

# GP SYMPOSIUM

## Clinical Nutrition Updates - GPs as Community Wellness Advocate

Organised by:



**29 September 2019 (Sunday)**

Auditorium, Level 4, International Medical University, Bukit Jalil, Kuala Lumpur

### Programme Schedule

Time	Program	Speaker
8.00 am - 8.30 am	Registration & Breakfast Welcome Remarks	Dr Verna Lee Kar Mun IMU Healthcare
8.30 am - 9.30 am	Diabetes remission using diet – from the DIRECT Trial into GP practice	Dr Anthony Leeds
9.30 am - 10.15 am	Weight loss – are low carb diets and intermittent fasting recommended?	Prof Winnie Chee
10.15 am - 10.45 am	TEA BREAK	
10.45 am - 11.30 am	Behaviour change in practice – Motivational Interviewing with the Malaysian patient	Dr Lee Ching Li
11.30 am - 12.30 pm	Common misconceptions about diet and nutrition – dietary supplements, antioxidants, slimming products, and others  Q&A session	Prof Winnie Chee Moderator with panel speakers
12.30 pm - 2.00 pm	LUNCH	
2.00 pm - 2.45 pm	Gut health, food allergy and intolerance	Ms Kanimolli Arasu
2.45 pm - 3.30 pm	Dietary advice for the underweight, obese and GDM mothers	Ms Alina Azhar
3.30 pm - 4.15 pm	Picky eating, faltering growth and childhood obesity	Dr Chen Seong Ting
4.15 pm	Closing Remarks	Dr Jasman Haris PMCare
4.30 pm	TEA BREAK & END OF WORKSHOP	

This event aims to lead to an understanding of the rationale behind current clinical nutrition approaches to care of patients commonly seen in GP clinics.

Each clinical nutrition update section integrates the latest developments with tips for managing patients at the primary care level to enable GPs to act as advocates of wellness within the community.

**8 CME /CPD POINTS WILL BE AWARDED**

**RSVP before 15 September 2019**

Registration link:

<https://www.surveymonkey.com/r/IMUHPMCareGPEvent2019>

Or Scan the Registration QR Code



Or Email to PMCare the following information

- Full Name (as per IC)
- Email
- Company Name
- Mobile Number
- Designation

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# GP SYMPOSIUM

## Clinical Nutrition Updates - GPs as Community Wellness Advocate

### Synopsis

#### 1 **Diabetes Remission Using Diet – from the DIRECT Trial into GP Practice**

Formula liquid 800kcal/d low calorie diets (LCD) are composed of nutritionally complete soups and shakes formulated to provide all needed vitamins, minerals, essential fats and protein. They can also be given as 600kcal/d very low calorie diets (VLCD) and are always offered with a behavioural component and physical activity guidance. When used exclusively LCD and VLCD are defined as Total diet replacements (TDR) and facilitate 1–2kg weight loss weekly with metabolic improvement in glucose, insulin, blood lipids and blood pressure in people with pre-diabetes, early diabetes, advanced diabetes, osteoarthritis, psoriasis, obstructive sleep apnoea, and heart disease. The first thorough study on the proteomics of weight loss with TDR has shown sustained improvements in the inflammation-associated and insulin-resistance protein panels (Geyer 2016).

The Diabetes Remission trial (DiRECT) is a cluster-randomised trial of weight loss in a primary care setting of usual care versus TDR for 12 to 20 weeks followed by structured weight maintenance in people with early type 2 diabetes. At one year in the TDR treated group (n=149) 24% maintained 15kg weight loss and 46% were in remission (Lean et al 2018) while at two years 11% maintained 15kg loss and 36% were in remission (Lean et al 2019). Usual care delivered 15kg weight losses in 0% and 2% of people and diabetes remission in 4% and 3% at 1 year and 2 years respectively (n=149). Remission was most likely in those who lost most weight and maintained most weight loss at all stages. In the intervention (TDR treated group) 50% required to use a 'rescue package' to help weight maintenance.

Low calorie liquid diets are sometimes associated with fatigue initially, constipation, dizziness, and increased risk of gout and gallstone events. Safe medication adjustment of anti-diabetes and antihypertension drugs has been successfully demonstrated in DiRECT and in another GP led study published with medication adjustment guidelines (Astbury et al 2018).

Adherence to TDR is determined by social and clinical support and successful behaviour regulation strategies (Rehackova L et al 2018) and long term maintenance is facilitated by 'instrumentalisation' of eating behaviours (Christensen B et al 2017).

Formula diet TDR programmes can deliver in a short period of time the amounts of weight loss needed to achieve major health improvements with an increasing body of evidence for successful weight maintenance afterwards, and as such offer the clinician a further option for addressing increasingly prevalent obesity co-morbidities.

