



PMPs News

FOR MEMBERS ONLY

APRIL 2026

ISSUE 42

President

Dr Nanthakumar Gunaratnam (CPD)

President Elect

Dr Yee Meng Kheong

Immediate Past President

Dr Loke Yee Heng (Tours)

Hon. Secretary

Dr Amarjeet Kaur (Social)

Hon. Treasurer

Dr Ding Soo King (Social)

Committee Members

Dr Lai Tian Seong (Sports)

Dr Sumithra Sivasuntharam (CPD)

Dato Dr Sushil Kumar Ratti
(Membership Drive)

Dr Yap Foo Ngan (PMPs Newsletter)

Dr Karthik MK (Sports, Community
Service & Current Affairs)

Dr Manmeet Rai Singh (Community
Service & Current Affairs)

Dr Wanitha N Gopalasamy (CPD)

Editor's Request

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

pmps.secretariat@gmail.com

or post to:
PMPs Secretariat,
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

DR NANTHAKUMAR GUNARATNAM

I hope this message finds you well. On 15/3/2026, we successfully concluded our 86th Annual General Meeting together with the Dr Wu Lien Teh Annual Lecture, which was introduced by Dr Manmeet Rai and delivered by Dr Sivasangkari Mugilarassan (Consultant in Internal Medicine & Endocrinology from KPJ Ipoh Specialist Hospital). The lecture was titled "Is Low Testosterone the Missing Link in Men's Health?"

It was a very pleasant evening, reconnecting with friends and colleagues. Special thanks to DKSH Ms Neela for sponsoring this PMPs Hi-tea talk.

This year, we were also honoured by the presence of Mr Tony Liew, a member of the Dr Wu Lien Teh family, who shared with us a live account of Dr Wu Lien Teh's family history and his remarkable medical achievements.

The final stage of preparations for the 14th ASEAN and 11th Perak Health Congress (9-12/7/26) is currently underway. Please mark your calendars, as the congress will not only feature an excellent scientific programme but will also provide an opportunity to meet industry partners, friends, and colleagues, while earning your annual quota of CPD points. Please join us and make this congress a successful one.

Regarding the latest updates affecting primary care and private healthcare in Malaysia, several key issues continue to impact private general practitioners (GPs). One of the major concerns remains the GP consultation fee, which continues to be controversial. The government has maintained the consultation fee floor at RM10 and raised the ceiling to RM80. However, many GP groups believe that these rates are too low and outdated. Doctors argue that the cost of operating clinics has significantly increased, including staff salaries, rental, and medical supplies.

Another concern involves insurance companies and Third Party Administrators (TPAs) influencing treatment decisions. Doctors are

SUNWAY MEDICAL CENTRE IPOH

A comprehensive multispecialty hospital with more than 200-bedded!

GET TO KNOW OUR SPECIALTIES & SUBSPECIALTIES

- Anaesthesiology & Critical Care
- Arthroplasty, Orthopaedic Surgery & Robotic Surgery
- Cardiology & Interventional Cardiology
- Cardiology & Electrophysiology
- Cardiothoracic Surgery
- Cataract & Refractive Surgery Specialist
- Clinical Haematology
- Clinical Oncology
- Clinical Radiology
- Dermatology
- Emergency Medicine
- Gastroenterology & Hepatology
- General & Colorectal Surgery
- General, Oesophago-Gastric & Bariatric Surgery
- General Paediatrics
- General Paediatrics & Neonatology
- Geriatric Medicine
- Infectious Diseases
- Intensive Care (Anaesthesiology)
- Interventional Neuroradiology
- Nephrology
- Neurology
- Neurosurgery
- Nuclear Medicine
- Obstetrics & Gynaecology
- Obstetrics & Gynaecology, Gynae-Oncology
- Ophthalmology & Glaucoma Surgery
- Ophthalmology, Medical Retina & Uveitis
- Orthopaedic, Foot & Ankle Surgery
- Orthopaedic, Hand & Microsurgery
- Orthopaedic, Spine Surgery
- Orthopaedic & Sports/ Robotic Surgery
- Otorhinolaryngology
- Otorhinolaryngology & Rhinology
- Paediatric Cardiology
- Paediatric Intensive Care
- Paediatric Orthopaedic Surgery
- Paediatric Surgery
- Respiratory Medicine
- Rheumatology
- Urology
- Uro-Gynaecology

OUR STATE-OF-THE-ART TECHNOLOGIES

- PET-CT
- Bi-Plane Angiography
- LINAC TrueBeam 3.0
- Dual Source CT Scanner
- 3T MRI
- MAKO Smart Robotics™ Robotic-Assisted Surgery System



worried that insurance policies may override clinical judgment. Additionally, panel clinics may face lower consultation fees, treatment approval restrictions, and delayed payments.

