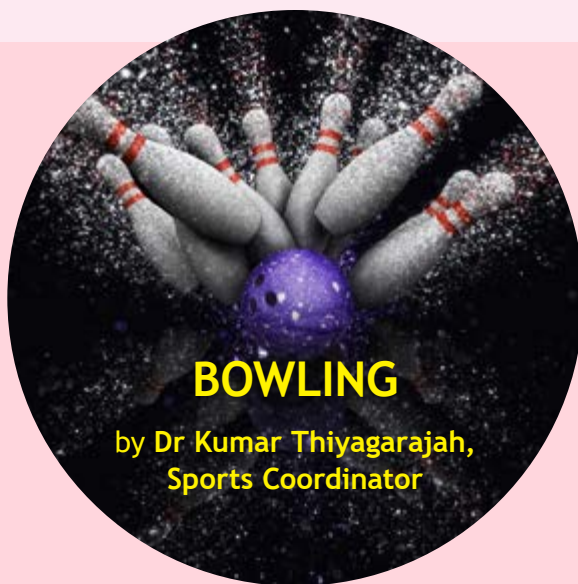
Ladies
1st: Koh Ling Ling
2nd: Dr Ding SK

Men (gross)
1st: Dr Mah KK
2nd: Dr Ramesh
3rd: Dr Kek KH

Men (nett)
1st: Dr Mukudan
2nd: Dr Inderjeet
3rd: Dr Lai TS



Affirming and recognising the strong and hearty!



This was held in Ipoh Bowl Kinta City
on 6 Aug.

The results in different categories were
(names given in the order of position):

Children

Sangeetha, Yek Kai Liang,
Yek Kai Xiang, Dhanya

Ladies

Ding Soo King, Wendy, Datin Ramani,
Chua Hooi Meng, Amarjeet

Men

George Chan, Yek Seng Chee, Jeyaratnam,
Dato Mohamad Kadir, Nanthakumar, Lai Thian
Seong, Kumar, Dato Subramaniam

Other Sports

Other events will be reported in the next PMPS News



"You are under a
lot of stress. I'm
prescribing ice
cubes to keep you
chill out."

MEMBERSHIP

Reminder

- The usual reminder to support your society:
1. pay your subscriptions
 2. check that your latest details are recorded.

BANK DETAILS

Account name:

THE PERAK MEDICAL PRACTITIONERS' SOCIETY

Bank: Public Bank Berhad

Account number: 3072790829

Send to:

The Perak Medical Practitioners' Society

c/o KPJ Ipoh Specialist Hospital

26 Jalan Raja Dihilir, 30350 Ipoh



New Member

PMPS welcomes the following new ordinary member:

Dr Paul Suman Jeya;

M.S. Orthopaedics (UM),

Perak Community Specialist Hospital.



Benefits To Be PMPS Members

The membership of PMPS is open to registered medical practitioners and dental surgeons resident in Perak.

- a) **Continuous Professional Development (CPD)** – PMPS is a registered CPD provider. It regularly holds CPD sessions for its members.
- b) **PMPS News** – Each issue is emailed and WhatsApped to members. It keeps you informed of issues relevant to members. All issues are available at <http://www.pmps.org.my/>.

To Keep You Continuously Informed and Updated

1. **PMPS Broadcast** – The Secretariat handled by Wendy uses this one-way avenue to inform members of relevant issues and sending soft copies of PMPS News when published.
2. **PMPS Members WhatsApp Group** – Members are urged to be prudent in using this chat group and avoid inadvertently sending unauthenticated information.

ANNUAL PRACTISING CERTIFICATE (APC) RENEWAL

• SUBMIT APPLICATION BEFORE 01 DECEMBER EACH YEAR

• CPD Points

- Period to obtain CPD points for **APC 2026**: between 01 July 2024 and 30 June 2025.
- New MMC-CPD Grading System w.e.f. 1/7/2023 - <https://mma.org.my/web/wp-content/uploads/comparison-of-the-mmc-cpd-grading-system.pdf>

- Professional Indemnity Cover - compulsory from **APC 2021** onwards.

• Fee

- The APC application fee is RM100.
- Late application is subjected to an additional fee of RM100.

ENQUIRIES

- unitapc@mmc.gov.my
Unit Perakuan Amalan Tahunan (APC),
Majlis Perubatan Malaysia,
Kementerian Kesihatan Malaysia.
WhatsApp: 016-3261751
- MeRITS
<https://meritsmmc.moh.gov.my/>

GREETINGS

PMPS Committee would like to extend warm greetings to members and families on the following Public Holidays:

31/8 (Sat) Merdeka;
16-17/9 (Mon-Tue) Prophet Muhammad's Birthday and Malaysia Day;
11/11 (Fri) Perak Sultan's Birthday

When a public holiday falls on a Sunday, it is replaced on the following Monday.