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& Public Forum)

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Major Dr R Jeyaratnam
Dr Kumar Thiagarajah
(Sports)
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Dr Rosalind Simon
(CME)
Dr Ting Sea Leong
(Tours)
Dr Yap Foo Ngan
(PMPS Newsletter)

Editor's Request

Members who are interested to write articles for the Newsletter kindly email: pmps.secretariat@gmail.com or fax: 05-2426549 or post to: PMPS Secretariat, KPJ Ipoh Specialist Hospital, 26 Jalan Raja DiHilir, 30350 Ipoh.

Letters to the Editor / President / Committee may be published in the Newsletter in full or in abbreviated form at the Editor's discretion. If the writer does not wish her/his name to be published she/he must specifically state so.

From the President's Desk

IT gives me great pleasure to pen this message, firstly to wish everyone 'Selamat Merdeka' and a 'Happy Malaysia Day' to all, and secondly as your President for this ensuing two years, 2017 to 2019.



Finally, I'm your President! As Honorary Auditor for many, many years and subsequently your Editor of PMPS News where I diligently produced 4 newsletters, and then as President-Elect before ascending to be President, I am familiar with the activities of our society. Though nominated before to be President, I have declined earlier as I need to be ready to do my part for the society as otherwise it would be pointless. I feel maybe this time, I am ready?

First and foremost, I'm an anaesthetist. I'm really not 100% in the know, of the problems you have at ground zero ie in your clinics! I can tell you the problems we have in an operation theatre complex and problems working in a busy hospital, but in your clinics outside or even in hospitals ...not sure. I would like to work towards improving that if at all possible and if it's within our means as a society. Problems with FOMEMA, MCOs, MSQH, PDPA, Rang Undang-Undang Farmasi (RUUF) and the PHFSA are forever on going and whether we can all come to a mutually agreeable amicable solution, only time will tell. I have attended several meetings at national level representing our society, but the same problems kept arising and the discussions just carry on & on & on.

Immediately after our 77th Annual General Meeting at Kinta Riverfront Hotel on Sunday 26th March, we sat down and shared out the different portfolios to the members of the committee. With the exception of Dr Rosalind Simon replacing Dr Harbaksh Singh, the members remained unchanged, some a change of portfolios. A big thank you to Dr Harbaksh who has been with the committees the past 10 years & congratulations

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to him on being elected President-Elect of Academy of Family Physicians Malaysia in their recent AGM.

The most important agenda then was our '10th ASEAN & 7th Perak Health Conference on Primary Health Care' which was previously jointly organised with the Postgraduate Medical Education Society, Raja Permaisuri Bainun Hospital. For the first time, this conference was also held together with the Malaysian Association of Public Health Physicians (Perak Branch) representing 'Jabatan Kesihatan Negeri Perak'. This conference, I would like to announce was successfully organised. It started from Friday 21st to Sunday 23rd July, with a pre-congress workshop on Thursday 20th July. Happy to say we had good number of sponsors and a record number of participants, 363. The Scientific Committee had really done a great job coming up with a good conference program covering a variety of interesting topics over the 3 days. Dr Chong Chee Kheong representing the Director-General of Health delivered the Dr CVN Prasad's Oration and Dato Mah Hang Soon representing Yang Amat Berhormat Menteri Besar declared the conference "open" on Friday 21st July. Altogether we had 4 plenaries, 14 symposiums, 2 whole day workshops, 3 lunch symposiums, a free paper session and even a debate, "Government doctors should be allowed private practice" !

The general feedback is that all the sessions were well delivered and very informative. Well covered with widespread of topics from all disciplines.

We were even treated to dinner at the MB's residence on Saturday 22nd.

Just an update on activities: We had a Thaipusam Medical Camp on 9th February together with KKN and HRPB at Kallumalai Sri Subramaniyar Temple; a total of 369 people were screened. We had a good trip to Sitiawan on Sunday 14th May with a total of 31, members with families and friends. And thanks to Dr Kamalanathan's enthusiasm with community work,

we had another medical camp on 21st May at Sri Mahamariamman Temple, Buntong in collaboration with PKMI, LPKM and JKN (apologies, please refer to full report in this bulletin for the acronyms).

