

MEMS TIMES



MEMS Annual Congress or more fondly called **MAC** has been a yearly fixture and highly anticipated program in our medical fraternity. Since the inaugural MAC, the congress has grown yearly with the increasing demand from health care professionals and industry for a high-quality endocrine meeting that provide insights and updates in the evolving field of endocrinology.

The theme chosen for each congress has been unique and the planned program tailor-made to suit the theme. MAC 9 adopted the theme "**Evolving Towards Excellence in Endocrinology**" while MAC 10 chose the theme "**Simplifying the Complexity of Endocrinology**".

The congress has 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. These scientific sessions were well received as evidenced by the impressive turnout throughout the two-and-a-half-day event.



Strong support of delegates in annual congress



Launch of CPG during MAC 9



Launch of Malaysian Paediatric Endocrine Atlas during MAC 9



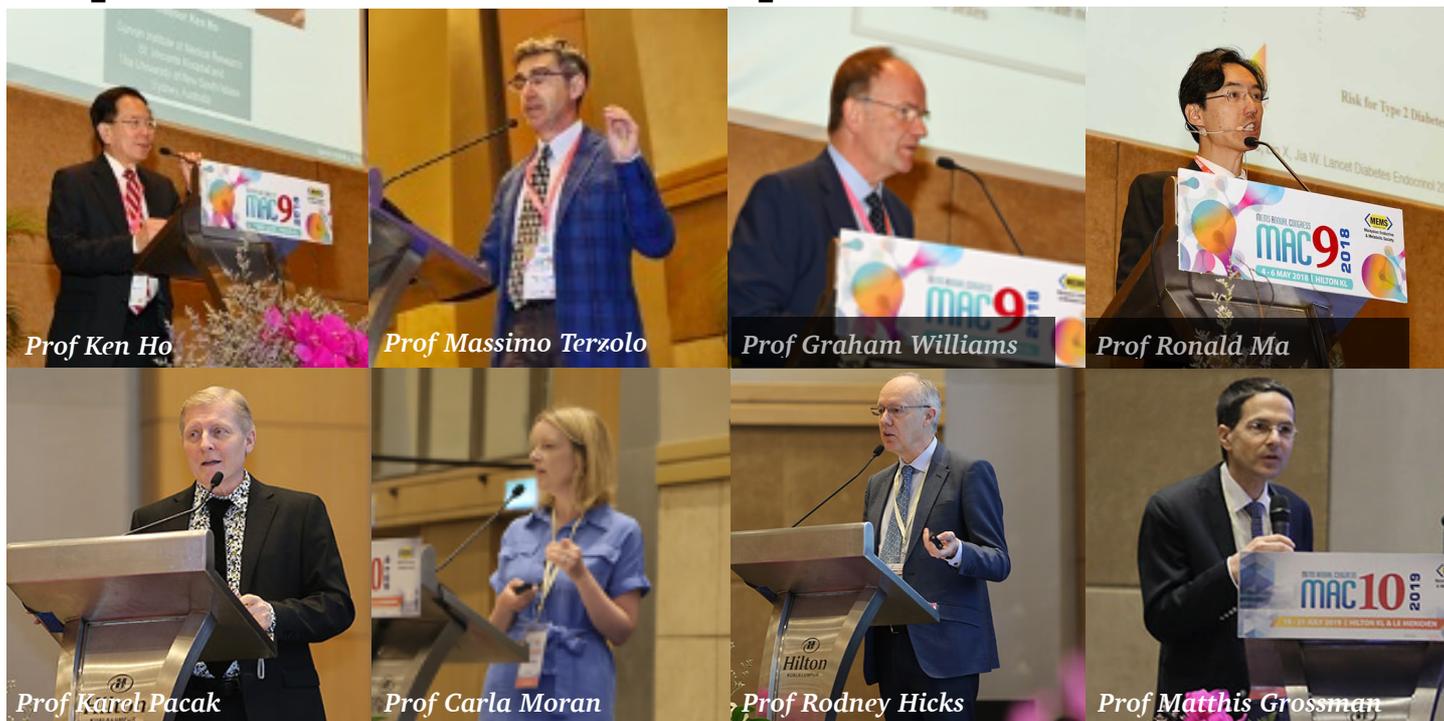
Professor Dr Ken Ho from Australia, Professor Ronald Ma from Hong Kong, Professor Dr Massimo Terzolo from Italy and Professor Dr Graham Williams from United Kingdom were the esteemed international speakers in 2018 for MAC 9. In 2019 for MAC 10, we were privileged to have Professor Dr Carla Moran from United Kingdom, Professor Dr Karel Pacak from United States, Professor Dr Matthis Grossman and Professor Rodney Hicks from Australia. For many of the endocrinologist and fellows alike, we were spellbound by the international speakers who came.