*Declaration of interest: Anthony R Leeds was employed full-time by Cambridge Weight Plan until March 2019 and now chairs the industry group TDMR Europe.*

#### 2 **Weight Loss – Are Low Carb Diets and Intermittent Fasting Recommended?**

Intermittent fasting and low carbohydrate diets are increasing in popularity as a means of losing weight and controlling chronic illness. Studies on the safety and benefits of intermittent fasting and low carbohydrate diets are limited though, and health recommendations unfortunately today arise primarily from weight loss gurus and animal studies. Medical guidelines on how to manage therapeutic intermittent fasting and low carb diets in patients with diabetes are non-existent. A discussion on an evidence-based approach for controversial nutrition recommendations such as intermittent fasting and low carbohydrate diets for weight loss, post-prandial glycaemia and lipid lowering will be addressed.



# Continuous Professional Development Workshop



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## **3 Picky Eating, Faltering Growth and Childhood Obesity**

Picky eating is commonly characterised by an unwillingness to try new food or eat familiar foods, as well as strong preference towards a specific food. Literature shows the prevalence of picky eating range from 6% to 50%, yet the exact prevalence of picky eaters in Malaysia is unknown. Picky eating has becoming a major concern to parents and health care practitioners, as it might lead to greater problems if overlooked or attended too late. The development of picky eating can be multifactorial. Hence, it is vital for primary care practitioners at frontlines to rule out medical causes of children's food refusal and to identify picky eating behaviours. Once picky eating is identified in a child, it may be possible to attenuate this behaviour by simple tailored interventions. This talk is aimed to increase awareness amongst primary care practitioners on the contributing factors and picky eating behaviours in children as well as the eating tips that can be recommended to parents.

## **4 Behaviour Change in Practice: Motivational Interviewing with the Malaysian Patient**

Motivational interviewing (MI) is a collaborative, person-centred, form of guiding to elicit and strengthen motivation for change. Whenever a change in behaviour is needed, it is crucial to engage the patient's own motivation, energy, and commitment. This session explores the use of MI with the Malaysian patient in an outpatient practice setting. Participants will be introduced the spirit, principle and micro skills of MI that engage the patient in conversations towards lifestyle and medication behaviour change. Using sample patient conversations, participants will learn to recognize situations where MI is useful and to appreciate how MI can work in brief consultations with the Malaysian patient.

## **5 Balancing the Scale in Pregnancy**

Nutritional status before and during pregnancy has important implications for maternal and infant health. However, this can be challenged by excess weight at the onset of pregnancy. Diet-based solutions have been shown to help moderate weight gain and improve maternal outcomes. Learning steps to manage weight pre-pregnancy and achieve healthier pregnancy weight gain goals is essential in the long-term of both mother and baby.

## **6 Gut Health, Food Allergies and Intolerance**

Gut microbiota has been identified as a contributing factor in progress of many health conditions. The composition of gut microbiota depends on various factors such as age, birth route, lifestyle choices (type of food consumed), types of medications consumed, hygiene practices and host genetic disposition. The dysbiosis of gut microbiota is related to metabolic diseases, immune related conditions, intestinal diseases, mental conditions and allergies. The gut microbiota interacts with food components which may affect the severity of food allergy and intolerance. This presentation will cover the importance of gut bacteria in maintaining immune system which affects the development and management of food allergies and intolerance. The presentation includes discussion on role of diet in management of food intolerance and allergies in various age group of individuals.





## DR ANTHONY LEEDS MBBS, MSc, CBiol, FSB

Dr Anthony Leeds is visiting professor in the Faculty of Science, University of Copenhagen, and visiting adjunct professor at the School of Health Sciences, International Medical University, Kuala Lumpur, Malaysia. His current research interests concern the use of low energy diets and very low energy diets in weight management in clinical practice; he works with colleagues at the Parker Institute, Frederiksberg Hospital, Copenhagen, where he is an honorary senior research fellow. In the UK he is based at the Central Middlesex Hospital, London. He was Senior Lecturer at King's College London until September 2007 and was Medical Director of the Cambridge Weight Plan until March 2019 and is now Chairman of TDMR-Europe, the European industry group responsible for issues relating to education, legislation and use of total diet replacement.



## PROF WINNIE CHEE

Dietitian, IMU Healthcare  
Dean, School of Health Sciences, International Medical University

PhD in Food Science & Nutrition (UKM)  
MSc in Nutrition (UKM)  
BSc (Dietetics) First Class Honours (UKM)

Prof. Winnie Chee has served on many national committees including those setting medical nutrition therapy for clinical practice guidelines for osteoporosis and Type 2 diabetes, Recommended Nutrient Intakes (for calcium intake), Dietary Guidelines and Healthy Plate Model for Malaysia. She has served two terms and is the current President of the Malaysian Dietitians' Association. Prof. Chee's research has focussed on nutritional determinants of bone health in children and adults, vitamin D and nutrition intervention for obesity, diabetes and CKD. She has published extensively in peer reviewed journals and has given presentations in national and international conferences. Prof. Chee has been recognised for her service to nutrition and dietetics by being appointed Fellow of Malaysian Dietitians' Association, Nutrition Society of Malaysia and received the Wimpfheimer-Guggenheim International Lecture Award from the Academy of Nutrition & Dietetics, USA. She is also a practising dietitian at IMU Healthcare.



