



THIRD REGIONAL CONFERENCE:
NUTRITION IN
**OBSTETRICS
& GYNAECOLOGY**
2014

THEME:
Nutrition &
Women's Health



Hotel Reservation Form
can be downloaded from the
conference website,
www.ogsm.org.my/3rd_nutrition

Date:
22nd - 24th August 2014

Venue:
Hotel Istana, Kuala Lumpur

INTERNATIONAL FACULTY

Professor Geoffrey John Cleghorn

Professor of Paediatrics and Child Health
School of Medicine
The University of Queensland

Associate Professor Dr Chong Yap Seng

Senior Consultant
Department of Obstetrics & Gynaecology
National University Hospital, Singapore

Dr Martha Lee

Clinical Sexologist
Eros Coaching Pte Ltd, Singapore

LOCAL FACULTY

Ms Celeste Lau Wai Hong

Manager, Dietetics Services
Sunway Medical Centre

Dr Cha Kar Huei

Consultant General Surgeon
Subang Jaya Medical Centre & Parkcity Medical Centre
Ramsay-Sime Darby Healthcare

Dr Chan Siew Pheng

Consultant Endocrinologist
Subang Jaya Medical Centre
Ramsay-Sime Darby Healthcare

Mr Dave Nuku

Regional Fitness Manager
Fitness First Asia

Dr Eeson Sinthamoney

Consultant Obstetrician & Gynaecologist
Pantai Hospital Kuala Lumpur

Ms Indra Balaratnam

Dietitian
The Food Expert Clinic, Kuala Lumpur

Dr Jeanette Chua

Consultant Periodontist
Encia Dental Surgery Kuala Lumpur.

Dr Kiren Sidhu

Consultant Obstetrician & Gynaecologist
Pantai Hospital Kuala Lumpur

Professor Dr Mirnalini Kandiah

Lecturer
Faculty of Applied Sciences
UCSI University Kuala Lumpur

Professor Dr Norimah A Karim

Lecturer
Faculty of Health Sciences
University Kebangsaan Malaysia

Dato' Dr Prashant Nadkarni

Consultant Fertility Specialist
KL Fertility Centre

Dr Premitha Damodaran

Consultant Obstetrician & Gynaecologist
Pantai Hospital Kuala Lumpur

Dr Rajbans Singh

Consultant Physician & Geriatrician
Pantai Hospital Kuala Lumpur

Dr Raman Subramaniam

Consultant Obstetrician & Gynaecologist
Fetal Medicine & Gynaecology Centre
Petaling Jaya

Matron T Selvin Subramaniam

Deputy Director of Nursing Division
Ministry of Health Malaysia

Ms Tah Pei Chien

Clinical Dietitian
University Malaya Medical Centre

Dr Tan Sue Yee

Lecturer
School of Health Sciences
International Medical University

Dr Yap Moy Juan

Consultant Obstetrician & Gynaecologist
Fetal Medicine & Gynaecology Centre
Petaling Jaya

Assoc Prof Dr Zahara Abdul Manaf

Lecturer
Faculty of Health Sciences
Universiti Kebangsaan Malaysia

PRE-CONFERENCE WORKSHOP

FRIDAY | 22ND AUGUST 2014
1400 – 1800 hours

INTERACTIVE PRACTICAL NUTRITION IN OBSTETRICS WORKSHOP

Facilitators: Datin Dr Kamaljit Kaur, Dr Roseline Yap, Dr Tan Sue Yee, Ms Indra Balaratnam, Ms Celeste Lau Wai Hong, Matron T. Selvin Subramaniam, Matron Tan Hooi Meei, Dr Yap Moy Juan

This interactive pre-conference workshop is aimed to address topics related to maternal nutritional requirements during pregnancy & lactation which are not usually dealt with during the training of doctors and midwives.

Women in general experience intense period of growth and development during the course of pregnancy. The increase need for nutrition during pregnancy and lactation has a strong influence and profound effect on the development of infants. Some of the increased nutrient requirements protect maternal health while others affect birth outcome and infant health. Learn more about nutritional requirement during pregnancy and the risk of pregnancy complications in this fun and interactive workshop.

This workshop is specially designed to encourage interaction between participants and workshop facilitators. It is open to all conference participants and is limited to 100 places only. Register early to avoid disappointment!

