1st FPMPAM/IPH Annual Scientific Convention 2017

16th & 17th September 2017
Kuala Lumpur Regional Centre for Arbitration (KLRCA)
Bangunan Sulaiman, Jalan Sultan Hishamuddin, 50000 Kuala Lumpur, Malaysia

Update in GP Practice – What's Hot What's Not
8 out of 10 patients achieve PASI 90 at week 16\(^1\)

<table>
<thead>
<tr>
<th>Cosentyx 300mg (n=334)</th>
<th>Ustekinumab (n=335)</th>
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<tr>
<td>PASI 90</td>
<td>PASI 100</td>
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<tr>
<td>79.0%</td>
<td>44.3%</td>
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<tr>
<td>57.6%</td>
<td>28.4%</td>
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Primary endpoint data from the CLEAR study. Nonresponder imputation analysis.
\(^*p<0.0001\) vs ustekinumab.
Adapted from Thac\^i D et al, 2015.

**Cosentyx® Basic Success Statement**

**Important Note:** Before prescribing, consult full prescribing information. **Presentation:** Secukinumab. Powder for solution for subcutaneous injection, solution for subcutaneous injection in pre-filled syringe or pre-filled pen containing 150 mg of secukinumab. **Indications:** Plaque psoriasis: Cosentyx is indicated for the treatment of moderate to severe plaque psoriasis in adult patients who are candidates for systemic therapy or phototherapy. Psoriatic arthritis: Cosentyx, alone or in combination with methotrexate (MTX), is indicated for the treatment of active psoriatic arthritis in adult patients when the response to previous disease-modifying anti-arthritic drug (DMARD) therapy has been inadequate. **Ankylosing spondylitis:** Cosentyx is indicated for the treatment of active ankylosing spondylitis in adults who have responded inadequately to conventional therapy. **Dosage and administration:** Plaque psoriasis: The recommended dose is 300 mg by subcutaneous injection with initial dosing at weeks 0, 1, 2 and 3, followed by monthly maintenance dosing starting at week 4. Each 300 mg dose is given as two subcutaneous injections of 150 mg. Psoriatic Arthritis: The recommended dose is 150 mg by subcutaneous injection with initial dosing at Weeks 0, 1, 2, 3, and 4, followed by monthly maintenance dosing starting at Week 4. Each 150 mg dose is given as two subcutaneous injections of 75 mg. **Ankylosing spondylitis:** The recommended dose is 150 mg by subcutaneous injection with initial dosing at Weeks 0, 1, 2, and 3, followed by monthly maintenance dosing starting at Week 4. **Contraindications:** Cosentyx is contraindicated in patients who have had severe hypersensitivity reactions to the active substance or to any of the excipients. **Warnings and precautions:** • Infections: Caution in patients with chronic or history of recurrent infection. If a patient develops a serious infection, the patient should be closely monitored and Cosentyx should not be administered until the infection resolves. Anti-tuberculosis therapy should be considered prior to initiation of Cosentyx in patients with latent tuberculosis. • Cosentyx should not be given to patients with active tuberculosis. • Crohn’s disease: Patients with active Crohn’s disease treated with Cosentyx should be followed closely. • Hypersensitivity reactions: Rare cases of anaphylactic reactions have been observed during clinical trials. Administration of Cosentyx should be discontinued immediately and appropriate therapy initiated if an anaphylactic or other serious allergic reaction occurs. • Latex-sensitive individuals: The removable cap of the Cosentyx pre-filled syringes/pen contains a derivative of natural rubber latex. • Vaccinations: Cosentyx should not be given concurrently with live vaccines. • Pregnancy: Cosentyx should be used during pregnancy only if the benefit clearly outweighs the potential risks. • Breast-feeding: Caution should be exercised when Cosentyx is administered to a woman who is breast-feeding. • Adverse drug reactions: • Very common (≤10%): Upper respiratory tract infections, nasopharyngitis, upper respiratory tract infection, rhinitis, pharyngitis, sinusitis, tonsillitis, Common (1% to 10%): Oral herpes, diarrhea, urticaria, rhinorrhea, Uncommon (0.1 to 1%): Oral candidiasis, neutropenia, lumbago, conjunctivitis, Interactions: Live vaccines should not be given concurrently with Cosentyx. \(^1\) New Indication Approval letter dated 31 Oct 2016; \(^2\) Malaysian approved package insert; PI RD 9 Dec 2015; APPR 31 Oct 2018

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For healthcare professionals use only. For more information, please contact:

**Novartis Corporation (Malaysia) Sdn Bhd**
Level 22, Tower B, Plaza 33, No.1, Jalan Kemajuan, Seksyen 13, 46200 Petaling Jaya, Selangor Darul Ehsan
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Dear Doctors,

With the enactment of compulsory CPD points for the renewal of the annual practising certificate (APC) under the new Medical Regulations 2017, the FPMPAM will now take a more direct role as a CPD/CME provider at the national level to complement the effort of its sister societies.

This will be done in collaboration with its partners in various state societies and affiliated associates like the Independent Practitioners Healthcare, IPH Pharmaceuticals and the Penang Medical Practitioners’ Cooperative. We are glad to announce this inaugural Annual Scientific Convention which is specially designed to cater for our busy private practitioners. The speakers and topics have been specially selected to address important clinical issues facing those in the forefront of primary care. In addition, we shall be addressing the increasing risks on the medico-legal aspects of medical practice on Day 1 as well as the implications of the amended Medical Act (2012) and the Medical Regulations (2017) in a special forum on Day 2.

We look forward to seeing you all at this meeting.