In the pipeline: National Doctors' Day to be hosted by us in Perak in October with a public forum in Hospital Fatimah and activities in Ipoh Parade on Sunday 8th October; a game of golf & dinner on Saturday 14th, together with our Installation Dinner. Actual Doctors' Day is celebrated in Malaysia on 10th Oct.

PMPS Annual games will be on Sunday 1st October. Kindly mark your calendar.

Of concern is the recent announcement by our Health Minister YB Datuk Seri S Subramaniam of the requirement of CPD points in the renewal of our APC from 2019. This ruling will come into effect 1st January 2019. Applying for your APC for 2018 (apply now) & for 2019 (apply before 1/12/2018) will still be alright.

You will need to accumulate the 20 CPD points when you apply for APC for 2020. When one needs to start collecting the points has yet to be ascertained by MMC.

We need new members. Year in, year out I see the same 'old' members. But how do we get to them is the problem?? Do they even know there's a society like us, we need to reach out to them.

I have only two years as President and as I have said, I would like to do whatever I can for you members. My handphone is 017-5784530. It's always on, call me anytime either to give me ideas and suggestions on what else our society can do or contribute or any complaints. Me and my committee are here to serve you and in return, we hope you'll participate more in the activities and events that we organise.

Dr Yee Meng Kheong



New members

PMPS warmly welcome the following new members who have joined us so far this year:

Dr Naliny Devi Karuppanan
Dr Lee Carolyn



Theme for World Family Doctor Day 2017

DEPRESSION



May 19 was World Family Doctor Day. The theme for World Family Doctor Day 2017 is depression. The President of WONCA (World Organization of National Colleges, Academies and Academic Associations of General Practitioners/Family Physicians, or in short 'World Organization of Family Doctors') highlighted the role family doctors could play on this increasingly common presenting condition among our patients.

Dr Ng Chong Guan of Department of Psychological Medicine University Malaya stated in his article 'A Review of Depression Research in Malaysia' (Medical Journal Malaysia 2014 Aug) "The prevalence

of depression in Malaysia was estimated to be between 8 and 12%." However he added "There are discrepancies in the reported rates of depression in Malaysia and this needs to be addressed."

More recently The Star on 02/4/17 headlined "Depression: 40% of Malaysians will suffer from mental health issues in their lifetime". It reported that there was underreporting of the condition because "Asians do not talk about their problems."

Hence it is pertinent to publish the enlightening message of Dr Amanda Howe the President of WONCA as below.

WONCA President's message for World Family Doctor Day, May, 2017

May 19th is our special day of the year, where we remind ourselves and the rest of the world that our work deserves recognition and celebration.

Many of our member organisations planned ahead, and their events will be on the WONCA website for us all to enjoy and share. I hope you will all be proud of the great work you do for patients, and feel part of our big family doctor community, as we mark the occasion together.

Each year we choose a theme to consider – this year was

'depression', which may not seem a very celebratory topic! Three reasons – first, depression, like many other mental health problems, remains a stigmatising condition for many, which may be difficult to talk about and to get help with. Even in the 21st century U.K., I still see patients who neither recognise their symptoms as psychological, nor feel comfortable with my efforts to understand them and the background to their problems. The loss of confidence and negative thinking that is part of a depressive episode leads

people to feel they are failing themselves and others - and this makes seeking help and disclosing harder. Gender and culture also influence people's insight into depression, and can help or hinder our patients – so we all need to make the public aware that depression is an important and common problem, where people deserve help, and that this need is nothing to be ashamed of.

The next reason is that seeking help can be a healing process. Depression is often a consequence of

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life's adversities - a natural reaction to chronic stressors, losses, and personal 'damage', including childhood traumas. Confiding in someone else who is experienced in helping with psychological problems can aid insight into the causes of depression, and enable people to start a new journey. Research evidence has allowed us to be confident that a combination of constructive relationships (including with a family doctor), psychological interventions (such as cognitive behavioural techniques), and medications if indicated can together increase people's long-term resilience and coping strategies, thus making further episodes of depression less likely. So the theme of depression is consistent with hope for the future!

