SEMINAR : MEMS Annual Congress (MAC 9th) 2018  
 Evolving Towards Excellence in Endocrinology

DATE : 4 – 6th May 2018

VENUE : HOTEL HILTON , KUALA LUMPUR.

PREPARED by: DR LATINAH BINTI MOHAMAD

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SUMMARY OF IMPORTANT KEY POINTS :

1. In Asia, there are more then 60% of people having Diabetes.The epidemic of Diabetes in Asia is characterized by Diabetes occurring at **comparatively lower BMI** and and **younger age at onset.** Epidemiological studies have revealed the high risk of cardio-renal complication among adults with young-onset Type 2 Diabetes.
2. Obesity is a major health problem globally including in Malaysia and primary care set up is an important avenue to influence those obese individuals, to change their unhealthy habits and provide practical nutritional tips including the definition of weight loss,the concept of energy management , hunger and eating and to support patient on his weight loss journey.
3. In Malaysia , through National Health Morbidity Survey (NHMS) done in 2015 showed population above 18 years old, 33.4% and 30.6% were overweight and obese respectively. Pharmacologic therapy can be considered in obese patient with significant co morbidities and failed weight-loss goals via lifestyle modification alone.Only two anti-obesity drugs available in Malaysia which are ORLISTAT (XENICAL) and PHENTERMINE (DURAMINE). Liraglutide is in the process of listing in.   
   Orlistat decreased the absorption of fat with side effect of diarrhea, flatulence, and abdominal pain. Phentermine is an appetite suppressant with side effect of mouth dryness and constipation.