With best wishes,

Steven KW Chow
## Programme

### Day 1

**Saturday (16th Sept 2017)**

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<tr>
<th>Date/Time</th>
<th>Topic</th>
<th>Speaker/Chairman</th>
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<tr>
<td>9.00 am</td>
<td>Arrival / Registration</td>
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<tr>
<td>9.50 am</td>
<td>Introductory &amp; Welcome Remarks by Chairperson</td>
<td>Dr. Shanmuganathan TV Ganeson</td>
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<td>9.50 am</td>
<td><strong>COFFEE</strong></td>
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<tr>
<td>10.00 am</td>
<td><strong>Symposium 1: Talking NCDs and “HEART-2-HEART”</strong></td>
<td><strong>Chairman:</strong> Dr. Shanmuganathan TV Ganeson</td>
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</table>
| 10.00 am  | Managing Heart Failure in 2017 – What are Your Options?              | Dr. Ng Swee Choon  
Consultant Cardiologist  
Sunway Medical Centre, Selangor |
| 10.30 am  | 2017 Malaysia CPG Guideline on Dyslipidemia: What is New?            | Dr. Yee Kok Meng  
Consultant Cardiologist  
Pantai Hospital, Kuala Lumpur |
| 11.00 am  | The Role of Individualised Therapy in Type 2 Diabetes                 | Dr. Vijay Ananda Paramasvaran  
Consultant Endocrinologist  
Pantai Hospital, Kuala Lumpur |
| 11.30 am  | **TRADE EXHIBITION** Q&A with the Industry                           |                  |
| 12.00 pm  | Lunch Symposium 1: SKIN FORUM “Eczema & Psoriasis”                    | **Chairman:** Dr. Steven Chow  
Dr. Chang Choong Chor  
Consultant Dermatologist  
Gleneagles Hospital Kuala Lumpur |
| 2.10 pm   | **Symposium 2: Managing Drug Addiction – Should Doctors Get Involved?** | **Chairman:** Datuk Dr. Lim Boon Sho  
Deputy-President, FPMPAM |
| 2.15 pm   | “Doc, Please Help. My Child is on Drugs”                              | Associate Prof. Dr. Yee Hway Ann @ Anne Yee  
Department of Psychological Medicine  
UMMC |
| 2.45 pm   | Addiction Counselling 101 for Doctors                                 | Mr. Chris Sekar  
Addiction Therapist  
Gleneagles Hospital Kuala Lumpur |
| 3.15 pm   | Discussion / Q&A                                                      |                  |
| 3.20 pm   | **COFFEE**                                                           |                  |
| 3.50 pm   | **MEDICAL PRACTICE FORUM (1)**                                        | **Chairman:** Dr. Milton Lum / Dr. Steven Chow  
Dr. Steven Chow  
FPMPAM President |
| 4.10 pm   | “Doc, I am Going to Sue You.”                                         | Dr. Milton Lum  
Member, Board of Directors, MDM |
| 4.30 pm   | Doctors as Independent Contractors to Hospitals – Where Does Liability Lie in Medical Negligence? | Senior Counsel PS Ranjan  
P.S Ranjan & Co., Kuala Lumpur |
<p>| 4.50 pm   | Discussion / Q&amp;A                                                      |                  |
| 5.00 pm   | <strong>END of DAY 1</strong>                                                      |                  |</p>
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| 9.00 am   | The Patient With Painful Joints – Danger of Misdiagnosis and Over Treatment | Dr. Benjamin Cheah Tien Eang  
Pantai Hospital, Kuala Lumpur  
Clinical Associate Professor International Medical University and Deputy Medical Director of IMU Healthcare |
| 9.30 am   | The Patient with Fatty Liver – Causes and Therapeutic Options          | Dr. Shanthi Palaniappan  
Consultant Physician & Gastroenterologist  
Pantai Hospital, Kuala Lumpur |
| 10.00 am  | Red Flags in a Child With a Fever – Better Safe Than Sorry             | Dr. Azam B. Mohd Nor  
Consultant Paediatrician  
Pantai Hospital, Kuala Lumpur |
| 10.30 am  | COFFEE  
TRADE EXHIBITION                                                    |                                                                                                                                            |
| 11.00 am  | Symposium 4: Itch & Allergies - Which is Which?  
The Patient With Intractable Itch – What are Your Options?  
Chairman: Dr. Michael Tan  
Dr. Steven Chow  
Consultant Dermatologist  
Pantai Hospital, Kuala Lumpur |                                                                                                                                            |
| 11.30 am  | The Child With an Allergy – Solving the Mystery                       | Dr. Amir Hamzah  
Consultant Paediatrician  
Pantai Hospital, Kuala Lumpur |
| 12.00 pm – 2.00 pm | Lunch Symposium 2: PREVENTION IS AS IMPORTANT AS CURE  
Quadrivalent Influenza Vaccine: Broader Protection to High Risk Patients  
DTP-based Pediatric Combination Vaccine: Moving from 5 to 6 in 1  
Chairman: Dr. Ho Shu Nam | Dr. Hazlee bin Abdul Hadi  
Head and Physician for Occupational Health Services and Travel Clinic  
Prince Court Medical Centre, Kuala Lumpur  
Dr. Rakhee Yadav A/P Hematram Yadav  
Resident Consultant Paediatrician in Ara Damansara Medical Centre, Shah Alam |
| 2.10 pm   | Symposium 5: The GP Menu – Common & Uncommon (Part 2)  
The Patient with Impending Stroke-Pitfalls in Diagnosis  
Chairman: Dr. Gong Swee Kim | Dr. Rishikesan Kuppusamy  
Consultant Neurologist  
Pantai Hospital, Kuala Lumpur |
| 2.30 pm   | The Patient with Chronic Leg Ulcers – Doc, Why is it Not Healing?     | Datuk Dr. Ho Teik Kok  
Consultant Vascular/Endovascular Surgeon  
Damansara Specialist Hospital, Petaling Jaya |
| 2.50 pm   | Looking Out for Leprosy in Primary Care                               | Dr. Pubalan Muniandy  
Consultant Dermatologist  
General Hospital Kuching, Sarawak |
| 3.10 pm   | Discussion / Q&A                                                      |                                                                                                                                            |
| 3.30 pm   | COFFEE  
TRADE EXHIBITION                                                    |                                                                                                                                            |
| 4.00 pm   | MEDICAL PRACTICE FORUM 2:  
The Amended Medical Act (2012) and Regulations (2017)  
MMC Incorporated – What’s New?  
Chairman: Dr. Steven Chow  
Co-chairman: Dr. Shammugananthan TV Ganeson | Professor Dato’ Sri Dr Abu Hassan Asaari B. Abdullah  
Head of Emergency and Trauma Department Hospital Kuala Lumpur |
| 4.20 pm   | Medical Act (Regulations 2017) – What it Means to You                 | Dr. Milton Lum  
Member, Board of Directors, MDM |
| 5.00 pm   | END OF EVENT                                                          |                                                                                                                                            |
PROFESSOR DATO’ SRI DR ABU HASSAN ASAARI B. ABDULLAN
Professor Dato’ Dr Abu Hassan is a Senior Consultant and Head of Emergency of Trauma Department of Hospital Kuala Lumpur. He is also the President of Malaysian Society of Traumatology and Emergency Medicine, Chief Medical (Surgeon officer) of St. John Ambulance Malaysia (SJAM), a Board Member of Malaysian Medical Council (MMC) and Scribe and Council Member of Academy Medicine Malaysia (AMM). He also serves as a board member of Yayasan Kebajikan Negara (YKN). In addition, he is also the Dean of the Postgraduate School of Emergency Medicine, Asian Society of Emergency Association, an Adjunct Professor of MAHSA Medical Faculty, Royal College of Medicine Perak (UniKL RCMP), Cyberjaya University of Medical Sciences (CUOMS) as well as a visiting Professor of Medical Faculty, University Brawijaya, Malang, Indonesia.