Our third reason to choose this is to mark the issue as important within WONCA. The theme draws attention to the need for us all as family doctors to be effective as communicators and clinicians who can pick up cues, listen with our hearts and minds, ask the right questions, and explain our diagnoses in a way that patients and their families can understand and work with. We are blessed with an active WONCA Working Party on Mental Health (WWPMH), currently chaired by Prof Chris Dowrick, who has done important research into depression. Chris is leading some really great work on resources for our members to help us improve our knowledge and skills for mental health work: you can see these on the WWPMH link on the WONCA website.

We also need to remember that we ourselves can be at risk of depression – quite a high risk, in fact, because of the nature of our work as family doctors, which can lead to psychological exhaustion and stress-related symptoms. So this was another reason to send this message on World Family Doctor Day – take care of yourselves as well as others: ask for help from colleagues, family and friends if needed: do not blame yourself for things that cannot easily be changed; and speak to your own family doctor if the going gets really tough. We can all use a helping hand from time to time – WONCA and its networks are there for you, we thank you so much for the work you do, and wish you well for the next year. Well done!

Amanda Howe, President

source: <http://www.globalfamilydoctor.com/News/PresidentsmessageforWorldFamilyDoctorDay.aspx>

You may also like to read 'Depression – an evidence-based first consultation' available on <http://www.globalfamilydoctor.com/site/DefaultSite/filesystem/documents/Groups/Mental%20Health/depression%20evidence%20based%20cons%20layout.pdf>



REMINDER

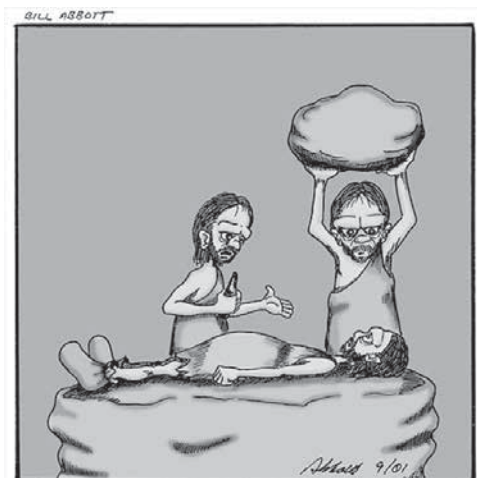
The usual reminder to support your society:

- pay your subscriptions
- check that your latest details are recorded

Please inform your secretariat.

Send to:

Perak Medical Practitioners' Society
c/o KPJ Ipoh Specialist Hospital
26 Jalan Raja Dihilir, 30305 Ipoh



"...and this is Ralph, your anesthesiologist."

ACTIVITIES

Community Service

PMPS took part in THREE medical camps so far:

1. Thaipusam Health Campaign, 9/2/2017, Kallumalai Arulmigu Subramaniyar Temple, Jalan Musa Aziz
2. Persatuan Khidmat Masyarakat India Perak Health Campaign on 21 May 2017.
3. Medical and Blood Donation Camp, 13/8/17, Dewan Serbaguna in Air Kuning. (Please await more details in the next Newsletter.)

Date: 21 May 2017, Sunday
Place: Wedding Hall,
Sri Mahamariamman Temple,
Jalan Sungai Pari, Buntong.
Time: 8:00 am to 1:00 pm

Organised by:

1. Persatuan Khidmat Masyarakat India Perak
2. Lembaga Promosi Kesihatan Malaysia
3. JKN
4. PMPS

Doctors in attendance from PMPS:

Dr. Yap Foo Ngan
Dr. Yek Sing Chee
Dr. S. Subramaniam Eye Specialist
Dr. Kamalanathan Raju
Dr. Kasi from GH Ipoh

A total of 170 patients were screened for Height, Weight, BMI, BP, Blood Sugar, Total Cholesterol, Eye checkup, Blood Donation, Organ Donation, Pap Smear were offered. A total of 20 pints of blood were collected.



