



**Malaysian Endocrine
& Metabolic Society**

**Report on the Launch of the Clinical Practice Guidelines for
the 'Management of Thyroid Disorders'.**

**An event by the Malaysian Endocrine and Metabolic
Society (MEMS)**

**October 3, 2020
Le Meridien Hotel, KL Sentral**

Introduction

- The Malaysian Endocrine and Metabolic Society (MEMS), Ministry of Health and the Academy of Medicine Malaysia have jointly produced the 1st comprehensive clinical practice guidelines for the ‘Management of Thyroid Disorders’.
- The CPG launch attracted the interest of The Star, the New Strait Times, Nanyang, Sin Chew, Guang Ming, The Malaysian Insight, We Are United, Kwong Wah, Berita Harian and The Rakyat Post.
- The launch was followed immediately by a press conference. The media interviewed:
 - Dato’ Dr Norhizan Ismail, Guest-of-Honour representing Tan Sri Dr. Noor Hisham bin Abdullah
 - Datuk Dr Zanariah Hussein, President of MEMS 2018-2020
 - Dr Mohammad Arif Shahar, Presenter of the MyEndo Thyroid Study

Photos of the launch



(front row, from left) Dr Mohammad Arif Shahar, Professor Dato' Dr Mafauzy Mohamed, Dato' Dr Norhizan Ismail and Datuk Dr Zanariah Hussein with members of the CPG Development Committee.

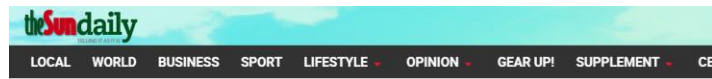
Photos of the launch



Dato' Dr Norhizan Ismail (center, left) receiving an official copy of the Clinical Practice Guidelines (CPG) for Management of Thyroid Disorders from Datuk Dr Zanariah Hussein.

Media coverage

Montage (selected clips)



(吉隆坡3日訊) 衛生部醫療發展組(事務管理)主任拿督諾希占說, 甲狀腺疾病是繼糖尿病後最常見的內分泌疾病, 發病率與我國死亡率增加相關, 因此盡早診斷和治療對患者的健康至關重要。

他今日在馬來西亞內分泌及代謝協會 (MEMS) 主辦的《甲狀腺疾病管理指南》推介禮上提及, 根據2017年一項針對我國甲狀腺相關問題進行的全國研究顯示, 我國有3.4%人口患有甲狀腺功能亢進; 2.1%的人口患有甲狀腺功能減退; 9.3%的人口患有甲狀腺腫大; 3.6%的人口患有甲狀腺結節。



KUALA LUMPUR: Pembangunan Panduan Klinikal (CPG) Mengenai Pengurusan Penyakit Tiroid diujikan mampu membantu pengamal perubahan seluruh negara menangani penyakit berkaitan secara lebih efektif.

Pengarah Bahagian Pembangunan Kesihatan, Datuk Dr Noorhan Ismail, berkata CPG yang sah dengan penerbitan amaran kepada semua doktor, adalah langkah pertama dalam proses pengamalan CPG bagi membolehkan 170 doktor dalam membantu pengamal perubahan di Malaysia.

卫生部赞同甲状腺指南 盼解决患者问题



Affair With The Billionaire
\$1.99 Contemporary Romance, Romance
Booklet

卫生部今日赞扬马来西亚内分泌和代谢学会, 推出首个管理甲状腺临床实践指南。

卫生部药物发展组主任诺希占说, 有关指南相信可以协助解决患有甲状腺疾病患者的问题。

“在2017年一项调查所得, 有3.4%的人口患有甲亢 (甲状腺功能亢进), 2.1%的甲状腺功能减退 (甲状腺功能不足)。”

诺希占说, 迄今出来一项调查时指出: “过去大部分患有甲状腺功能障碍者未被诊断, 只有在研究期间, 才发现他们的疾病。”