DR AMIR HAMZAH B. DATO’ ABDUL LATIFF
Dr Amir Hamzah graduated from Universiti Malaya in 1989. He then further his studies in the field of Paediatrics and obtained Master in Medicine (Paediatrics) from the National University of Malaysia (UKM) in 1996 and became a member of Royal College of Physicians (MRCP), Ireland in 1998 and specialized in immunology with a Postgraduate Diploma of the Royal College of Pathologists (Dip RCPath) in 2003. He is currently a resident Consultant Paediatrician in Pantai Hospital, Kuala Lumpur. Dr Amir is also actively involved in teaching and had taught undergraduate and postgraduate medical students at the Faculty of Medicine, National University Malaysia (UKM), Faculty of Medicine & Health Sciences, Universiti Putra Malaysia (UPM), Paediatric Institute, Kuala Lumpur and School of Medicine & Health Sciences, Monash University Malaysia. He is also involved as an external examiner in various postgraduate examinations. He has been active in medical research, presented in various local and international conferences and authored and co-authored numerous scientific publications and abstracts.

DR AZAM B. MOHD NOR
Dr Azam Mohd Nor is a Paediatrician at the Pantai Hospital, Kuala Lumpur. Dr Azam completed his medical studies at University of Malaya. He has more than 18 years of experience in medicine and one of those is at Children’s Hospital at Westmead Clinical School, Sydney, Australia. He is a member of Royal College of Physicians, United Kingdom.

DR BENJAMIN CHEAH TIEN EANG
Dr Benjamin Cheah is a consultant physician and rheumatologist with Pantai Hospital, Kuala Lumpur. He is active in clinical research and also a Clinical Associate Professor with the International Medical University and the Deputy Medical Director of IMU Healthcare. His special interest is in Healthcare IT and leads the Hacking Health Movement in Kuala Lumpur. He is the President of Malaysian SLE Association and serves as the executive committee of the Arthritis Foundation Malaysia. He founded Medicine Malaysia and also part of the Targeted Ultrasound Initiative Committee of the Malaysian Society of Rheumatology.

DR CHANG CHOONG CHOR
Dr Chang Choong Chor is a registered dermatologist and internal medicine physician in Malaysia. He received his MBBS from University of Malaya in 1996. Having completed his internal medicine training and obtained the membership of the Royal College of Physicians (UK), he undertook dermatology training in the Department of Dermatology, Hospital Kuala Lumpur and obtained the Advanced Master of Dermatology from the Universiti Kebangsaan Malaysia. He also completed a fellowship in dermatology at the National Skin Centre, Singapore. Dr Chang is a member of the Dermatological Society of Malaysia and the Malaysian Medical Association, and is an international fellow of the American Academy of Dermatology. He is currently a resident consultant dermatologist in Gleneagles Hospital Kuala Lumpur and the director of CC Chang Skin Specialist. Dr Chang has been active in medical research, and has presented in various local and international conferences. Additionally, he has authored and co-authored numerous scientific publications and abstracts. He is also a reviewer of several prestigious medical journals and an examiner of the Advanced Master of Dermatology examination.
MR CHRIS SEKAR
Mr Chris Sekar practises as an Addiction Therapist at Gleneagles Medical Centre. Currently, he is the Clinical Director at Solace Sabah (KL) Clinic. He has more than 30 years of counseling experience ranging from substance and behaviour addiction abuse to family issues. His qualifications include a Postgraduate Diploma in Counseling Psychology, a Master of Arts degree in Counseling from De La Salle University, a Bachelor of Theology degree from Malaysia Bible Seminary, and is also a Certified Addiction Therapist (CSAT) from the Asia Pacific Certification Board. Chris currently has a Master (Level 4) in Addiction Therapy and he is the former President of the Asia Pacific Certification Board.

