

1ST TOBACCO HARM REDUCTION (THR) MALAYSIA SCIENTIFIC MEETING



20th – 21st November 2021

**(Virtual Meeting)
organized by:**



**Federation of Private
Medical Practitioners'
Associations Malaysia**



**Addiction Medicine
Association of Malaysia**



Dr Steven KW Chow
President, FPMPAM & AMAM

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On behalf of the Federation of Private Medical Practitioners Associations, Malaysia (FPMPAM) and the Addiction Medicine Association of Malaysia (AMAM) it is my pleasure to invite you to this inaugural tobacco harm reduction (THR) education series on 21st and 22nd November 2021.

Themed TOBACCO HARM REDUCTION: THE MALAYSIAN CONTEXT, the education series is aimed at members of the science, public health and medical community, and designed to facilitate exchange of ideas, knowledge, research findings and recommendations as well as opposing views regarding THR in Malaysia.

All medical practitioners are aware that cigarette smoking remains the single most important avoidable cause of death in the developed world. We also know that smokers of any age can achieve substantial health benefits by quitting. In fact, no other single public health effort is likely to achieve a benefit comparable to large-scale smoking cessation. Multiple surveys, local and international, have revealed that the majority of smokers would like to quit, and many have made repeated efforts to do so. Perhaps, in addition to existing tobacco control initiative, we can benefit from exploring new, innovative solutions such as THR. It is our view that implementation of any THR program must be supported by medical practitioners who are trained and empowered to counsel and manage those who need medical support to stop smoking.

In addition to creating a platform to discuss THR, this education series is also aligned with the Ministry of Health's call for smart collaborations with non-governmental organisations (NGO) and private agencies, as listed within the National Strategic Plan for the Control of Tobacco & Smoking Products 2021-2030.

I do hope that this education series, organised and sponsored by the FPMPAM and the AMAM, will initiate national discussion where all parties can discuss and disseminate the pros and cons and how best to move forward to reduce the harm from chronic tobacco smoking.

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ONLINE REGISTRATION

DAY 1



SCAN ME

https://us02web.zoom.us/webinar/register/WN_Y1wFnkomQpSYSo2luG-imQ

DAY 2



SCAN ME

https://us02web.zoom.us/webinar/register/WN_uGidqcPXTe2_O618piEUvw

Day 1 (Saturday) – 20th November 2021

2.00 – 2.05 PM Welcome Remarks by:
Dr Steven Chow, President, Federation of Private Medical Practitioners' Associations Malaysia (FPMPAM) & Addiction Medicine Association of Malaysia (AMAM)

2.05 – 2.25 PM Keynote Speech by:
Dr Steven Chow, President of FPMPAM & AMAM

Introduction to Tobacco Harm Reduction and the role it plays towards achieving Malaysia's public health agenda

2.25 – 2.30 PM PLENARY SESSION (A)
Chairperson:
Dr Shanmuganathan T.V. Ganesan
Honorary Secretary, Federation of Private Medical Practitioners' Associations, Malaysia (FPMPAM) & Senior Family Physician

Moderator:
Dr C. C. Ong
President, Private Medical Practitioners' Association of Selangor and Kuala Lumpur (PMPASKL) & Senior Medical Practitioner

Introduction of Speakers by Moderator

2.30 – 3.10 PM Plenary Lecture 1
Professor Dr Sharifa Ezat Wan Puteh, Deputy Dean (Relation & Wealth Creation), Faculty of Medicine, Universiti Kebangsaan Malaysia & Lecturer, Department of Community Health, Faculty of Medicine, Universiti Kebangsaan Malaysia

Tobacco Harm Reduction

- Tobacco Addiction and how can Harm Reduction helps
- Scientific analysis on Tobacco Addiction and how it affected health
- Studies and findings on Harm Reduction and the success of reducing Tobacco Addiction

3.10 – 3.50 PM Plenary Lecture 2
**Mr Karl Fagerstrom, Ph.D. President,
Fagerstrom Consulting**

Nicotine and Tobacco Addiction

- The cause and harm of Tobacco Addiction
 - Is Nicotine safe?
 - Should smokers switch to safer nicotine products
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3.50 – 4.00 PM Discussion/Q&A

4.00 – 4.40 PM Plenary Lecture 3
**Dr Lily Diana, Consultant Respiratory Physician, Pantai
Hospital Kuala Lumpur**

The pulmonary effects of e-cigarettes

- Scientific finding related to pulmonary effects
 - E-cigarettes vs Tobacco cigarettes - Effect on pulmonary system
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4.40 – 5.00 PM Discussion Q&A
Summary and Take-home message by Moderators

END OF DAY 1

Day 2 (Sunday) – 21st November 2021

2.00 - 2.05PM

Plenary Session (B)

Chairperson:

Dr Pearl Leong

Honorary Deputy Secretary, Federation of Private Medical Practitioners' Associations, Malaysia (FPMPAM), Council Member, Addiction Medicine Association of Malaysia (AMAM) & Senior Family Practitioner

Moderator:

Dr Yek Sing Chee

Editor-in-Chief (Suara Federation of Private Medical Practitioners' Associations, Malaysia & Senior Family Practitioner

Introduction of Speakers by Moderator

2.05 – 3.00 PM

Plenary Lecture 4

Dr Konstantinos Farsalinos, External Research Associate, Department of Public and Community Health University of Patras

Will ENDS stop tobacco addiction?

- E-cigarettes and health
 - Efficacy of ENDS to stop addiction
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3.00 – 3.10 PM

Discussion/Q&A

3.10 – 3.15 PM

Plenary Session (C)

Chairperson:

Dato' Dr Lim Boon Sho

Deputy President, Federation of Private Medical Practitioners' Associations Malaysia (FPMPAM) & Addiction Medicine Association of Malaysia (AMAM)

Moderator:

Major Dr Jeyaratnam M. Ratnavale

President, Perak Medical Practitioners Society (PMPS) & Honorary Treasurer, Addiction Medicine Association of Malaysia (AMAM)

Introduction of Speakers by Moderator

3.15 – 4.00 PM

Plenary Lecture 5

Mr Clive Bates, THR Expert and Director, Counterfactual Consulting Ltd, London, UK

An insight into Tobacco Harm Reduction model countries

- International studies on THR + findings
 - The implementation of THR strategies in UK/New Zealand + impact on smoking prevalence
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4.00 – 4.40 PM

Plenary Lecture 6

**Dr Sivakumar Thurairajasingam
Deputy Head (Education), Consultant Psychiatrist &
Associate Professor, School of Medicine & Health
Sciences, Monash University, Malaysia**

THR – the Malaysian perspective

4.40 – 5.00 PM

Discussion

“Sharing experiences”

5.00 PM

Wrap up

**Dr Steven Chow, President, Federation of Private Medical
Practitioners' Associations Malaysia (FPMPAM)
& Addiction Medicine Association of Malaysia (AMAM)**

END OF CONFERENCE