## DR CHEN SEONG TING

Dietitian, IMU Healthcare  
Senior Lecturer & Programme Director, School of Health Sciences,  
International Medical University

Doctor of Philosophy in Community Nutrition (USM)  
Bachelor of Health Science (Dietetics) (USM)

Dr Chen Seong Ting is currently a dietitian and a Senior Lecturer in the Division of Nutrition and Dietetics at International Medical University.

She obtained her PhD in Community Nutrition from Universiti Sains Malaysia in 2014, focusing in nutrition intervention for children with special needs. She has contributed research and publications in the area of Paediatrics and cancer nutrition. She is also the expert working committee to develop the Medical Nutrition Therapy Guidelines for Children with Special Health Needs. She works closely with consultant Paediatricians to manage nutrition care and health for children with faltering growth in IMU Healthcare.



## DR LEE CHING LI

Dietitian, IMU Healthcare  
Lecturer, International Medical University

BSc (Hons) Dietetics (Malaysia)  
MSc Community Nutrition (Malaysia)  
PhD Medical and Health Sciences (Malaysia)

Dr Lee Ching Li is a dietitian at IMU Healthcare and lecturer with the International Medical University. As a recognized expert in the dietary management of obesity and diabetes, she frequently speaks about diet, behaviour change and counselling in local and international workshops and

conferences. In addition to her clinical practice, lecturing and speaking engagements, Dr Lee Ching Li provides training on the use of MI to students at local universities, as well as health care professionals from the private sector and Malaysian Ministry of Health.



## ALINA AZHAR

Dietitian, IMU Healthcare  
Clinical Educator, International Medical University

BSc in Nutrition (Australia)  
Postgraduate Diploma in Dietetics (UKM)

Alina Azhar attained a Postgraduate Diploma in Dietetics from Universiti Kebangsaan Malaysia after completing a Bachelor of Science Degree in Nutrition from University of Wollongong, Australia. She has then worked in healthcare for almost 10 years. Now, she is dedicated to shaping future dietitians as a Clinical Educator in the Nutrition & Dietetics Division of IMU.



## KANIMOLLI ARASU

Dietitian, IMU Healthcare  
Lecturer, International Medical University

BSc (Hons) Dietetics (UKM)  
MSc Health Sciences (Nutrition) (UKM)

Kanimolli Arasu graduated with her BSc (Hons) Dietetics from the Universiti Kebangsaan Malaysia (UKM) and later obtained MSc Health Sciences (Nutrition) in the same university. She joined a private hospital as a dietitian in 2002 and was later promoted as head of the Dietetic Unit

from 2004-2012. Upon joining International Medical University (IMU), she was the program coordinator for BSc (Hons) Dietetics with Nutrition from 2013-2015. She is currently a lecturer at IMU and pursuing her PhD in area of bone health in pre pubertal children.

## Opening Remarks Q&A Moderator



## DR VERNA LEE KAR MUN

Consultant Family Medicine Specialist  
IMU Healthcare  
Clinical Associate Professor, Family Medicine  
International Medical University  
BMedSc (Hons), MD, MMed Family Medicine (UKM)

Dr Verna Lee is a Family Medicine Specialist at IMU Healthcare's Medical Clinic. She is a Clinical Associate Professor in the Department of Family Medicine, International Medical University (IMU). Graduating with her Bachelor of Medical Science with Honours (BMedSc(Hons)) from the National University of Malaysia,

Dr Verna later obtained her Doctor of Medicine (MD) and Master of Medicine (MMed) in Family Medicine at the National University of Malaysia.

Dr Verna is actively involved in national research projects with key interest in chronic diseases and health system research. She also supervises postgraduate research and has published numerous articles related to Family Medicine in both local and international medical journals.

## Closing Remarks



## DR JASMAN HARIS

Dr Jasman Haris is a medical doctor who graduated from the established Monash University Australia, and was also trained at various hospitals in Melbourne, Australia. He came back to Malaysia to serve as a medical officer in Hospital Putrajaya from 2010 to 2012, before deciding to join the administrative side of medicine, in which he chose the healthcare insurance industry. His first experience in this industry was with another TPA, in which he started off as a medical officer, and was subsequently promoted to become the Head of Healthcare Provider Network Department due to his diligence and fast adaptability.

Now, with years of experience, Dr. Jasman is very well verse and proficient in this industry, and is able to adapt with the ever changing landscape of the healthcare insurance industry. He is responsible to oversee all the medical aspects pertaining to healthcare group insurance, and also responsible to connect and maintain good relationships with all the healthcare providers all over Malaysia.