1330 – 1345	Welcome Message
1345 – 1410	General Nutrition In Obstetrics
1410 – 1415	Q&A
1415 – 1440	Anaemia In Pregnancy
1440 – 1445	Q&A
1445 – 1510	Diabetes Mellitus In Pregnancy
1510 – 1515	Q&A
1515 – 1530	Tea Break
1530 – 1555	Hyperemesis Gravidarum
1555 – 1600	Q&A
1600 – 1625	Special Circumstances In Obstetrics
1625 – 1630	Q&A
1630 – 1700	Panel Discussion & Quiz
1700 – 1710	Closing Remarks

DAY 1 PROGRAMME

SATURDAY | 23rd AUGUST 2014
0830 – 1700 hours

Start	End	Programme	
0830	0900	Opening Ceremony	
0900	0945	PLENARY 1 - Fat, Fate & Disease <i>by Assoc Prof Dr Chong Yap Seng</i>	
0945	0950	Video Presentation	
0950	1035	PLENARY 2 - Do We Blame Our Genes For Being Unhealthy? <i>By Dr Rajbans Singh</i>	
1035	1100	TEA BREAK	
		SYMPOSIUM 1: POLYCYSTIC OVARIES	SYMPOSIUM 2: OBESITY
1100	1130	Lifestyle / Diet Management <i>by Ms Indra Balaratnam</i>	Fad Diets For Weight Management <i>by Assoc Prof Dr Zahara Abdul Manaf</i>
1130	1200	Infertility <i>by Dato' Dr Prashant Nadkarni</i>	Bariatric Surgery <i>by Dr Cha Kar Huei</i>
1200	1230	Long Term Problems <i>by Dr Kiren Sidhu</i>	Pregnancy After Bariatric Surgery <i>by Dr Yap Moy Juan</i>
1230	1300	Q&A	Q&A
1300	1330	Lunch Symposium (Fonterra)	
1330	1430	LUNCH BREAK & EXHIBIT VISIT	
		SYMPOSIUM 3: CANCER TREATMENT	SYMPOSIUM 4: PREGNANCY & NUTRITION
1430	1500	Healthy Diet For Cancer Prevention <i>by Prof Dr Norimah A Karim</i>	Are Probiotics Necessary? <i>by Prof Geoffrey John Cleghorn</i>
1500	1530	Healthy Diet During Treatment <i>by Ms Tah Pei Chien</i>	Update On Essential Nutrients <i>by Dr Tan Sue Yee</i>
1530	1600	Are Supplements Necessary? <i>by Ms Celeste Lau Wai Hong</i>	Maternal Nutrition & Fetal Brain Development <i>by Dr Raman Subramaniam</i>
1600	1630	Q&A	Q&A
1630	1700	TEA BREAK & END OF DAY 1	

DAY 2 PROGRAMME

SUNDAY | 24th AUGUST 2014
0800 – 1415 hours

Start	End	Programme	
0700	1400	REGISTRATION	
0800	0830	Breakfast Symposium (Available)	
0830	0915	PLENARY 3 - Confinement Practices In Malaysia <i>by Matron T. Selvin Subramaniam</i>	
0915	0920	Video Presentation	
0920	1005	PLENARY 4 - Matching Exercises To Weight <i>by Mr Dave Nuku</i>	
1005	1030	TEA BREAK	
		SYMPOSIUM 5: MENOPAUSE	SYMPOSIUM 6: SPECIAL CONDITIONS IN PREGNANCY
1030	1100	Metabolism & Weight by Dr Chan Siew Pheng	Nutrition & Oral Health by Dr Jeanette Chua
1100	1130	Hormone Replacement Via Nutrition (Alternatives) by Dr Premitha Damodaran	Vegetarians & Pregnancy by Prof Minalini Kandiah
1130	1200	Bio Identical Hormones by Dr Eeson Sinthamoney	Sex & Libido by Dr Martha Lee
1200	1230	Q&A	Q&A
1230	1245	Closing Remarks	
1245	1315	Lunch Symposium (Available)	
1315	1415	LUNCH BREAK & END OF CONFERENCE	

WE WELCOME

- Obstetricians & Gynaecologists
- Doctors
- Midwives
- Nurses
- Nutritionists
- Dietitians
- Paramedics & Healthcare Professionals

CONFERENCE VENUE & ACCOMMODATION

HOTEL ISTANA

73, Jalan Raja Chulan, 50200 Kuala Lumpur
Tel: +603 2141 9988
Fax: +603 2144 0111
Website: www.hotelistana.com.my
Email: rsvn@hotelistana.com.my

EXHIBITOR ENQUIRY

For information regarding exhibit and sponsorship opportunities, please contact the Conference Secretariat.