NEWS COVERAGE: ENGLISH

Date	Media	Category	Headline	Url
Oct 3	New Straits Times	Newspaper (online edition)	Guidelines launched for treatment, management of thyroid disorders	https://www.nst.com.my/news/nation/2020/10/629282/guidelines-launched-treatment-management-thyroid-disorders
Oct 3	The Star TV	Online news	Malaysia launches first clinical guidelines for managing thyroid disorders	https://www.thestartv.com/v/malaysia-launches-first-clinical-guidelines-for-managing-thyroid-disorders
Oct 3	The Star	Newspaper (online edition)	Malaysia launches first clinical guidelines for managing thyroid disorders	https://www.thestar.com.my/news/nation/2020/10/03/malaysia-launches-first-clinical-guidelines-for-managing-thyroid-disorders
Oct 3	The Sun Daily	Newspaper (online edition)	Health Ministry mobilises specialist resources to deal with Sabah and Kedah clusters	https://www.thesundaily.my/local/health-ministry-mobilises-specialist-resources-to-deal-with-sabah-and-kedah-clusters-AK4408233
Oct 3	The Malaysian Insight	Online news	Guideline on thyroid disorders to boost patient care	https://www.themalaysianinsight.com/s/276179
Oct 4	The Rakyat Post	Online News	Thyroid Disorders Are More Common In Malaysia Than You Might Think	https://www.therakyatpost.com/2020/10/04/thyroid-disorders-are-more-common-in-malaysia-than-you-might-think/

NEWS COVERAGE: CHINESE

Date	Media	Category	Headline	Url
Oct 3	Sin Chew Daily	Newspaper (online edition)	Most thyroid diseases have no symptoms	https://www.sinchew.com.my/content/content_2353003.html
Oct 3	Kwong Wah	Newspaper (online edition)	Diabetes ranks first and second in thyroid gland Datuk Dr Zanaria: less than 100 endocrinologists	https://bit.ly/2HbtB9x
Oct 3	We Are United	Online News	Diabetes ranks first and second in thyroid gland Datuk Dr Zanaria: less than 100 endocrinologists	https://weareunited.com.my/11477443/
Oct 3	Guang Min Daily	Newspaper (online edition)	Common endocrine diseases following diabetes, thyroid diseases must be treated as soon as possible	https://bit.ly/34gnIAh
Oct 4	E-Nanyang	Online news	Comprehensive case for doctors' reference	https://bit.ly/2Tazypz
Oct 4	The Malaysian Insight (Chinese)	Online News	Ministry of Health agrees with thyroid guidelines, hoping to solve patient problems	https://www.themalaysianinsight.com/chinese/s/276189

NEWS COVERAGE: BM

Date	Media	Category	Headline	Url
Oct 3	Berita Harian	Newspaper (online edition)	CPG tiroid bantu doktor lebih efektif tangani pesakit	https://www.bharian.com.my/berita/nasional/2020/10/738088/bhplus

SOCIAL MEDIA COVERAGE

Date	Media	Platform	Headline/copy	Url	Views/Likes/Shares
Oct 3	The Star	Youtube	Malaysia launches first clinical guidelines for managing thyroid disorders	https://www.youtube.com/watch?v=V1y7XUER4O8	1,655 views and 33 likes
Oct 3	The Star	Daily Motion	Malaysia launches first clinical guidelines for managing thyroid disorders	https://www.dailymotion.com/video/x7wlyhk	236 views
Oct 3	Cilisos	Facebook	(See link)	https://www.facebook.com/cilisos/posts/1487545218120016/	18 likes and 3 shares

No	Media	Key Mentions					Total
		CPG	MEMS	Hyperthyroidism	Hypothyroidism	Thyroid nodules	
1	New Straits Times	1	1	1	1	1	5
2	The Star TV	1	1	1	1	1	5
3	The Star	1	1	1	1	1	5
4	The Sun Daily	1	0	0	0	0	1
5	The Malaysian Insight	1	1	1	1	1	5
6	The Rakyat Post	1	1	1	1	1	5
7	Sin Chew Daily	1	1	1	1	1	5
8	Kwong Wah	1	1	0	0	0	2
9	We Are United	1	1	0	0	0	2
10	Guang Ming Daily	1	1	1	1	1	5
11	E-Nanyang	1	1	1	1	1	5
12	The Malaysian Insight (Chinese)	1	1	1	1	1	5
13	Berita Harian	1	1	1	1	0	4
14	The Star - Youtube	1	1	1	1	1	5
15	The Star – Daily Motion	1	1	1	1	1	5
16	Facebook	0	1	0	0	0	1
	Total	15	15	12	12	11	66