During MAC 9 in 2018, we witnessed the launch of the 'Malaysian Clinical Practice Guidelines on Diabetes in Pregnancy' by the Director General of the Ministry of Health. The ceremony was a memorable one as a copy of the guideline was flown in using a drone accompanied by a rapturous applause from the audience. A total of 600 copies of 'Malaysian Clinical Practice Guidelines on Diabetes in Pregnancy' were distributed after the launch. The Malaysian Paediatric Endocrine Atlas was also successfully launched by the honourable Professor Dato' Dr. Khalid Kadir during MAC 9 as well. In MAC 10 in 2019, MEMS showcased a sneak preview by Prof Dato Dr Mafauzy Mohamed of the Clinical Practical Guidelines of the Management of Thyroid Disease that would be fully launched in 2020.



The congress has also consistently received overwhelming support from the pharmaceutical 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.

Snapshots of MAC International Speakers



MEMS ANNUAL CONGRESS 11 (MAC 11) 2021

2020 would have set the stage for MAC 11 but with the COVID-19 pandemic not showing any possibility of waning and the uncertainties of holding any large in-person activities and events, MEMS and the organising committee of MAC 11 took the difficult decision to cancel our physical 2020 Congress. Moving forward to 2021, the potential of organising a large in-person congress still remained doubtful, hence decision to move the congress to a virtual platform was made.

MAC 11 in 2021 will celebrate the theme **‘UNravelling The Intricacies in Endocrinology’** which will witness the invaluable scientific discussions using digital and social media to reach out to an even wider audiences across the region. State-of-the-art technology will be used to ensure the scientific discussions, presentations as well as up-to-date topics are delivered to the delegates in a renewed programme. The effect of covid infection in endocrine diseases will also be part of the highlight in this congress.

Five eminent international speakers in their respective field will headline MAC 11 this year. They are Professor Manuel Puig Domingo from Spain, Professor Sebastian Schmid from Germany, Professor Nalini Shah from India, Associate Professor Carolyn Allan and Professor Craig Munns from Australia. MAC 11 promises an engaging program with high-quality discussions.

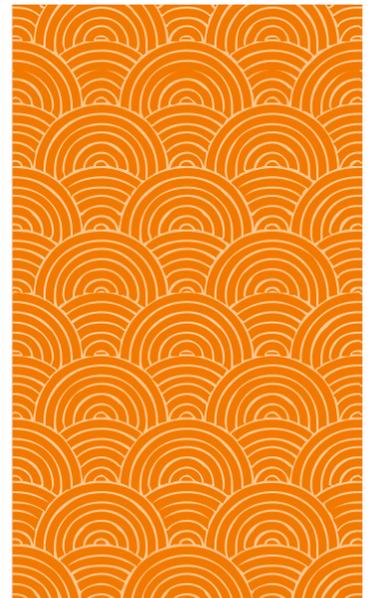
MAC has always been a platform to showcase the research of young trainees, endocrinologist and scientist. Multiple young investigator awards winners have emerged and shared their remarkable research in recent years. MAC 11 would re-emphasise the commitment of MEMS in highlighting quality research in the country and region. The abstract submission has begun since 12 April 2021, and the organising committee is still welcoming abstract submission.

Let us gather and unite again on 30 July 2021 albeit in a virtual platform but to **UNTIE** interesting intricacies in endocrinology and celebrate the results of new research and ideas.

MEMS HAPPENINGS

Selamat Hari Raya, everyone! Despite the festive season and various versions of MCO being enforced this year, MEMS has been active virtually to continue the society's goal to provide ongoing education and training to members and non-members. Apart from the much-anticipated MAC 11 which will be highlighted in detail in our Spotlight section, various other webinars have been organized. On 5th June 2021, Adopting CGM: The game changer in diabetes Management was organized with Abbott. This Webinar which was chaired by Prof Chan Siew Peng aimed to provide insights on the use of this new diabetes technology. Speakers included Datuk Dr Zanariah Hussein and Dr Foo Siew Hui. From Specialists' Point of View: The ECE (European Congress of Endocrinology) Update was organized on 6th June 2021 in collaboration with IPSEN. Prof Chan Siew Peng, Datuk Dr Zanariah Hussein and A/Prof Jeyakantha Ratnasingam discussed important highlights from ECE pertaining to neuroendocrine tumors and pituitary diseases.

On the social media front, MEMS's page on Facebook has been garnering more attention recently with more than 800 followers currently. Those of you have yet to visit MEMS on FB, do drop by and give us some feedback and "likes". The Beyond Sugar Campaign, which is a community project supported by Astra Zeneca, is currently ongoing and can be viewed on MEMS FB page as well as MEMS website. Moving forward, MEMS will be organizing the roll out webinars from the recently launched Type 2 DM CPG. Enjoy!



Journal Talk: Driving Precision Medicine In Diabetes Care

By Assoc Prof. Dr. Lim Lee Ling, Department of Medicine, University of Malaya Medical Centre

Person-centred medicine is an emerging model of modern clinical practice. At the outset, the physician has ascertained the patient's signs and symptoms, identified disease patterns and offered the best-suited treatment. In 2011, the U.S. National Research Council defined "Precision Medicine" as "the tailoring of treatment to the individual characteristics by classifying them into sub-populations due to variations in disease susceptibility and treatment response. This will benefit the right person and prevent side effects. In 2015, President Barack Obama launched the National Institute of Health (NIH) Precision Medicine Initiative, which has since been renamed the NIH *All of Us* Research Program. Similar initiatives have been started in the UK and Singapore.