77th PMPs Annual General Meeting

This was held on 26/3/2017 in Kinta Riverfront Hotel. The programme included a short talk by Dr Teoh Soong Kee on the Nobel prize nominee Dr Wu Lien Teh. This was followed by 'Dr Wu Lien Teh Lecture' on the topic 'Biosimilar Glargine: Changing the Diabetes Landscape' given by endocrinologist Dr Radhakrishnan Sothiratnam and hi-tea sponsored by CCM Berhad.

Since it was an election year a new PMPs Committee was elected (as detailed in the first page of this Newsletter). Dr Yek ended his successful 2015-2017 presidentship and officially handed over the task for 2017-2019 to Dr Yee.

Federation of Private Medical Practitioners' Associations Malaysia (FPMAM) AGM

This was held on 23/4/2017 in Pullman Hotel Bangsar, KL. Dr Yee Meng Kheong, Dr Kamalanathan AG Raju, Dr Yek Sing Chee and Dr Lai Thian Seong attended this meeting.

Tour

Sitiawan Trip 14/5/2017 (Report by tour organiser and leader Dr Ting Sea Leong)

There were 31 participants. Many were first timer.

For breakfast many tried the "loo mien and long yen together with ground nuts soup". A special biscuit (lay pian) was given out for everyone to sample. This is usually given out with wedding invitation card to relatives on daughter's wedding. This custom is dying out now.

At the bean paste biscuit (tau sah pian) shop, many bought the delicacy. Everyone had a piece of hot kong pian to try at the next stop. Those who had ordered got their kong pian. When cold the pian had to be toasted again before eating. This invention solved the hunger pains of the soldiers at war by hanging kong pians with a string around the neck to chew whenever hungry.

Forty years before Francis Light discovered Penang a group (50 people) of Chinese led by Zhang Li (Tua Pek Kong) were bound for Sumatra. A storm damaged their ship and stranded in Penang. He had some education and taught them agriculture and building of houses and. Khoo Yeow was a black smith. Ma Hock Choon knew how to burn charcoal.

The two made tools from metal salvaged from the ship to barter with natives (population only fifty). Zhang Li had knowledge of herbs that he collected from the jungle to heal the sick. Upon his death a temple was built to ask for protection. This temple (over 100 years old) was built facing the Straits of Malacca. Tua Pek Kong (48 feet, sitting) was at the center with ten other figures facing the sea. From his right to left were: Jiu Tian Xuan Nu, Lung Nu, Guan Ying, Jin Tong, Wu Guan, Wen Guan, Qian Li Yan, Ma Zu, Shun Fen Er and Hu Ye. Behind were 24 paragons of filial piety as compiled by Yuan Dynasty scholar Guo Jujing. To these Confucius adherents the welfare of the parents was the most important virtue. It is important to instill some ancient knowledge to the young.

Walking through the gut of the dragon gave an idea of punishment in hell. Nearby was the laughing Buddha and the Tang Dynasty monk (Xuan Zang) who went to India in the story 'Journey to The West' to bring back holy buddhist scriptures. Behind the temple were the 12 animals of the Chinese zodiac and eight immortals. There were

many more to see. All the scenes and statues were taken from ancient tales.

By noon we had sea food in Kg. Cina. Then we arrived at Telok Senangin for a quick view of the popular beach. The road to the turtle sanctuary was narrow. At the Pasir Panjang Beach was an observation tower to look out for new moon before puasa. Turtles were segregated according to size. They were cute. Eggs were hatched in a fenced area.