**Malaysian Endocrine
& Metabolic Society**

Clippings

New Straits Times

Guidelines launched for treatment, management of thyroid disorders



By **Nor Ain Mohamed Radhi** - October 3, 2020 @ 2:10pm



Date: Oct 3, 2020

Headline: Guidelines launched for treatment, management of thyroid disorders

<https://www.nst.com.my/news/nation/2020/10/629282/guidelines-launched-treatment-management-thyroid-disorders>

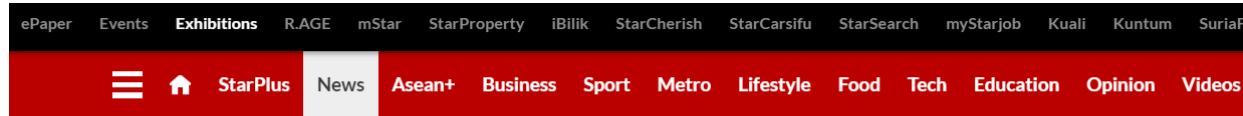
The Star TV



Date: Oct 3, 2020

Headline: Malaysia launches first clinical guidelines for managing thyroid disorders

<https://www.thestartv.com/v/malaysia-launches-first-clinical-guidelines-for-managing-thyroid-disorders>



Malaysia launches first clinical guidelines for managing thyroid disorders

NATION

Saturday, 03 Oct 2020
2:43 PM MYT

By CLARISSA CHUNG



PETALING JAYA: The country's first-ever clinical practice guidelines on the management of thyroid disorders has been published by the Malaysian Endocrine and Metabolic Society (MEMS).

MEMS president Datuk Dr Zanariah Hussein said while there had been a consensus statement on thyroid disorder management, there was a great need for standardised and updated guidelines for clinical practice.

As such, she described the publication of the guidelines as an "important milestone" on managing thyroid disorders, which commonly go undiagnosed.

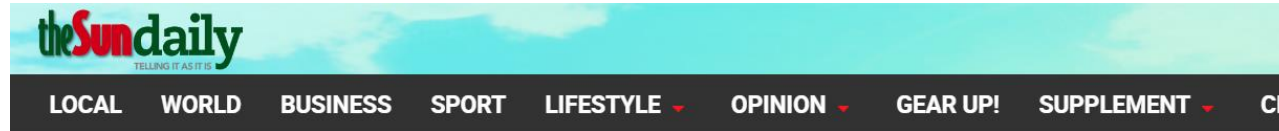
"The prior guidance on the management of thyroid disorders was in the form of a consensus statement developed 20 years back in the year 2000.

Date: Oct 3, 2020

Headline: Malaysia launches first clinical guidelines for managing thyroid disorders

<https://www.thestar.com.my/news/nation/2020/10/03/malaysia-launches-first-clinical-guidelines-for-managing-thyroid-disorders>

The Sun Daily



Health Ministry mobilises specialist resources to deal with Sabah and Kedah clusters

NICOLAS ANIL / 03 OCT 2020 / 16:06 H.



Date: Oct 3, 2020

Headline: Health Ministry mobilises specialist resources to deal with Sabah and Kedah clusters

<https://www.thesundaily.my/local/health-ministry-mobilises-specialist-resources-to-deal-with-sabah-and-kedah-clusters-AK4408233>

The Malaysian Insight

Guideline on thyroid disorders to boost patient care



Noel Achariam

Updated 2 weeks ago · Published on 3 Oct 2020 1:18PM · 0 Comments



Date: Oct 3, 2020

Guideline on thyroid disorders to boost patient care

<https://www.themalaysianinsight.com/s/276179>

The Rakyat Post



The screenshot shows a news article on the TRP website. The header includes the TRP logo, a menu icon, and the text 'NOW READING | Thyroid Disorders Are More Common In'. The article is categorized under 'LIVING'. The main headline is 'Thyroid Disorders Are More Common In Malaysia Than You Might Think'. The sub-headline reads: 'The Malaysian Endocrine and Metabolic Society have just published their first clinical guidelines on thyroid disorders.' The author is 'BY TASNEEM NAZARI' and the date is 'OCTOBER 4, 2020'. There are social media sharing icons for Facebook, Twitter, and WhatsApp. On the left side, there is a vertical sidebar for 'foodpanda' with the tagline 'the simple joys of life' and several food-related images.

TRP

NOW READING | Thyroid Disorders Are More Common In

foodpanda

LIVING

Thyroid Disorders Are More Common In Malaysia Than You Might Think

The Malaysian Endocrine and Metabolic Society have just published their first clinical guidelines on thyroid disorders.