With a very positive disposition, Chris seeks to integrate the various theories of change with experiential truths. He applies his knowledge of the various models of recovery to meet the patients’ particular needs. Hence, Chris is eclectic in his approach to treatment management. His own recovery from drug addiction of ten years enables him to understand the peculiarities of the addiction world. He has been drug free for 35 years. Chris also lectures on Addiction Counseling/Intervention on a regular basis for the Master in Clinical Psychology Programme in HELP University and for the Advanced Diploma in Counseling Psychology Programme in College of Allied Educators. Recently, Chris was invited to be part of the External Review Board for Monash University’s Master of Professional Counseling.

DR HAZLEE B. ABDUL HADI
Dr Hazlee Abdul Hadi gained his Bachelor of Medicine and Bachelor of Surgery from the University of Otago, New Zealand in 1998. He was awarded a Master Degree in Occupational Health from National University of Malaysia (UKM). He has also served as Senior Assistant Director at the Occupational Health and Environmental Unit, Ministry of Health Putrajaya (MOH). He then joined Prince Court Medical Centre (PCMC) as Head and Physician for Occupational Health Services and Travel Clinic in 2007 and in April 2012, he was appointed as Medicine and Occupational Health Advisor for PETRON Fuel International Malaysia at Menara I & P. Damansara Kuala Lumpur. He further underwent training and certification at the London School of Hygiene and Tropical Medicine in Travel Medicine, Falck Nutech Safety Services, Dyce Aberdeen and Singapore (SGH) Postgraduate Medical Institute in Hyperbaric and Underwater Medicine. He is now an approved Oil and Gas UK medical examiner, diving and compressed air work and an approved Medical Practitioner for Seafarers. He is currently a Company Doctor for ExxonMobil, SHELL, International SOS and as Approved Medical Examiner for PETRONAS Group, PETRONAS Management Unit (Offshore Fitness For Work), KLCC, Tabung Haji and other corporations and a member of Malaysian Corporate Health Advisors Forum (MCHAF) and The Asia Pacific Travel Health Society (APTHS). He is also a coordinator and medical provider for International Association of Medical Assistance to Travellers (IAMAT).

DATO’ DR HO TEIK KOK
Dato’ Dr Ho Teik Kok completed the Bachelor of Medicine, Bachelor of Surgery degree at the University of Malaya in Kuala Lumpur. Following the undergraduate study, he immediately went to the United Kingdom to further his training in 1999. He obtained both Memberships of the Royal College of Surgeons (MRCS) of England and Edinburgh in 2003, Fellowship of the Royal College of Surgeons (FRCS) in 2010, Doctors of Philosophy (PhD) degree in Vascular Surgery in 2012 by the University College London and Certificate of Completion of Training (CCT) by the General Medical Council, UK. He is on the Specialist Register of the General Medical Council, UK and Malaysia. After 15 years in United Kingdom, he has been recruited from London under the Malaysian Talent Corp Returning Experts Programme to KPJ Damansara Hospital to set up and provide a vascular service of international standard at the hospital.

He has a keen interest in research, published, presented and won numerous international awards for his research. He has won the Young Investigator’s Award at International Society of Applied Cardiovascular Biology (ISAACS) Biennial Meeting in 2008, obtained the Research Fellowship Grant from the UK Circulation Foundation 2008 and prize winner in the Society of Academic and Research Surgery (SARS) session at the Vascular Society of Great Britain and Ireland Annual Meeting, 2008.

DR MILTON LUM
Dr Milton Lum, a graduate of the University of Malaya, has held leadership positions in national and international organizations. He is currently an elected member of the Malaysian Medical Council and a member of the Boards of Perdana University, Tung Shin Hospital, Medical Defence Malaysia, and Nanyang Press Foundation. He is also a member of the National Patient Safety Council, the Council of University Tunku Abdul Rahman, and the Advisory Board of the Jeffrey Cheah School of Medicine and Health Sciences of Monash University Malaysia, and was previously FIGO Visiting Professor.
DR NG SWEE CHOON
Dr Ng Swee Choon graduated from University of Malaysia in 1975 and obtained his MRCP in 1978. He joined University Hospital Kuala Lumpur as a lecturer in 1980 and left for private practice in 1984. He is currently a Consultant Cardiologist at Subang Jaya Medical Centre and Sunway Medical Centre. He also a Professor of Medicine at University Tunku Abdul Rahman (UTAR). He is active in pursuing social work with the Medical Outreach voluntary organization, providing medical treatment to the underprivileged in Peninsular, Sabah & Sarawak.

DR PUBLALAN MUNIANDY
Dr Pubalan Muniandy obtained his MBBS from University of Malaysia in 1987, MRCP (UK) in 1992 and Diploma Genitourinary Medicine (London) in 1994. He is currently the Senior Consultant and Head of Department of Dermatology, Sarawak General Hospital in Kuching. He is also active in teaching and holds an Adjunct Professor position at University of Malaysia Sarawak (UNIMAS).