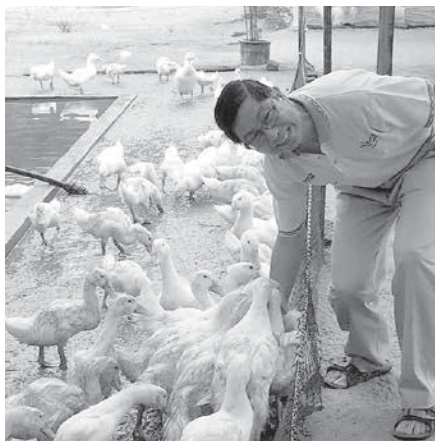
There was a drizzle just before arrival at Trong Leisure Farm. Facing the the car park was the restaurant, souvenir shop and ticket sales booth for visiting the farm. Behind this was a fish pond with chalets around it. A tractor converted to transport visitors took us to see the farms. The ducks and ducklings fed from our hands. A tv continuously screened the activities of the farm with many posters on ducks hanging in the shelter. The trip ended with dinner at the restaurant.

Perak has many places with tourism potential not yet exploited.

At the duck farm, Trong



At the biscuit shop



ANNOUNCEMENTS

10th ASEAN & 7th PERAK HEALTH CONFERENCE ON PRIMARY HEALTH CARE

21-23 July 2017
Kinta Riverfront Hotel, Ipoh

With Pre-Conference Workshops on 20 July 2017



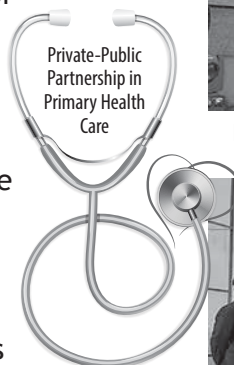
Dr Yee giving his speech at the opening ceremony

For the first time the Malaysian Association of Public Health Physicians (Perak Branch) joined up with Perak Medical Practitioners Society and Postgraduate Medical Education Society of Hospital Raja Permaisuri Bainun Conference to organise this Conference. The name of the Conference was amended to reflect this.

There were 363 participants. Among them were 187 doctors (of whom 58 were PMPs members and 8 were house officers), 36 medical students and 140 paramedics.

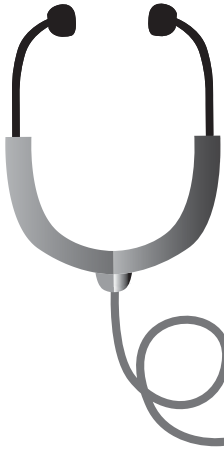
Note the registration fee for doctors was RM400. However for PMPs member it was RM300. In view of the new regulation for compulsory CPD points in the near future, please encourage non-members to join.

(Please await for more details and photographs in the next Newsletter.)



Organising Committee group photograph with YB MB and his wife at the dinner in MB's residence

PMPS will celebrate with the following activities:



08 Oct 2017:

- Blood donation in Ipoh Parade, and games for 50 underprivileged children
- Public Forum in Hospital Fatimah by Dr Shan N Narayanan

14 Oct 2017:

Golf Tournament
PMPS 2017-2019 Installation Dinner in Syeun Hotel

Doctors' Day

10 October 2017

Installation Dinner • 14 October 2017 • Syeun Hotel Ipoh

Gui Zhou (China) Tour

The proposed dates are 29/10-5/11/17 (8D7N). The scenic areas covered include XingYi's HuangGuoShu Waterfall; GuiYang's WangFengLin, Ma Linghe Canyon, Chi Shui Waterfall and the Chinese Jurassic Park Chi Shui Sha Luo; the ancient cities of Junyi and Zhenyuan; and Xijiang's Miao Village.

Dr Ting Sea Leong is organising it and further details will be finalised.

Congratulations to

DR HARBAKSH SINGH

for being elected as the President-Elect of Academy of Family Physicians Malaysia on 29th April 2017.

PMPS Golf Tournament 2017

This year's PMPS Golf was successfully held on Sunday, 30th July 2017, at Royal Perak Golf Club (RPGC), Ipoh.

Only fully paid-up subscriptions PMPS members and their families were allowed to participate.

The convener for this tournament was Dr Chow Siang Yong.

The Tournament was followed by a CPD session (by Cardiologist Dr Foong Yi Kwan on "The 2 P's in Pain & CV Risks Prevention") and a sumptuous sponsored dinner in Goose Incense Pavillion Restaurant (Ipoh).