BY TASNEEM NAZARI
OCTOBER 4, 2020

the simple joys of life

Date: Oct 4, 2020

Headline: Thyroid Disorders Are More Common In Malaysia Than You Might Think

<https://www.therakyatpost.com/2020/10/04/thyroid-disorders-are-more-common-in-malaysia-than-you-might-think/>

Sin Chew Daily

首页 > 全国 > 全国综合

2020-10-03 16:58:20

甲状腺疾病多没症状·诺希占：早期诊断治疗很重要

全国综合

【加入星洲人】即刻免费注册成为星洲会员，享有独有资讯、各种优惠及好康！



扎娜丽雅(右起)与诺希占在推介礼上翻阅《甲状腺疾病管理指南》，左一为马法伍兹。

(吉隆坡3日讯)卫生部医疗发展组(事务管理)主任拿督诺希占表示，甲状腺疾病是继糖尿病之后最常见的内分泌疾病，发病率与我国的死亡率增加相关，因此早期诊断和治疗对于确保患者的健康很重要。

“根据2017年一项针对我国甲状腺相关问题进行的全国研究指出，我国有3.4%人口患有甲状腺功能亢进；2.1%患有甲状腺功能减退；9.3%患有甲状腺肿大；3.6%患有甲状腺结节。”

Date: Oct 3, 2020

Headline: Most thyroid diseases have no symptoms.

https://www.sinchew.com.my/content/content_2353003.html

Kwong Wah

糖尿病居首甲状腺第二 扎娜丽哈：内分泌专科医生不到100人

2020年10月03日 779 赞 分享



诺西鲁（前排中）推介《甲状腺疾病管理临床实践指南》。前排左起为甲状腺疾病管理临床实践指南委员会主席拿督马夫兹及扎娜丽哈。

马来西亚内分泌与代谢协会推介首个《甲状腺疾病管理临床实践指南》，以在医疗上为医生及医护人员提供参考。

马来西亚内分泌与代谢协会主席拿督扎娜丽哈指出，甲状腺疾病是继糖尿病之后，第二高的内分泌疾病，然而，国内的内分泌专科医生只有不到100人。

因此，她表示，我国需要内分泌疾病专科以外的一般医生，协助提供甲状腺疾病治疗，为此，希望该指南对一般医生在提供治疗时有所帮助。

扎娜丽哈今日（3日）在甲状腺疾病管理临床实践指南推介里的记者会上，如是指出。

另外，卫生部药物发展组主任拿督诺西鲁今日代表卫生部总监丹斯里诺希山担任推介嘉宾，他在会上感谢马来西亚内分泌与代谢协会推出这项指南。

他说，这项指南是该协会参考了480宗个案后，完成的内容，卫生部将会针对这项指南进行研究。

他指出，指南推出后，其使用率才是最值得关注的，因此卫生部也将研究该指南的使用率。

《甲状腺疾病管理临床实践指南》是综合了270项建议的文件，将指导医学从业者以最佳方式



Date: Oct 3, 2020

Headline: Diabetes ranks first and second in thyroid gland Datuk Dr Zanariah: less than 100 endocrinologists

<https://bit.ly/2HbtB9x>

We Are United

Danny Kio
03 October, 2020 8:49 PM

糖尿病居首甲状腺第二 扎娜丽哈：内分泌 专科医生不到100人



图西德（前排中）推介《甲状腺疾病管理临床实践指南》，前排左起为甲状腺疾病管理临床实践指南委员会主席李雪马大校及扎娜丽哈。



马来西亚内分泌与代谢协会推介首个《甲状腺疾病管理临床实践指南》，以在医疗上为医生及医护人员提供参考。

马来西亚内分泌与代谢协会主席拿督扎娜丽哈指出，甲状腺疾病是继糖尿病之后，第二高的内分泌疾病，然而，国内的内分泌专科医生只有不到100人。

因此，她表示，我国需要内分泌疾病专科以外的一般医生，协助提供甲状腺疾病治疗。为此，希望该指南对一般医生在提供治疗时有所帮助。

扎娜丽哈今日（3日）在甲状腺疾病管理临床实践指南推介后的记者会上，如是指出。

另外，卫生部药物发展组主任拿督诺西鲁今日代表卫生部总监丹斯里诺希山担任推介嘉宾，他在会上感谢马来西亚内分泌与代谢协会推出这项指南。

他说，这项指南是该协会参考了480宗个案后，完成的内容，卫生部将会针对这项指南进行研究。

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《甲状腺疾病管理临床实践指南》是综合了270项建议的文件，将指导