MR P S RANJAN
Mr P S Ranjan has been an advocate and solicitor since 1976. He holds an LLB, (Hons.) (Malaya) degree and a M.A. Degree in Health Care Ethics and Law (Manchester) which he obtained in 2004. He is a member of the Medico-Legal Society of London and the Medico-Legal Society of Singapore. He was a visiting lecturer to the Judicial and Legal Training Institute of Malaysia and an external examiner to certain universities on medico-legal subjects. He was also a contributing editor to the Malayan Law Journal and had undertaken law reporting for law publications. He writes and speaks at conferences on medico-legal issues. He is a legal adviser to various institutions on medico-legal issues. He is a member of Anti-Slavery International, the world’s oldest human rights organisation.

DR RAKHEE YADAV A/P HEMATRAM YADAV
Dr Rakhee Yadav obtained her Bachelor of Science (Medical Science) from Universiti Putra Malaysia (UPM) in 2002. She further obtained her Doctor of Medicine from UPM in 2004, MRCPCH in 2008 and M Med Paeds (UM) in 2012. She is currently the Resident Consultant Paediatrician in Ara Damansara Medical Centre. She has been active in medical research, and has presented in various local and international conferences. Additionally, she has authored and co-authored numerous scientific publications and abstracts. She is also active academically and was the Honorary Lecturer with the Medical Faculty, Management Science University Shah Alam (MSU) and external examiner for Perdana University-Royal College of Surgeons, Ireland (PU-RCSI).

DR RISHIKESAN KUPPUSAMY
Dr Rishikesan Kuppusamy is currently the Consultant Nephrologist in Pantai Hospital, Kuala Lumpur. His specialization includes providing treatment for Parkisonism, movement disorders as well as post-stroke care. He also conducts nerve studies as well as Botox injections to relieve the symptoms of hemifacial spasm, blepharospasm, dystonias and migraine. With his unparalleled commitment to providing the best treatments in his areas of expertise, he is instrumental in setting up Kuala Lumpur’s first 24-hour acute stroke rehabilitation centre at Pantai Hospital, Kuala Lumpur.
Dr Shanti Palaniappan is currently a Consultant Gastroenterologist and Physician at Pantai Hospital, Kuala Lumpur. Prior to her current appointment, she was an Associate Professor at the Gastroenterology Unit, Department of Medicine, University Kebangsaan Malaysia Medical Centre and prior to that she was the Head of Gastroenterology for the state of Perak for four years. An honours graduate of University of Dundee, Dr Shanthi received her training in Inflammatory Bowel Disease in Leeds. Dr Shanthi has expertise to treat all forms of Gastroenterology and Hepatology disorders and is well trained in performing endoscopy. She is a key member of the Malaysian Inflammatory Bowel Disease Special Interest Group. Dr Shanthi has presented on various topics within Gastroenterology both locally and internationally.

Dr Steven Chow is a Senior Consultant Dermatologist at the Pantai Hospital, Kuala Lumpur and the Gleneagles Hospital, Kuala Lumpur, Malaysia. He has been at the forefront of advancing dermatology standards and training in the Asia-Pacific region for more than thirty years. Dr Chow has guided the development of the League of ASEAN Dermatological Societies (LADS) since 1990 and, as the founding secretary-general, was instrumental in forming the Asian Academy of Dermatology and Venereology in 2009.

He is currently the President of the Federation of Private Medical Practitioners’ Associations, Malaysia and was Past President of the Dermatological Society of Malaysia and College of Physicians, Academy of Medicine of Malaysia. He is a Fellow of the Royal College of Physicians of Ireland and the Academy of Medicine of Malaysia. Dr Chow is also Honorary Fellow of numerous international and regional associations, including the American Academy of Dermatology, the Royal College of Physicians of London and of Thailand, Academy of Medicine, Singapore, the College of Physicians of Singapore, and the College of Physicians, Philippines and the Royal Australasian College of Physicians. He currently sits on the International Advisory Editorial Board of the British Journal of Dermatology and the Indian Journal of Dermatology. Dr Chow’s research interests include the pharmaco-economics of biologic and immune-modulators in dermatology, molecular basis of skin and hair health, and the clinical epidemiology and economics of skin diseases in Asian communities. He chaired the committee of the Asian Skin Foundation that published the Asian Consensus in the Management of Chronic Urticaria in 2010.

Dr Vijay Ananda Paramasvaran was an undergraduate at Queen’s University, Belfast. He has been a member of the Royal Colleges of Physicians of the United Kingdom and the Royal College of Physicians of Ireland since 2002 and was elected a Fellow of the Royal College of Physicians of Edinburgh in 2010. He received his subspecialty instruction at University Malaya Medical Centre, where he continues to be a Visiting Consultant. He is currently a Resident Consultant Physician and Endocrinologist at Pantai Hospital, Kuala Lumpur. His areas of interest are diabetes, osteoporosis and metabolic bone disease.

Associate Professor Dr Anne Yee graduated with MBBS from National University of Ireland, UK in 2002 and then specializes in Psychological Medicine with a Master degree from University of Malaya. Her area of expertise is in psychiatry (addiction, dual diagnosis, psychosexual and palliative care). In addition, she is active in medical research, presented in various local and international conferences and has authored and co-authored numerous scientific publications and abstracts. She has been featured in the Feminine Magazine, Dai Al TV, Berita Harian, Metro and Oriental Daily talking on topics related to psychology, anxiolytics medication, smoking, stress, teenager issues as well as managing the psychological impact of the MH370 victims’ families. She has also won numerous awards including the recent Young Asian Psychiatrist (YAP) Award at the 5th World Congress of Asian Psychiatry (6th WCAP) in 2015.