CONFERENCE SECRETARIAT

Bloom Communications

Tel: +603 2242 0902 / +6016 335 0036
Fax: +603 6207 6795
Email: rcnog@ogsm.org.my
Website: www.ogsm.org.my/3rd_nutrition

CONFERENCE MAILING ADDRESS

OBSTETRICAL & GYNAECOLOGICAL SOCIETY OF MALAYSIA

c/o Bloom Communications
P1-2-1, Andalucia, Pantai Hillpark
Jalan Pantai Permai, Bangsar South
59200 Kuala Lumpur

MESSAGE FROM THE ORGANISING CHAIRMAN

On behalf of the Organising Committee, it gives me a great pleasure to invite you to the 3rd Regional Conference: Nutrition in Obstetrics & Gynaecology 2014 which will be held from the 22nd to 24th August 2014 at Hotel Istana, Kuala Lumpur. The theme is Nutrition & Women's Health.

It is clear from the many recent research articles; nutrition plays a key role in the optimum health of a woman. The importance of its influence in the everyday practice of Obstetrics and Gynaecology cannot be denied. After two very successful conferences, this conference will continue to explore the many pertinent issues which are current and essentials to the Obstetricians and Gynaecologists, Nutritionists, Dietitians, Midwives and Staff Nurses.

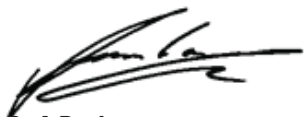
It gives us a brilliant opportunity for all of us in the many different disciplines to come together, discuss issues on nutrition in women's health and formulate policies which are very much needed in this region.

The Scientific Committee under the able leadership of Dr Raman Subramaniam and Dr Premitha Damodaran has vigorously prepared an exciting programme for you.

Be prepared for a thought provoking discussion on the latest about nutrition in the field of Obstetrics and Gynaecology.

Please take this opportunity to attend. I am sure you will find this conference informative, enjoyable and most importantly useful.

Regards,



Dr A Baskaran

Organising Chairman

3rd Regional Conference: Nutrition in Obstetrics & Gynaecology 2014

ORGANISING COMMITTEE

Organising Chairman

- Dr A Baskaran

Scientific Chairman

- Dr Premitha Damodaran

Scientific Committee

- Dr Raman Subramaniam
- Dr Yap Moy Juan (Pre-Conference Workshop)

Treasurer

- Dr Kiren Sidhu

Committee Members

- Dr Goh Huay Yee
- Dr Roseline Yap
- Ms Indra Balaratnam
- Matron Tan Hooi Meei

Section A: PERSONAL DETAILS

Title: Prof/Assoc Prof/Dato'/Datuk/Dr/Mr/Mrs/Ms _____

Full Name _____

Designation: Doctor / Nurses / Allied health professionals (Nutritionist, Dietitian & Paramedics) / Overseas Delegates
Others : _____

Institution _____

Correspondence Address _____

Tel/Mobile _____ Fax _____ Email _____

Section B: PRE-CONFERENCE WORKSHOP**22 August 2014****Pre-Conference Workshop** (Limited to the first 100 participants)Registration Fee : **RM200** per participant

RM _____

Section C: CONFERENCE REGISTRATION

	Before 31st July 2014	1st August 2014 Onwards
Doctors	<input type="checkbox"/> RM 500.00	<input type="checkbox"/> RM 550.00
Nurses, Dietitians, Nutritionists & Paramedics	<input type="checkbox"/> RM 400.00	<input type="checkbox"/> RM 450.00
Overseas Delegates	<input type="checkbox"/> RM 500.00	<input type="checkbox"/> RM 550.00

Section D: PAYMENT

Pre-Conference Registration RM _____

Conference Registration RM _____

TOTAL RM _____

Name of Account Obstetrical & Gynaecological Society of Malaysia
 Account No 5642 7680 2943
 Bank Name Malayan Banking Berhad
 Bank Address Taman Tun Dr Ismail, 60000 Kuala Lumpur, Malaysia
 Swift Code MBBEMYKL

Payment Method:

- Bank-in cash / Cheque
 Telegraphic Transfer (TT) / Online Transfer
 Local Purchase Order (LPO)
 Letter of Guarantee

Section E: Other Requirement

Vegetarian Yes / No

3rd Regional Conference – Nutrition In Obstetrics & Gynaecology 2014

Secretariat for RCNOG 2014 : Bloom Communications

P1-2-1, Andalucia, Jalan Pantai Permai, Bangsar South, 59200 Kuala Lumpur.

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