



# PMPs News

FOR MEMBERS ONLY

APRIL 2025

ISSUE 39

## President

Dr Nanthakumar Gunaratnam (CPD)

## President Elect

Dr Yee Meng Kheong

## Immediate Past President

Dr Loke Yee Heng (Tours)

## Hon. Secretary

Dr Amarjeet Kaur (Social)

## Hon. Treasurer

Dr Ding Soo King (Social)

## Committee Members

Dr Lai Thian Seong (Sports)

Dr Sumithra Sivasuntharam (CPD)

Dato Dr Sushil Kumar Ratti  
(Membership Drive)

Dr Yap Foo Ngan (PMPs Newsletter)

Dr Karthik MK (Sports, Community  
Service & Current Affairs)

Dr Manmeet Rai Singh (Community  
Service & Current Affairs)

Dr Wanitha N Gopalasamy (CPD)

## Editor's Request

Members who are interested to write articles for the Newsletter kindly email: [pmps.secretariat@gmail.com](mailto:pmps.secretariat@gmail.com)

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. Articles / letters must be in MS Word format. Please limit word count to less than 1,000.

## From the President's Desk

**DR NANTHAKUMAR GUNARATNAM**

It is hard to believe that only a month has passed since our 85th AGM, and now it's my turn to share a few thoughts. As we all know, the challenges posed by the COVID-19 pandemic forced us to adjust to a new rhythm of work. Today, we find ourselves confronted with fresh and significant hurdles, particularly within the backbone of medical practice – the Private Healthcare Sector. Unfortunately, these challenges seem unrelenting and show no signs of abating.

Before diving deeper into these pressing matters, I would like to take a moment to introduce my new committee members. We are fortunate to have a wonderful blend of experienced professionals and promising newcomers, including family medicine practitioners and specialists. Together, we have already hit the ground running, and we have several exciting and innovative programs in the pipeline. Our collective vision is to breathe new energy and vitality into our society, transforming it into a space where members feel not only engaged but truly valued. Additionally, we aim to attract new members because the strength of any society depends on the active participation and engagement of its members.

As many of you may already be aware, in recent years, our GP members have faced a range of challenges, many stemming from the growing influence of Third-Party Administrators (TPAs). These TPAs have steadily encroached upon our professional autonomy, imposing heavy-handed practices due to their size and influence. They have been dictating what we can charge, delaying payments for treatments, refusing to fairly adjust consultation fees for doctors, and increasing the managerial fees taken as a percentage for each patient.

In response to these growing concerns, FPMPAM and MMA have been working tirelessly to advocate for our members. However, we are now confronted with an even more pressing issue: TPAs are insisting that panel

Continue next page.

GPs provide prescriptions that require patients to obtain their medications exclusively from designated pharmacies. This practice has already placed a significant strain on solo practitioners, threatening their long-term sustainability and, ultimately, undermining the professionalism of our doctors. To exacerbate matters, TPAs are now pushing for the separation of medication dispensation.

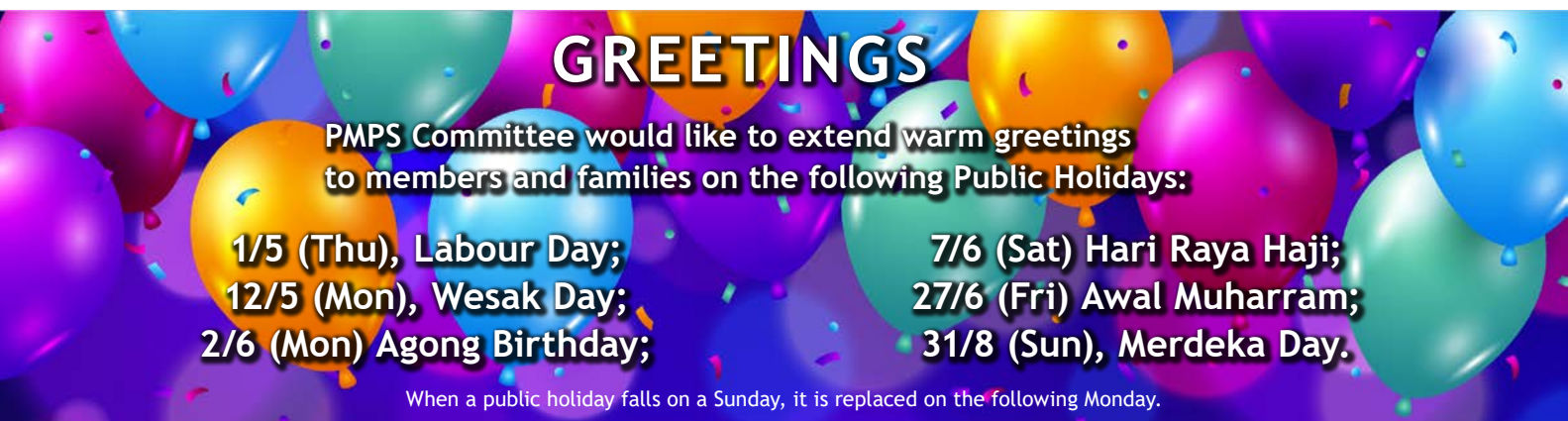
These ongoing issues have only made the situation in the private healthcare sector more challenging. To directly address these concerns, on 9/12/24, the MMA Private Practitioners Section, in collaboration with the FPMPAM Federation, organised a “Black Monday” campaign. This initiative aimed to raise awareness about the difficulties faced by GPs, utilizing social media to bring attention to the Ministry of Health. We also highlighted the urgent need for a more updated and refined fee schedule, with a particular focus on the regulation of TPAs. In solidarity, MMA and FPMPAM urged doctors to boycott TPAs, demand cash payments for services rendered, and unite in our cause.