The Malaysian government is also considering increasing the use of private GP clinics to reduce the pressure on public hospitals. There have been initiatives to outsource screening and follow-up care to private clinics, with GPs being contracted for certain public health programmes such as Madani and Peka B40. This approach could help reduce hospital congestion while potentially creating new revenue streams for GPs and strengthening public-private healthcare partnerships.

At the same time, we are facing rising private healthcare costs and rapid medical inflation. The

government is attempting to address this through price transparency initiatives, benchmark pricing, and the introduction of basic insurance plans aimed at controlling premiums through better regulation of pricing, billing transparency, and insurance structures.

Lastly, some doctors have experienced delays in receiving their Annual Practising Certificate (APC) for 2026. Without a valid APC, doctors are legally not permitted to charge professional fees or purchase medications, which can create administrative risks for clinics if documentation delays occur.

As we move forward, I hope we will all have a wonderful year ahead in 2026. I would also like to wish members a belated Happy Chinese New Year, and Selamat Hari Raya to all our Muslim friends.

CONDOLENCES

PMPS Committee expresses sincere condolences to the family of the following member.

DR RICHARD YEAP YEAN LIAN
(24/4/1956 – 3/3/2026)

Dr Yeap was a PMPS Life member and the pioneer general surgeon of Hospital Fatimah. He had excellent surgical skills and was very dedicated to his patients, being known among the laymen as 'the god of knife'. He was also very generous in performing surgeries for colleagues free and frequently waiving patients' consultation fee. He was very well commented by former colleagues and numerous former patients in the Hospital Fatimah facebook page

commemorating him.
DATO' DR GURDEEP SINGH MANN
(31/8/1956 – 28/3/2026)

Dato' Dr Gurdeep was a highly respected ENT surgeon and former Head of ENT Department at Hospital Raja Permaisuri Bainun. He was known for his dedication, compassion, and unwavering service, having touched and healed countless lives throughout his distinguished career.

GREETINGS

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

01/5 (Fri), Labour Day;
27/5 (Wed), Hari Raya Haji;
31/5 (Sun), Wesak Day;

01/6 (Mon), Agong's Birthday;
17/6 (Wed), Awal Muharram

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

PMPS EXECUTIVE COMMITTEE (2025-27) MEETING

The PMPS Committee has been working hard, holding meetings on 23/3, 6/4, 15/6, 3/8, 16/9/25, 4/1/26 and 8/3/26 (Sundays) to plan activities for members.

86TH PMPS ANNUAL GENERAL MEETING (with CPD)

15/3/2026 (Sunday), MU Hotel, Ipoh



MMA PERAK 54TH ANNIVERSARY & INSTALLATION BANQUET

14/2/2026, AC Marriot Hotel, Ipoh



14TH ASEAN & 11TH PERAK HEALTH CONGRESS ON PRIMARY HEALTH CARE 10 – 12 JULY 2026

With three months to go, we are in the final stages of organising this Congress. Registrations are a bit slow coming in, we will need to look seriously at how to attract our target crowd.

We have arranged an interesting Pre-Congress workshop on Point of Care Ultrasound (POCUS) in Primary Care on 09/7 (Thu). This should appeal to most general practitioners and those who would like to try 'hands-on' in this workshop.

This is a 2½ days congress, starting on 10/7 (Fri) and ending on 12/7 (Sun; half day), which will secure you 20 CPD points for year 2028.

We look forward to you, as members in supporting this congress of ours.

Thank You.