In 2018, the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD) have launched the Precision Medicine in Diabetes Initiative (PMDI), in partnership with the U.S. National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) and JDRF. The ADA/EASD PMDI aims to provide consensus recommendations on the viability and potential implementation of precision medicine for the diagnosis, prognosis, prevention, treatment and monitoring of diabetes. Hence, ADA/EASD has proposed a roadmap for its successful implementation.

We start from clinical and biomedical research to provide a better understanding of diabetes, identify biomarkers and test the clinical utility of selected biomarkers for improving diagnosis, prognosis, prevention, treatment and monitoring of diabetes. Early patient and public involvement can ensure that the PMDI is relevant, timely, scalable and of high quality. Given the polygenic nature, efforts shall be made to determine the heterogeneity in the causes of diabetes. This involves a multipronged approach such as evaluation of risk factors, biomarkers and genomics to enhance our understanding of fundamental biological processes and diagnostic accuracy for effective and targeted treatment, leading to healthier living. Clinicians also need to be equipped with relevant skills and knowledge for better clinical translation.

The motivation to use precision medicine in type 2 diabetes comes from monogenic diabetes/maturity-onset diabetes of the young (MODY), which involves single gene mutations such as Glucokinase (GCK), hepatocyte nuclear factor (HNF)-1 alpha and HNF-1 beta. At another end of the spectrum is type 2 diabetes which involves common genetic variants with a minor allele frequency of 5% or more. To date, trans ancestral genome-wide association studies, mainly of European ancestry, have discovered 242 genetic loci for the risk of type 2 diabetes. Despite a large number of risk variants being identified, they only explain 18% of the heritability of type 2 diabetes. Hence, gene \times environmental interaction in the development and progression of type 2 diabetes and its complications should be considered. Gene \times environmental interaction is defined as individuals can differ genetically in their susceptibility to the effects of environmental and lifestyle factors on cardiometabolic traits including the risk of type 2 diabetes.

While precision medicine in type 2 diabetes is aspirational, there are many challenges to its successful implementation:

1. availability and accessibility of accurate and reliable information of clinical and basic sciences
2. skills for knowledge integration
3. translation of new insights from the bench to the bedside

Addressing these challenges will require high-level planning, strategic management and the commitment of key stakeholders to work together toward a common goal.

Article reviewed: Chung WK, Erion K, Florez JC, Hattersley AT, Hivert MF, Lee CG, McCarthy MI, Nolan JJ, Norris JM, Pearson ER, Philipson L, McElvaine AT, Cefalu WT, Rich SS, Franks PW. Precision Medicine in Diabetes: A Consensus Report From the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD). *Diabetes Care*. 2020 Jul;43(7):1617-1635



Why Endocrinology?

By Dr Vijay Ananda Paramasvaran
Consultant Endocrinologist
Hospital Pantai Kuala Lumpur

As a junior doctor I gravitated towards general medicine because I enjoyed the element of uncertainty and detective work involved in coming to a diagnosis and subsequent treatment of patients. When the time came to choose a specialty, I had to decide whether to be pragmatic or tread the unconventional road. I was drawn to endocrinology because it was not organ specific. As an endocrinologist, you are exposed to a huge variety of disease. Some present with subtle clinical features; some being common with huge impact both at individual and community levels; and some being quite rare with unusual presentations. The Greek origin of the word hormone means to set in motion. Endocrinology, set my career in motion and I have not looked back since.

MEMS OUTREACH

Understanding the urgent COVID-19 pandemic situation in the country, MEMS has pledged RM50000 to the donation drive led by the Malaysian Thoracic Society and Lung Foundation of Malaysia to donate oxygen concentrators to the Ministry of Health for the use in Pusat Kuarantin dan Rawatan Covid-19 MAEPS to supplement existing oxygen tanks.



**Donation Drive to Supply
Oxygen Concentrators to
Ministry of Health COVID-19
Treatment and Quarantine
Centres**

ANNOUNCEMENT



MEMS ANNUAL CONGRESS
MAC 11 2021
30th July to 1st August 2021

CALL FOR ABSTRACTS!

Stand a chance to present your work in the upcoming MEMS Annual Congress MAC 11, for the year 2021. In addition, all accepted abstract will be published in the **Journal of the ASEAN Federation of Endocrine Societies (JAFES)**, or in a Supplementary copy.

MEMS
Established 1981
Malaysian Endocrine & Metabolic Society

DEADLINE EXTENDED
30th June 2021

▶ Young Investigator Award

Abstracts submitted & accepted for Oral Presentation by first author/presenter who are 40 years old or younger in 2021 will stand a chance to compete for this prestigious award.

Submission Deadline: **30th June 2021**

Acceptance Notice: **30th June 2021**

Find out more details & submit your abstract online: www.memsmac.org/abstract-submission

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If you want to submit any educational materials or articles of interest on endocrinology to be posted on the website or Facebook, please send to: education@mems.my.