Dr Yee Kok Meng obtained his degree in Internal Medicine at the University of Edinburgh, UK in 1993. He then specialized in Cardiology at the internationally renowned Papworth Heart Center at Cambridge University in 2001. He returned to Malaysia and became a consultant in Interventional Cardiology at the Hospital Sultanah Aminah, Johor Bahru and finally became affiliated with Pantai Hospital, Kuala Lumpur. Dr Yee has a vast experience in a wide range of interventional procedures and has performed over 2,300 percutaneous coronary intervention treatments. He is experienced in the use of various state-of-the-art adjunctive devices and therapies such as distal protection devices (FilterWire and PercuSurge) rotational atherectomy, new thrombectomy devices, intravascular ultrasound, and coronary Doppler wire. Because of his practice in the UK, Dr Yee is also highly trained in the use of niche devices and therapeutic procedures that are still not currently available in other parts of Malaysia including vascular brachytherapy (Galileo System) for in-stent re-stenosis and alcohol septal ablations for hypertrophic obstructive cardiomyopathy.
An introduction to urticaria

Urticaria is a skin condition that is defined by the occurrence of red, itchy hives and/or angioedema

Basic succinct statement: Xolair®
Important note: Before prescribing, please read full prescribing information. Presentation: 75 mg and 150 mg Omalizumab. Powder and solvent for solution for injection. Omalizumab contains 75 mg and 150 mg Omalizumab. Reconstituted Omalizumab delivers 75 mg and 150 mg Omalizumab. Reconstituted XOLAIR® delivers 75 mg of omalizumab. One vial of XOLAIR® 150 mg delivers 150 mg of omalizumab. One vial contains 125 mg/mL of omalizumab (150 mg in 1.2 mL) Omalizumab is a humanized monoclonal antibody manufactured from a mammalian cell line. Indications: Allergic Asthma: Adults and adolescents (12 years of age and above): Adults and adolescents (12 years of age and above) with moderate to severe persistent allergic asthma whose symptoms are inadequately controlled with inhaled corticosteroids (ICS). Children (6 to < 12 years of age): Add-on therapy to improve asthma control with severe persistent allergic asthma who have a positive skin test or in vitro reactivity to a perennial aeroallergen and frequent daytime symptoms or night-time awakenings and who have had multiple documented severe asthma exacerbations despite daily high-dose inhaled corticosteroids, plus a long-acting inhaled beta2-agonist. Xolair has been shown to decrease the incidence of asthma exacerbations in these patients. Safety and efficacy have not been established in other allergic conditions. •Chronic Spontaneous Urticaria (CSU): Add-on therapy for the treatment of chronic spontaneous urticaria in adult and adolescent (12 years and above) patients with inadequate response to H1 antihistamine treatment. Dosage and administration: Allergic Asthma: 75-600 mg of Xolair in one to four injections s.c. every two to four weeks according to body weight and baseline serum total IgE level. Chronic Spontaneous Urticaria (CSU): 300 mg subcutaneous injection every 4 weeks. Some patients may achieve control of their symptoms with a dose of 150 mg subcutaneous injection every 4 weeks. Contraindications: Hypersensitivity to omalizumab or to any of the excipients. Warnings and precautions: Not indicated for the treatment of acute asthma exacerbations, acute bronchospasm or status asthmaticus; no abrupt discontinuation of corticosteroids; caution in use with renal or hepatic impaired patients, patients with autoimmune diseases and immune complex-mediated conditions; patients with high risk of parasitic infections; occurrence of local or systemic allergic reactions, including anaphylaxis or serum sickness; pregnancy; breast-feeding. Interactions: None known. Adverse drug reactions: •Serious/rare adverse reactions are: Angioedema, anaphylactic reactions (a history of anaphylaxis may be a risk factor) and other allergic conditions, allergic bronchospasm. •Serious additional undesirable effects reported during post marketing observations are: Allergic granulomatous angiitis, idiopathic severe thrombocytopenia, serum sickness. Undesirable effects are: •Very common (≥10%): Headache. •Common (≥1% to <10%): Pyrexia (very common in children), injection site reactions, swelling, erythema, pruritus, abdominal pain upper (in children), nausea, malaise, upper respiratory tract infection, nasal congestion, rhinitis, upper respiratory tract infection and upper viral respiratory tract infections, urinary tract infections, sinusitis and sinus headache, arthralgia, myalgia, pain in extremity, flu-like illness. •Uncommon (≥0.1 to <1%): Dizziness, syncope, postural hypotension, flushing, pharyngitis, coughing, nausea, diarrhea, dyspeptic signs and symptoms, urticaria, rash, photosensitivity, weight increase, fatigue, swelling arms, influenza-like illness. •Rare (≥0.01 to <0.1%): Parastatic infections, laryngoeadema, anti-therapeutic antibody development. •Other additional undesirable effects reported during post marketing observations are: Alopexia, joint swelling. For healthcare professionals use only For full prescribing information, please contact: Novartis Corporation (Malaysia) Sdn Bhd (201201015117) Level 22, Tower B, Plaza 33, No.1, Jalan Kemajuan, Seksyen 13, 46200 Petaling Jaya, Selangor Darul Ehsan Tel: +603 7948 1888 Fax: +603 7948 1818


The physical symptoms of urticaria

Itchy hives
• Redness and slight swelling
• Mild to severe itch
• Lasts less than 24 hours

Angioedema
• Burning pain
• Usually lasts a few days
• Skin swelling locations:
  - Eyelids, lips, tongue, genitals, extremities, mouth mucosa

Xolair®
300 mg vs baseline at week 12 delivers:

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Itch</th>
<th>Hives</th>
<th>DLQI score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseline</td>
<td>71%</td>
<td>74%</td>
<td>78%</td>
</tr>
</tbody>
</table>

Global, multicenter, randomised, double-blind, placebo-controlled study investigating Xolair® in inadequately controlled CSU patients (n=332).
Primary endpoint assessment at week 12. Patients continued stable pre-randomisation doses of H1-antihistamine throughout the first 12 weeks of treatment.