Dr Yee Meng Kheong, Organising Chairman



17/3: Drs Yee, Subashini, Husna Maizura, Nantha and Manmeet from the Asean Congress Organising Committee met YB Dato' Sivanesan (Chairman of Perak State Committee for Human Resources, Health, Indian Community Affairs and National Integration) on Congress matters

14th ASEAN & 11th Perak Health Congress on Primary Health Care

Health Sector Transformation: Challenges Moving Forward

10 -12 July 2026
Kinta Riverfront Hotel & Suites
Ipoh, Perak, MALAYSIA
Pre-Congress: 09 July 2026

CPD Accreditation
Congress : 20 points
Pre Congress : 4 points

Final Announcement

Scan QR Code or Click Here to Register

Congress Highlights

Conference Fees	Before 8 th July 2026	After 8 th July 2026
Doctors	RM450.00	RM600.00
Paramedic/ Medical Student	RM300.00	RM400.00
Pre-Congress	RM150.00	RM150.00
Foreign Delegate	USD200.00	USD200.00
Foreign Allied Healthcare Pro	USD100.00	USD100.00

Plenary

- Enhancing Digital Transformation In Primary Care
- Advancing Health Promotion and Preventing Diseases in Primary Care
- Restoring the Wellbeing of Health Care Providers
- Healthy Ageing in a Rapidly Changing Society: Are We Ready?

Symposium Highlights

- Office Orthopaedics: Move Better, Hurt Less
- Simplifying Skin For The Busy Clinician
- New Frontiers in HIV Care
- Digital Detox: Managing Smartphone Addiction
- Pulse of Survival: Handling Arrhythmias
- Workshop: Point Of Care Ultrasound (POCUS) In Primary Care

Enquiries:
Congress Secretariat:
No.47 Jalan Haji Wahab, Taman Canning, 31400 Ipoh, Perak
Email: congress@pmpps.org.my
Website: www.pmpps.org.my

016-3061537

14th ASEAN & 11th Perak Health Congress on Primary Health Care

Health Sector Transformation: Challenges Moving Forward

10 -12 July 2026
Kinta Riverfront Hotel & Suites
Ipoh, Perak, MALAYSIA

POINT OF CARE ULTRASOUND (POCUS) IN PRIMARY CARE PRE-CONGRESS
09.07.2026
2.00PM - 5.00PM

LIMITED AD PAX

HANDS-ON ULTRASOUND TRAINING

- Basic Echocardiography
- Deep-Vein Thrombosis
- E-FAST
- Abdominal
- Aorta & Inferior Vena Cava

ORAL / POSTER ABSTRACT SUBMISSION INSTRUCTIONS

Only Registered Congress Delegates are eligible for Oral/Poster Abstract Submission

- Participants are invited to submit scientific papers
- Applicants should submit their abstracts in duplicate to the Congress Secretariat using the Abstract Submission Form (The form will be sent upon your registration for the congress)
Deadline : 1 May 2026.
- Abstract should be english and contain work that has not been previously published

PRIZES WILL BE AWARDED TO THE BEST THREE PRESENTATIONS

PRESENTATION	ORAL	POSTER
1 st PRIZE	RM500	RM300
2 nd PRIZE	RM300	RM200
3 rd PRIZE	RM200	RM100

CONTINUING PROFESSIONAL DEVELOPMENT (CPD)

Date	CPD	Venue
15/3/26	Dr Wu Lien Teh Lecture: IS LOW TESTOSTERONE THE MISSING LINK IN MEN'S HEALTH SPEAKER: Dr Sivasangkari Mugilarassan, Consultant in Internal Medicine & Endocrinology; KPJ Ipoh Specialist Hospital	MU Hotel Ipoh

GUIDELINES FOR CPD PROVIDERS AND ORGANISERS:

1. No Advertising during CPD Sessions. The following are not allowed:
 - Advertising or promotion of hospitals, clinics, or healthcare services.
 - Sharing personal contact details (speaker) for the purpose of soliciting patients.
 - Any form of marketing or promotional activities by speakers, organisers, or moderators during the session.
2. CPD points should not be accredited at the beginning of the talk but only be awarded upon completion of the educational session.

Dr. Vasu Pillai Letchumanan

Honorary General Secretary, Malaysian Medical Association

CHONGQING-YANGTZE-WUHAN TOUR

TOURS

The tour report will be published in the next issue.