Now, our GP members are confronted with yet another challenge: the Ministry of Health’s newly introduced price display policy. Over the past few years, the GPs have faced several challenges, and just when we thought things could not get worse, we find that they are attempting to lower the bar in terms of professional competency.

On 20/2/25, the Ministry of Health held an open forum, attended by approximately 179 doctors from private clinics. During this forum, the Pharmacy Department and Ministry of Domestic Trade and Cost of Living (Kementerian Perdagangan Dalam Negeri dan Kos Sara Hidup – KPDN) gave presentations on the price display policy. As the meeting progressed, GPs voiced their concerns and frustrations, even displaying slogans and placards to express their discontent. Representatives from various medical associations boldly spoke on behalf of general practitioners, ensuring our voices were heard. While the battle is far from over, I remain confident that, through cooperation and mutual support, we will continue to move forward and make a positive impact.

I strongly encourage all members to reach out to me or any of my committee members with your ideas, feedback, and suggestions, which I will bring forward to the Federation. Your input is invaluable as we strive to better serve you and ensure the continued success of our fraternity and society.

Finally, I would like to extend my warmest wishes to all my Muslim friends for a joyous Eid Mubarak, to my Hindu and Punjabi colleagues for a Happy Tamil Puthandu and Happy Vaisakhi. May this year bring health, success, and prosperity to each and every one of you. Together, we will continue to navigate these challenges and emerge stronger than ever.



**GREETINGS**

PMPS Committee would like to extend warm greetings to members and families on the following Public Holidays:

<b>1/5 (Thu), Labour Day;</b>	<b>7/6 (Sat) Hari Raya Haji;</b>
<b>12/5 (Mon), Wesak Day;</b>	<b>27/6 (Fri) Awal Muharram;</b>
<b>2/6 (Mon) Agong Birthday;</b>	<b>31/8 (Sun), Merdeka Day.</b>

When a public holiday falls on a Sunday, it is replaced on the following Monday.



# 85<sup>TH</sup> PMPS AGM AND 10<sup>TH</sup> DR WU LIEN TEH ANNUAL LECTURE

23 Mar 2025, Sunday



The AGM was held on 23/3/25 (Sunday) at 6:00 pm in MU Hotel. This was preceded by the 10th Dr Wu Lien Teh Annual Lecture (CPD for the occasion) starting at 3:00 pm. The events were chaired by PMPs 2023-2025 President Dr Loke. Dr Yap introduced the Annual WLT Lecture. Two talks, “From Scale to Success: Pharmacotherapy in Weight Management” and “Cardiovascular Risk in Diabetes: How Oral GLP-1RA is Changing the Landscape” were delivered by Dr Tivya Soundarajan, Consultant Endocrinologist of Pantai Hospital Ipoh.



The new PMPs Committee (2025-2027) was elected during the AGM. Dr Nantha took over from Dr Loke as the new President.



## **PMPS COMMITTEE**

The Committee had four meetings, on 5/1, 2/3, 23/3 just after AGM and 6/4/25 (Sundays).

## **14<sup>TH</sup> ASEAN & 11<sup>TH</sup> PERAK HEALTH CONGRESS ON PRIMARY HEALTH CARE**

The biennial Congress jointly organised by PMPs, Perak Association of Public Health Physicians and Family Medicine Specialists’ Association Perak will be held in 2026. Organising chairman Dr Yee (PMPs President-Elect) is calling for the first organising committee meeting on 30/4/25 evening.