* Pictures courtesy of Prof. Maurer, Prof. Magerl and their patients.
Working together. Finding the way.
Let’s work together to improve patient experiences and better serve your specific patient population.

Remicade®
INFlixIMAB

Stelara®
(ustekinumab)

Simponi®
golimumab for infusion
monthly

Full prescribing information is available upon request.
For Healthcare Professionals Only

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Tel: +603 7661 4500 | Fax: +603 7610 0519
Creation Date: August 2017 Ref.: CP-01143
FPMPAM stands for the Federation of Private Medical Practitioners’ Associations, Malaysia.

The FPMPAM is the national body representing doctors in private practice in Malaysia. Founded in 1989, it consists of seven state-level associations and has over 5000 members.

FPMPAM is committed to improve the quality of private health care through continuing medical education, continuing professional development of its members, ethics advocacy and public outreach programs, either through FPMPAM umbrella itself, or through its seven state-level associations or sister societies and affiliates.

Its seven state-level associations are:

a) Penang Medical Practitioners’ Society
b) Perak Medical Practitioners’ Society
c) Private Medical Practitioners’ Society Kedah/ Perlis
d) Private Medical Practitioners Association, Pahang
e) Private Medical Practitioners Association of Selangor and Kuala Lumpur (PMPASKL)
f) Sarawak Private Medical Practitioners Association
g) The Association of Private Practitioners Sabah (APPS)

In addition to the above seven states-level associations, the various FPMPAM affiliates and sister societies are:

a) Addiction Medicine Association Malaysia (AMAM)
b) Association of Specialists in Private Medical Practice (ASPMP)
c) Malaysian Society for Hair Sciences
d) Independent Practitioners’ Healthcare (IPH)
e) Pantai Hospital Doctors’ Association
f) IPH Pharmaceuticals Sdn. Bhd. (IPHRx)
g) National Drug Substitution Therapy Register (NDST)
h) Joint Integrated Healthcare Committee (JIHC)

FPMPAM secretariat office is located at:
Unit 1.6, Level 1, Enterprise 3B
Jalan Innovasi 1, Technology Park Malaysia (TPM)
Lebuhraya Puchong - Sungei Besi
Bukit Jalil, 57000 Kuala Lumpur.
Tel: +603 89960700, +603 8996 1700, +603 89962700
Fax: +603 8996 4700

More information on FPMPAM is available on the FPMPAM website:
http://fpmpam.org
About IPH Pharmaceuticals Sdn. Bhd.

IPH Pharmaceuticals Sdn. Bhd. (IPHRx) was incorporated in January 2015 with investment from some members of Independent Practitioners’ Healthcare Sdn. Bhd (IPH)* as well as individual private doctors and a pharmacist.

This company is established under the auspicious umbrella of Federation of Private Medical Practitioners’ Associations, Malaysia (FPMPAM) to provide a comprehensive distribution network and pharmacy services amongst its members who are private medical practitioners in Malaysia.

By providing comprehensive integrated pharmaceutical services and supplies to independent medical practitioners in Malaysia, this will alleviate the burden in procuring, managing, monitoring, delivery and recording of medicine prescribed to each patient. This will improve the efficiency in procurement and delivery of medicine to patients, resulting in cost reduction and improved stock management. This can be achieved based on the concept of sharing of strengths and benefits among its members clinics.

With a certified registered warehouse located at Jalan Pudu, Kuala Lumpur, it currently has 14 clinics under its care currently. It aims to expand its reach to 30 clinics in Klang Valley by 2018.

For more information about IPHRx, please write in to: iphrx1@gmail.com

* Independent Practitioners Healthcare Sdn. Bhd. (IPH), a strategic partner of IPHRx, is a company incorporated by a group of private practitioners in 1998, under the auspices of the FPMPAM and the Private Medical Practitioners’ Association of Selangor and Kuala Lumpur (PMPASKL). The key asset of IPH is an internet-based invoicing system.

Doctors’ Day

Doctors’ Day in Malaysia was started since 2014. The date 10th October has been chosen as Doctors’ Day, which represents precision – ten out of ten. Doctors are expected to give their best each and every time they see a patient. It is the professional duty that they owe to their patients.

The 1st Doctors’ Day was held in Ipoh on the 10th October 2014, followed by 2nd Doctors’ Day in Penang on the 10th October 2015 and 3rd Doctors’ Day was held in Kuala Lumpur on the 9th October 2016. The 4th Doctors’ Day will be held in Perak this year.

This is an important day to all doctors in Malaysia which marks the appreciation of their medical services in the healthcare industry of Malaysia. Besides public activities and charity events, a continuous professional development (CPD) series will kick start in Kuala Lumpur to mark the celebration of this important day. Hence, the birth of 1st FPMPAM/IPH Annual Scientific Convention 2017 to commemorate this day.