WELCOME

New Members

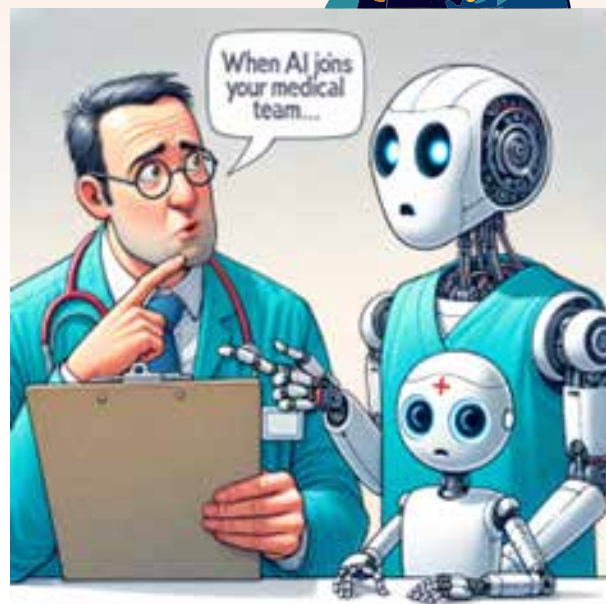
PMPS welcomes the following new members.

Ordinary Members

- Dr Dharminder Singh A/L Ragbir Singh, GP
- Dr Yik Weng Fai, Radiologist
- Dr Aranjit Singh Randhawa, ENT Surgeon
- Dr Ahmad Khairil Irham bin Harun, General Surgeon
- Dr Fazleenah Binti Ajmul Hussain, Dermatologist

Associate Members

- Dr Devanandhini Krisnan, Anaesthetist
- Dr Puvaneswari Subramaniam, Public Health Physician



Consultant Cardiothoracic Surgeon
Associate Professor Dr. Ahmad Zuhdi Bin Mamat
Suite GO2, Ground Floor

Consultant Emergency Physician

Dr. Daniel Chau Jun Wei
Accident & Emergency Department, Ground Floor



Consultant Orthopaedic Surgeon (Foot & Ankle Surgery)
Dr. Mohd Adham Shah Bin Ayeop
Suite G12, Ground Floor

Consultant Obstetrician & Gynaecologist

Dr. Eswaran Sinusamy
Suite 3B02, Level 4



Consultant Obstetrician & Gynaecologist
(Cosmetic Gynaecology/Gynaelaparoscopic Surgeon)
Dr. Sofia Annaim Binti Abdussyukur
Suite 303, Level 3

List of Facilities & Services

- * 24-Hours Accident & Emergency Department
- * Ambulance Services
- * 640 Slice CT Scan
- * Bone DEXA Scan
- * Cardiac Catheterization Lab
- * Endoscopy Room
- * Fluoroscopy Room
- * Digital Mammogram
- * MRI
- * MRI Cardiac
- * Ultrasound
- * Audiometry
- * Dental Services
- * Haemodialysis Centre
- * Pain Management Services
- * Medical Records
- * Pantai Premier Pathology (Lab)
- * Pharmacy
- * Pantai Integrated Rehab Services
- * Concierge & Valet Services
- * Food & Beverage Services
- * Retail Outlets
- * Dietetics & Nutrition Counselling
- * Health Screening
- * Lithotripsy
- * Onco Daycare Ward



For Accident & Emergency, please call **05- 54 999 11**

PMPS Sports Community, 2025

Dr Karthik MK, Sports Coordinator

“It isn’t just about adding years to life, but adding life to your years—preferably with slightly less knee pain the next day!”

The PMPS Sports Committee had an exciting and fruitful year in 2025, bringing members out of their clinics and onto the field—where rusty joints were oiled, muscles rediscovered, and competitive spirits quietly (or not so quietly) awakened. More importantly, our events created a wonderful platform for members and their families to bond, laugh, and build lasting relationships through sportsmanship.

We kicked off the year with great energy.

25/05: Pickleball, PMPS in Collaboration with Bar Council

A fantastic turnout from both sides - doctors and lawyers, proving that when it comes to pickleball, everyone is equally competitive! Players ranged from beginners to intermediates, with coaching sessions running alongside the games. The evening ended on a high note with refreshments... and a timely downpour that politely told us it was time to head home.



05/08: PMPS Bowling Night

This event saw an impressive turnout, with PMPS members and their families - from enthusiastic youths to seasoned seniors - joining in. The seniors in particular showed us their experience giving a challenge to the youths, both walking away with well-deserved medals.



10/08 – PMPS Annual Games

Our biggest sporting event of the year featured badminton, tennis, table tennis, and of course, the ever popular (and rapidly growing) pickleball.





A big thank you to the committee members who worked tirelessly behind the scenes to ensure everything ran smoothly. The games kicked off at 4:00 PM and carried on into the evening, filled with energy, friendly rivalry, and just a hint of “professional level” competitiveness.