Date: Oct 3, 2020

Headline: Diabetes ranks first and second in
thyroid gland Datuk Dr Zanariah: less than 100
endocrinologists

<https://weareunited.com.my/11477443/>

Guan Ming Daily



繼糖尿病常見內分泌疾病 甲狀腺疾病須盡早治療

03/10/2020

分享



圖為總編(右起)與諾希占在推介禮上贈閱《甲狀腺疾病管理指南》，左為馬汝伯威。

(吉隆坡3日訊) 衛生部醫療發展組(事務管理)主任拿督諾希占說，甲狀腺疾病是繼糖尿病後最常見的內分泌疾病，發病率與我國死亡率增加相關，因此盡早診斷和治療對患者的健康至關重要。

他今日在馬來西亞內分泌及代謝協會(MEMS)主辦的《甲狀腺疾病管理指南》推介禮上提及，根據2017年一項針對我國甲狀腺相關問題進行的全國研究所指，我國有3.4%人口患有甲狀腺功能亢進；2.1%的人口患有甲狀腺功能減退；9.3%的人口患有甲狀腺腫大；3.6%的人口患有甲狀腺結節。

Edison@ramand

Date: Oct 3, 2020

Headline: Common endocrine diseases following diabetes, thyroid diseases must be treated as soon as possible

<https://bit.ly/34gnIAh>

E-Nanyang

要闻

综合病例供医生参考 甲状腺疾病指南出炉

2020年10月04日



马弗兹（前排左起）、诺西詹和扎哈丽雅推介首个甲状腺疾病管理临床实践指南。

（吉隆坡3日讯）马来西亚推出首个甲状腺疾病管理临床实践指南，以在医疗上为医生及医护人员提供参考。

马来西亚内分泌与代谢协会（MEMS）主席拿督扎哈丽雅医生指出，我国向来引用国际的实践指南，不过，该协会在参考480个病例个案，综合了270项建议的文件后，推出属于大马的实践指南。

Date: Oct 4, 2020

Headline: Comprehensive case for doctors'
reference

<https://bit.ly/2Tazypz>

The Malaysian Insight (Chinese)

卫生部赞同甲状腺指南 盼解决患者问题

透视大马 最后更新: 2020年10月4日 Oct 2020 8:30AM · 0条评论



在2017年一项调查所得, 有3.4%的人口患有甲亢 (甲状腺功能亢进), 2.1%的甲状腺功能减退 (甲状腺功能不足)。
(文章来源: 透视大马)



卫生部今日赞扬马来西亚内分泌和代谢学会, 推出首个管理甲状腺病症临床实验指南。

卫生部的药物发展组主任潘蒂古依斯说, 有关指南相信可以解决长期有甲状腺病症患者的问题。

“在2017年一项调查所得, 有3.4%的人口患有甲亢 (甲状腺功能亢进), 2.1%的甲状腺功能减退 (甲状腺功能不足)。”

潘蒂古依斯还今日出席一项活动时指出: “过去大部分患有甲状腺功能障碍者未被诊断, 惟只有在研究期间, 才发现他们的疾病。”

Date: Oct 4, 2020

Headline: Ministry of Health agrees with thyroid guidelines, hoping to solve patient problems

<https://www.themalaysianinsight.com/chinese/s/276189>

Berita Harian

CPG tiroid bantu doktor lebih efektif tangani pesakit

Diahi Sophia Ahmed - Oktober 3, 2020 @ 11:22pm
sophia@bh.com.my



Datuk Dr. Norhizan Ismail.

KUALA LUMPUR: Pembentukan Panduan Klinikal (CPG) Mengenai Pengurusan Penyakit Tiroid diyakini mampu membantu pengamal perubatan seluruh negara menangani penyakit berkenaan secara lebih efektif.

Pengarah Bahagian Pembangunan Kesihatan, Datuk Dr. Norhizan Ismail, berkata CPG yang selari dengan piawai antarabangsa itu amat bermanfaat, apatah lagi apabila didasari dokumen komprehensif mengandungi 270 saranan dalam membantu pengamal perubatan di Malaysia.