We hereby would like to say a BIG thank you to our sponsors below for their support in making this CPD series a success.
The topical treatment of microbial infected dermatitis requires... A TRIPLE ACTION PRODUCT!\(^1,2\)

1. **ANTI-MYCOTIC ACTION**

2. **ANTI-INFLAMMATORY ACTION**

3. **ANTI-BACTERIAL ACTION**

ABBREVIATED PRESCRIBING INFORMATION

BRAND NAME OF PRODUCT: Travocort® Cream
APPROVED NAME OF THE ACTIVE INGREDIENT: Isoniazide and diflucortolone valerate
INDICATION: Treatment of superficial fungal infections of the skin which are accompanied by itchy, inflammatory or exanamaus skin conditions, e.g., in the region of the hands, the interdigital spaces of the feet, and the inguinal and genital regions.

DOSEAGE AND METHOD OF ADMINISTRATION: Apply twice daily to the affected areas of skin. Treatment must be continued after regression of the inflammatory or exanamaus skin condition, at the latest after 2 weeks, and therapy continued or followed up with the corticosteroid preparation Triamcinolone.

CONTRAINDICATIONS: Tuberculosis or other serious processes in the area that can be treated with bactericidal or anti-tuberculotic drugs. Specific indications or knowledge of the skin are to be treated. Hypersensitivity to the active substances or to any of their excipients. SPECIFIC WARNING AND PRECAUTIONS FOR USE: Specific additional therapy is required for bacterial infections of the skin. Travocort® should not be applied to come into contact with the eyes when being applied to the face. Extensive application of topical glucocorticoids to large areas of the body or for prolonged periods of time, in particular under occlusion, may increase the risk of systemic side effects. Adverse reactions may be caused by using local corticosteroids (e.g., after large dose or extensive application over a prolonged period, occlusive dressing techniques, or application to the skin around the eyes). This physician should advise the patient on hygiene measures during the treatment. When Travocort® is applied to the genital region, the exogenous liquid paraffin and soft paraffin may cause damage of the products for barrier methods such as condoms and diaphragms used consecutively, thus impairing their effectiveness.

UNDESIRABLE EFFECTS: The most frequently observed adverse reactions include application site irritation and application site burning. The following local adverse reactions may occur (frequency not known): Skin allergy, application site folliculitis, hypertrichosis, telangiectasia, perioral dermatitis, discoloration, acne, and/or allergic skin reactions to any of the ingredients of the formulation. Systemic effects due to absorption may occur when topical preparations containing glucocorticoids are applied. Adverse reactions cannot be excluded in neonates whose mothers have been treated extensively or for a prolonged period of time during pregnancy or while lactating (for example reduced adreno-cortical function, immunosuppression).

DATE OF TEXT REVISION: 15/02/2016

References:

For further prescribing information, please contact

Consumer Health Malaysia
Bayer Co. (Malaysia) Sdn Bhd
B-19-1 & B-19-2, The Ascend Paradigm, No.1, Jalan SS7/26A, Kelana Jaya, 47301 Petaling Jaya, Selangor, Malaysia,
Tel: +603 7651 3038 Fax: +603 7651 3338 Website: www.bayer.com

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Live with Clarity

24 Non-Drowsy Hour Relief

Clarityne® LORATADINE

TABLET AND SYRUP

APPROVED NAME OF THE ACTIVE INGREDIENT: Each tablet contains 10 mg micronized loratadine. Each 5 ml contains 5 mg of micronized loratadine. INDICATIONS: Clarityne® is indicated for the relief of symptoms associated with allergic rhinitis (such as sneezing, nasal discharge, rhinorrhea and itching), as well as ocular itching, burning, chronic urticaria and other allergic dermatologic disorders.

WARNING: For general use in Adults and Children 12 years of age and over: Clarityne® Tablet: One tablet (10 mg) once daily; Clarityne® Syrup: Two 5 ml spoonfuls (10 mg) once daily. Children 6 to 12 years of age: Clarityne® Tablet: Body Weight > 30 kg: One tablet (10 mg) once daily or two 5 ml spoonfuls (10 mg) syrup once daily; Body Weight ≤ 30 kg: One 5 ml syrupful (5 mg) syrup once daily.

Children 2 to 6 years of age: Clarityne® Syrup: Body Weight > 30 kg: Two 5 ml spoonfuls (10 mg) syrup once daily; Body Weight ≤ 30 kg: One 5 ml spoonful (5 mg) syrup once daily. Contraindicated in patients who are hypersensitive to the active substance or to any of the excipients in these formulations. SEVERE WARNING AND SPECIAL PRECAUTIONS FOR USE: Should be administered with caution in patients with severe liver impairment. Clarityne® Tablet: This medicinal product contains lactose. Clarityne® Syrup: This medicinal product contains sucrose. Safety and efficacy of Clarityne® has not been established in children younger than 2 years of age. The administration of Clarityne® should be discontinued at least 48 hours before skin tests. Potential interaction may occur with all known inhibitors of CYP3A4 or CYP2D6 resulting in elevated levels of loratadine which may cause an increase in adverse events. Safe use of this product during pregnancy has not been established; therefore, use only if the potential benefit justifies the potential risk to the fetus. Since loratadine is excreted in breast milk, a decision should be made whether to discontinue nursing or discontinue the drug.

UNEXPECTED ADVERSE EFFECTS: Headache, nervousness, fatigue, somnolence, increased appetite & insomnia.

DATE OF TEXT REVISION: 10.07.2015.

For full prescribing information, please contact:

Bayer Consumer Health Division
Bayer Co. (Malaysia) Sdn Bhd (Co. No. 7563 M)
Tel: +60 3 7801 3088 Fax: +60 3 7886 3338 Website: www.bayer.com

For healthcare professionals only.

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