Beyond our scheduled events, we also saw exciting pickleball tournaments in collaboration with Lexus and Hospital Fatimah - further strengthening partnerships and expanding our sporting community.



11/10: Malaysian Doctors’ Day Pickleball Fiesta

Celebrating Malaysian Doctors’ Day, PMPS in collaboration with MMA Perak held a spirited and friendly pickleball tournament, with camaraderie and fitness.

To wrap up the year, participants were recognised during our Installation Dinner, where participants proudly took home medals and vouchers - well-earned rewards for their effort, enthusiasm, and occasional dramatic dives on the court.

Thanks to everyone who participated and supported PMPS sports. Stay tuned - we promise even more exciting, energetic, and slightly muscle-aching events in the coming year!





Pickleball Update

by Dr Yee Meng Kheong, Pickleball Enthusiast



Following up on the events we had on 25/5, 15/6, 20/7 (all at Pickleball Fun Club), 10/8 (at YMCA Ipoh for our PMPS Annual Games) and 11/10 (at Master Dink, Jalan Raja Dihilir, in connection with PMPS/MMA Doctors' Day), we had our last session on 06/12 for the year at Hari-Hari Pickleball Courts, Tasek Mutiara Ipoh. 20 participants signed up but because of heavy downpour, only 14 turned up.



The new year began with a 'bang'. We had a session at Perak Turf Club, Jalan Raja Dihilir, on 06/01/26 from 5:00 PM till 8:00 PM. The club had four newly built pickleball courts and we wanted to have them tried out. 36 doctors together with their spouses/families turned up and participated in this session. The weather was good that evening, not too windy as they were open courts!



Dr SK Ding has started regular Sunday sessions at Master Dink 6:00 PM to 8:00 PM from April. This will be open to all members, their families and friends. A token charge of RM10/pax will be collected. We had our first session on 05/4 (Sun), where we had 15 participants.

Kindly register with Dr Ding Soo King 012-4555446 or Dr MK Yee 017-5784530.

We will add you to our PMPS Pickleball Enthusiasts WhatsApp group.

ANNOUNCEMENTS

Administration of IV Drip in Private Medical Clinics – MOH Guideline

CKAPS, MOH has issued a Guideline on the Administration of IV Drip in Private Medical Clinics under Act 586, which allows GPs to administer IV drip therapy in clinics, subject to specific requirements.

Dr Eratha Krishnan, Chairman PPS MMA.
16th March 2026

Key points:

- IV drip services must comply with outpatient practice principles under the PHFSA.
- Informed consent, proper documentation, and vital sign monitoring are required.
- Each IV drip session must not exceed 4 hours.
- Vitamin/beauty/whitening/detox/anti-aging drips are not permitted in GP clinics.
- Paediatric IV drips and certain treatments are also restricted.



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

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 2027**: between 1/7/25 and 30/06/26.
 - 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.

NEW MMC-CPD GRADING SYSTEM

- o Effective from 01/11/2025
- o Ref: <https://mmc.gov.my/wp-content/uploads/2025/10/MMC-CPD-Grading-system.pdf>

ENQUIRIES

- o MeRITS – <https://merits.mmc.gov.my/>
- o Unit Perakuan Amalan Tahunan (APC) Majlis Perubatan Malaysia
 - Email: unitapc@mmc.gov.my
 - WhatsApp Chat: 016-3261751
 - WhatsApp Call: 019-8022171 / 019-3832171
- o Working Hours – MONDAY-FRIDAY; 8:30 AM - 4:30 PM



Sheer Driving **Pleasure.**

**DRIVEN BY PRECISION.
INSPIRED BY EXCELLENCE.**

THE **5**



THE **X3**



**Scan to book
a test drive.**

TIAN SIANG PREMIUM AUTO SDN. BHD. (SSM: 630552-P)

IPOH SHOWROOM

99, Jalan Kuala Kangsar 30010 Ipoh, Perak.

Tel. +05-5062800

www.bmw-tiansiang.my

BUTTERWORTH SHOWROOM

Lot 6235, Jalan Baru 13700 Perai, Pulau Pinang.

Tel. +04-3982600



To book a test drive, visit www.bmw-tiansiang.my/models/book-a-test-drive. Terms and conditions apply.

The model equipment and possible vehicle configuration that in this advertisement may differ for the vehicles supplied in the Malaysian market.