Katanya, CPG bukan saja mampu membimbing golongan berkenaan, malah berfungsi membekalkan semua maklumat diperlukan orang ramai.

'CPG ini amat penting untuk menangani kes penyakit tiroid rakyat tempatan, apatah lagi ia penyakit endokrin kedua terbesar selepas diabetes mellitus,' katanya pada majlis pelancaran CPG bagi mewakili Ketua Pengarah Kesihatan, Tan Sri Dr. Noorhisham Abdullah, di sini, hari ini.

Turut hadir, Presiden Persatuan Endokrin dan Metabolik Malaysia (MEMS), Datuk Dr. Zanariah Hassan dan penyiasat utama Kajian Kelaziman Penyakit Tiroid MyEndo, Dr. Mohammad Arif Shahar.

Date: Oct, 3 2020

Headline: CPG tiroid bantu doktor lebih efektif tangani pesakit

<https://www.bharian.com.my/berita/nasional/2020/10/738088/bhplus>

The Star TV (Youtube)



Date: Oct 3, 2020

Headline: Malaysia launches first clinical guidelines for managing thyroid disorders

<https://www.youtube.com/watch?v=V1y7XUER4O8>

Views: 1,655 (as of 21st Oct 2020)

Reaction: 33 likes

The Star TV (Daily Motion)



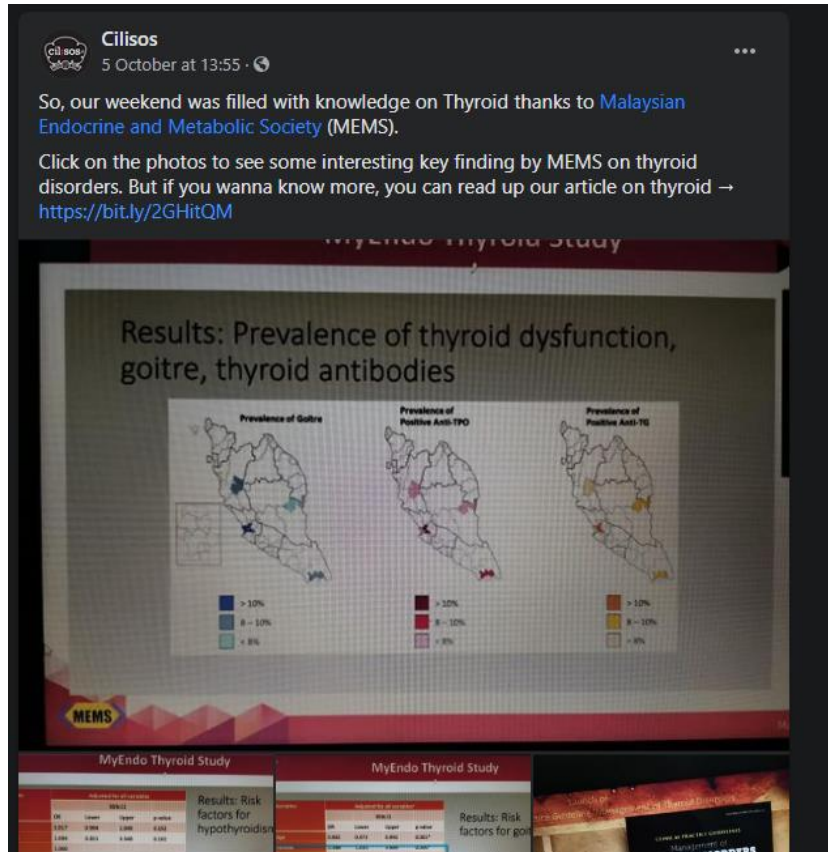
Date: Oct 3, 2020

Headline: Malaysia launches first clinical guidelines for managing thyroid disorders

<https://www.dailymotion.com/video/x7wlyhk>

Views: 236

Cilisos (Facebook)



Date: Oct 3, 2020

Headline: So, our weekend was filled with knowledge on Thyroid thanks to Malaysian Endocrine and Metabolic Society (MEMS).

Click on the photos to see some interesting key finding by MEMS on thyroid disorders. But if you wanna know more, you can read up our article on thyroid →

<https://bit.ly/2GHitQM>

Reaction: 18 likes and 3 shares

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