

Report for the 10th Malaysian Endocrine and Metabolic Society (MEMS) Annual Congress (MAC 10)

I am delighted to report on the success of the recent 10th Malaysian Endocrine and Metabolic Society (MEMS) Annual Congress (MAC 10), which was held between the 19th to the 21st July 2019 at the Hilton and Le Meredien, Kuala Lumpur.

This year's congress was conceived with the main objective of reaching out to our primary healthcare colleagues in highlighting the interesting and important practicalities of endocrine abnormalities, encapsulated within the theme of ***“Simplifying the Complexity of Endocrinology”***. We are thrilled that the congress had been able to attract an increasing number of delegates over the past few years, registering a total number of 712 delegates inclusive of local as well as international participants from Brunei, Singapore, Philippines, Indonesia and Korea. We also witnessed a record of the biggest faculty thus far with a total number of 11 international and 41 local speakers.

Due to the expanding number of participants, we were happy to be able to include 2 adjoining hotels, Hilton and Le Meredian Kuala Lumpur as the congress venue.



The congress maintained its conventional format with a series of plenary lectures, carefully selected to cover up-to-date topics in endocrinology. These were followed by a total of 5 symposia comprising of 3 parallel tracks on various topics in endocrinology including pituitary, thyroid, adrenal, bone metabolism, neuroendocrine tumours, obesity, diabetes mellitus, lipid, reproductive and paediatric endocrinology. The congress also showcased its usual Meet-the-Expert (MTE) sessions, which included case presentations by both local and international experts in smaller group discussions. Delegates were free to attend any of the sessions between the parallel tracks. We were pleased to observe that the scientific sessions were well received as evidenced by the impressive turnout throughout the two and a half day event. We are also proud to report another milestone for the congress which was the record number of accepted abstracts

with a total number of 107 for adult, 30 paediatrics endocrinology and 5 basic sciences. In addition, the abstracts were published as a special Supplementary edition in the Journal of the ASEAN Federation of Endocrine Societies (JAFES). This will hopefully continue for the upcoming years ahead.

The congress has consistently received overwhelming support from the pharma industry for this annual meeting, which presented in the form of sponsored breakfast, lunch, high tea and dinner symposia, exhibition booths and other sponsorships. The sponsored symposia were also well attended and the exhibition booths were attractive as well as informative for the delegates.

On **day 1**, the congress kicked off with a plenary lecture on Syndromes of Resistance to Thyroid Hormone, delivered by Dr Carla Moran, a Consultant Endocrinologist from Cambridge UK. This was appropriately followed by a lecture by Prof Dato Dr Mafauzy Mohamed on the Proposed Recommendations from the much anticipated CPG for Management of Thyroid Diseases, which is expected to be released within the next few months. Prof Chan Siew Pheng presented the Launch of the Practical Guide to Diabetes Management Across CV Continuum, which was a collaborative effort between 3 societies namely Malaysian Endocrine and Metabolic Society (MEMS), National Heart Association of Malaysia (NHAM) and Malaysian Nephrology Society (MSN). The rest of the day continued with the various symposia and MTEs delivered by both our local and international speakers. The day ended with a plenary lecture on Osteoporosis Fracture Risk Tools in Asia Pacific by Dr Manju from Singapore.



Plenary 1 Dr Carla Moran



Recommendation on the Management of Thyroid disorders

Day 2 of the congress started with 2 plenary lectures on rarer endocrine disorders including Pheochromocytoma and Acromegaly, delivered by Prof Dr Karel Pacak from US and Prof Dr C Rajasoorya from Singapore, respectively. This was again appropriately followed by the Launch of the Malaysian National consensus statement for the diagnosis And management of Acromegaly (MyNAC) conducted by the President of MEMS, Dr Zanariah Hussein. After the various symposia and MTEs, abstracts which had been selected for oral presentations were presented by their respective authors during a competitive session for the Young Investigator Award. A total of 6 adult presentations were judged by our experts including Dr Mathis Grossman, which qualified him as the first ever international speaker to judge submitted abstracts in the congress history. The paediatric track included 4 contestants whilst 2 basic sciences abstracts were presented. Ten poster abstracts were shortlisted for evaluation by our panel of judges. Subsequently, MEMS held its Annual General Meeting to discuss internal society matters.



Plenary 4 Prof C Rajasoorya



Poster abstract presentation competition



Oral abstract presentation competition



Day 3 featured a symposium on diabetes, bone diseases and transitional endocrinology from paediatrics to adulthood. Following the last MTEs session the final 2 lectures concluded the event with 2 very interesting, most recent, controversial topics in general endocrinology. Adrenal Fatigue - Real or Myth? delivered by Prof Chan Siew Pheng and Hormones and Happiness delivered by Prof Dato' Dr Anuar Zaini Md Zain were both entertaining as well as being informative, highlighting the lighter side of endocrinology.



The congress ended in high spirits for the closing ceremony which witnessed the presentation for the winners of the Best Poster Award and the Young Investigator Award within the 3 categories ie adult endocrinology, paediatrics endocrinology and basic science. The winners of the various categories went home with cash prizes ranging from RM200 to RM1,500. The winners of the various categories are as follows:

The Young Investigator Award Winners are as follows:

Adult track: 1st prize – Dr Raja Nurazni Binti Raja Azwan (Hosp Putrajaya), 2nd prize – Dr Shartiyah binti Ismail (Hosp Putrajaya) and 3rd prize – Dr Amalina binti Haydar Ali Tajuddin (UKM).

Paediatric track: 1st prize - Dr Nurshadia binti Samingan (UM) and 2nd prize - Ms. Ting Yi Wen (UM).

Basic Science track was won by Mrs Zatilfarihiah Binti Rasdi (UiTM)

Best poster awards for paediatric were Dr Mazidah Binti Noordin (UM) for 1st prize and Dr. Chan Kok Joo (UM) for 2nd prize.

Best poster award for adult were Dr See Chee Keong (Hosp Sultan Hj Ahmad Shah) 1st prize and Dr Radhamani a/p Rajakumar (UM) 2nd prize.

Mrs Juliana Mohd Noor (Hosp Seberang Jaya) and Dr Aimi Fadilah (UiTM) were awarded consolation prizes.



Finally, our utmost gratitude to everyone who had been involved in the organisation of this congress, for their dedication and commitment in ensuring the success of the event. Thank you to all the speakers, the faculty members, the delegates, our industrial partners, the technical staff, the hoteliers, and others. We believe the congress had been fruitful and memorable for everyone at various levels. We hope that endocrinology will continue to garner the interests of many healthcare providers to benefit the increasing number of patients that we are currently caring for. With your support we will continue to embark on this journey of the MEMS Annual Congress in many years to come.

Reported by,

Prof Dr Rohana Abdul Ghani

On behalf of the MAC 10 Organizing Committee