

4TH MALAYSIAN LIFESTYLE MEDICINE CONFERENCE

Diabetes Management Revolution: From Prevention To Remission



4TH MALAYSIAN LIFESTYLE MEDICINE CONFERENCE

Diabetes Management Revolution:
From Prevention To Remission

Scan & Register
by QR Code



For more information, contact:

☎ +60123935016

✉ info@lifestylemedicinemalaysia.org

🌐 <https://lifestylemedicinemalaysia.org/>

21ST-22ND
NOV 2024

Berjaya Times
Square Hotel
Kuala Lumpur

📍 lifestyle_medicine_malaysia

🇲🇾 Malaysian Society of Lifestyle Medicine

Organized by:

Supported by:



WELCOME MESSAGE



On behalf of the Malaysian Society Of Lifestyle Medicine, it gives me great pleasure to welcome you, to the 4th Malaysian Lifestyle Medicine Conference on the 21st and 22nd of November 2024 at Berjaya Times Square Hotel. This year's conference is scheduled to be a hybrid conference. Following the conference is the Board Certification Examination in Lifestyle Medicine on the 23rd of November 2024.

We were involved in creating the Lifestyle Medicine For Remission of Diabetes Module and training the healthcare professionals at a public health facility in Malaysia. This project by the World Health Organisation and the Ministry of Health Malaysia heralded the introduction of Lifestyle Medicine at a public health facility. The results of the pilot project was extremely encouraging and we are pleased that Malaysia's initiative is on WHO's website.

At the Global Lifestyle Medicine Leadership Summit held at Weill Cornell Qatar in February 2024, I had the opportunity to present on "The Role Of Lifestyle Medicine In Revolutionizing Healthcare". The Lifestyle Medicine leaders from around the world applauded Malaysia's success in introducing the Lifestyle Medicine For Remission Of Diabetes module that was curated for Malaysia into the public healthcare system.

MSLM will once again be participating at the Civil 20(C20) Brazil 2024. As part of the C20 Integrative and Holistic Health Working Group, MSLM will be actively contribute to the deliberations and proposals to be recommended to the G20 on Lifestyle Medicine and Diabetes Remission.

This year's conference theme "Diabetes Management Revolution: From Prevention To Remission" gives us an opportunity to explore how intensive evidence based lifestyle medicine intervention in clinical practice can not only prevent but also manage and reverse Type 2 Diabetes.

The scientific programme is designed to showcase how the different pillars of Lifestyle Medicine play a role in preventing, managing and bringing to remission Type 2 Diabetes. Once again, we have eminent international and local Lifestyle Medicine physicians, policy makers and international health organizations presenting at the conference.

We invite physicians and allied health professionals to attend this exciting conference, which has lectures, workshops, forums, mindfulness session and more. You will learn about strategies to help your patients be free of Type 2 Diabetes and to keep you in robust health. It also gives you an opportunity to network and forge relationships with like minded healthcare professionals. We are delighted to have you here at our conference and we hope that you will enjoy the conference!

Best Regards,

Dr Sivanewaran Poobalasingam MD, Dip IBLM

Founder and President, Malaysian Society of Lifestyle Medicine

Lifestyle Medicine Expert Consultant, WHO (WHO-MOH Lifestyle Medicine For Remission Of Diabetes Programme)

Chair, Advisory Board Lifestyle Medicine Global Alliance & International Board of Lifestyle Medicine

Organizing Chairman, 4th Malaysian Lifestyle Medicine Conference 2024

Advisory Board, International Journal Of Disease Reversal And Prevention

Advisory Council, Global Positive Health Initiative

Council, True Health Initiative

HIGHLIGHTS

- Intensive Lifestyle Medicine For Remission Of T2D
- Exercise Physiology in T2D
- Social Isolation And Loneliness
- Plant-Based Diet And Chronic Kidney Disease
- Depression and Anxiety in T2D
- Plant-Based Diet And Microvascular Damage
- Building Resiliency With Mindfulness
- Thriving and Flourishing with T2D
- Lifestyle Medicine and Coronary Artery Disease
- Gut Microbiome For T2D And Obesity
- Mitochondrial Dynamics In T2D
- Culinary Medicine For Hyperglycaemia
- Behavioural Change With Motivational Interviewing
- Review Of The Diets For T2D And Obesity
- And More...

MEET OUR SPEAKERS

SPECIAL ADDRESS



DR MURUGA RAJ

President Commonwealth
Medical Association

KEYNOTE SPEAKERS



DR CALDWELL ESSELSTYN

Director, Heart Disease
Reversal Program,
Cleveland Clinic



DR. ROY TAYLOR

Director of Newcastle Magnetic
Resonance Centre
Professor of Medicine and Metabolism
at Newcastle University and Newcastle
Hospitals NHS Trust

SPEAKERS



DR ELIZABETH FRATES

President, American
College Of Lifestyle
Medicine



**DR SIVANESWARAN
POOBALASINGAM**

Chair, Advisory Board
Lifestyle Medicine
Global Alliance



MS BRENDA DAVIS

Lead Nutritionist, Diabetes
Wellness Research Project,
Marshall Islands

MEET OUR SPEAKERS



DR AMY MECHELY
Chair American and
International Board Of
Lifestyle Medicine



DR WAYNE DYSINGER
Chief Medical Officer
Blue Zones Health



DR. RAVINDER MAMTANI
Vice Dean for Population Health
and Lifestyle Medicine
Institute for Population Health,
Weill Cornell Medicine-Qatar



DR DARSHAN MEHTA
Medical Director, Benson Henry
Institute For Mind Body Medicine,
Massachusetts General Hospital,
Harvard Medical School



PROF EDWARD M PHILLIPS
Director, Institute of Lifestyle
Medicine, Spaulding
Rehabilitation Hospital,
Harvard Medical School



DR LIANA LIANOV
President, Global
Positive Health Institute



NISHA LAKSHMANAN
Director, Mind Body Medicine
Amrita Integrative And
Lifestyle Medicine Centre



MR STEPHAN HERZOG
Executive Director,
American & International
Boards of Lifestyle Medicine



**ASSOC PROF FADZILAH
HANUM**
Primary Care Consultant,
University Malaya



**DR FARIDAH BINTI
MOHD ZIN**
Consultant Family Medicine &
Lifestyle Medicine Physician,
MSU Medical Centre



DR SHIREEN KASSAM
Consultant Haematologist,
And Senior Lecturer, King's
College Hospital, London



**DR SIOBHAN
MCCORMACK**
Lifestyle Medicine
Physician



DR MUNIRA ABBASI
Vice-President, Pakistan
Association Of Lifestyle
Medicine



DR. MECHELLE PALMA
President, Philippines
College Of Lifestyle
Medicine



IVANA SALDANHA
Mindfulness Instructor,
Amrita Integrative And
Lifestyle Medicine Centre