### **CPD**

Date	CPD	Venue	Time
23/3/25 (Sun)	WLT Annual Lecture	MU Hotel	3:00 pm - 6:00 pm
20/4/25 (Sun)	Legal & Insurance Talk	Palm Tree Atrium Villa	3:00 pm - 5:30 pm
26/4/25 (Sat)	E-Invoice Online Workshop	Zoom	2:00 pm - 6:00 pm
11/5/25 (Sun)	Challenges and Opportunities for Your Practice Today	MU Hotel	10:00 am - 3:00 pm

Please see details in WhatsApp.

# TOUR OF SRI LANKA (13–20/11/2024) – PART II



by Shanti Lingam (Mrs Kumar)

## Day 5 (17/11/24)

We explored Nurwara Eliya referred to as ‘Little England’, with its colonial era bungalows, administrative buildings, golf course, Tudor style hotels, well-tended hedgerows and pretty gardens. We visited a very lovely colonial post office to post postcards to grandchildren, a nostalgic reminder of yesteryear.



We took a slow iconic train ride to view the Nine Arch Bridge or Bridge in the Sky, a wonderful example of colonial era railway construction. The ride in a first-class compartment took us through an assortment of stunning scenes of rolling hills of green, gorgeous waterfalls, valleys of tea plantations, dense jungles, numerous tunnels and picturesque snaps of towns and fields tendered by hardworking farmers.



The Nine Arch Bridge was 300 feet in length and 100 feet above ground. We were surprised to see so many people on the bridge taking in the view and waving to the train as it went barreling past.

We got off at Demodara station and set off in tuk-tuks to view the Ravana Falls, one of Sri Lanka’s wildest waterfalls. This 82 ft of cascading water was nestled within the Ravana Ella Wildlife Sanctuary. It could be viewed from the main road. So we got down, crossed over the road to take some quick pictures.

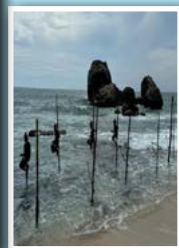


We pressed on to Yala next. We arrived at about 8.30 pm at the Cinnamon Wild Hotel in the midst of a safari park, over uneven and rugged terrain. We had an excellent dinner at the hotel and were later escorted to our wilderness themed chalets. We were advised not to venture out late at night as there were wild elephants, leopards and boars that roamed through the area at night.



### Day 6

We woke up early and wandered down to the lake. We met a Tamil speaking security guard who informed us that there were some 70 large crocodiles in the lake and that wild elephants and leopards did come down to the lake for food and water. He revealed that to protect himself he crouched down quietly in his little cabin whenever the animals came. He too expressed pride that the newly elected were well educated and had that same hope in his voice as Ruwan.



After a fabulous breakfast we headed for Galle, the largest city on the southwestern coast of Sri Lanka. A most iconic and picturesque image associated with Sri Lanka's rich fishing tradition was stilt fishing. The shallow waters around Galle provided ideal conditions for stilt fishing.

We stopped at the town of Koggala to take pictures of the fishermen balancing themselves on the stilts with rods and lines several meters above the water surface, waiting patiently for their catch of small reef fish.

Around lunch time we reached Galle, the largest example of a fortified city built by European occupiers in Asia. We walked on foot into Old Galle Town and Fortifications, a UNESCO World Heritage Site, seeing many lovely colonial-era buildings. We had lunch at a beautiful colonial restaurant called Yara, Galle Fort.

After lunch we walked along high ramparts of the Galle Fort taking in the breathtaking sea views of the Indian Ocean and the historic onshore Galle Lighthouse. The Galle Fort was the largest remaining fortress in Asia, first built in the 16th century by the Portuguese and lavishly rebuilt by the Dutch during the 17th century.

We headed back to Colombo and checked into the Jetwing Colombo Seven Hotel. We had a multi course dinner at the Xilaton Chinese Restaurant.



## Day 7



We had a city tour of Colombo. We first stopped at the Lotus Tower, said to be the tallest building in South Asia. It was used for communication, observation and other leisure facilities.

We next stopped at the 120-year-old Gangaramaya Temple. Its architecture featured a heterogeneous mix of Sri Lankan, Thai, Indian, and Chinese styles. In its main sanctuary seated a massive Buddha statue in meditative pose flanked by statuettes of heavenly beings. There were temple musicians playing on traditional instruments.

In the centre of the temple complex was a massive sacred Bodhi tree. Within the temple premises was a shrine where sacred relics of a lock of the Buddha's hair and bone fragments were encased in ornate glass receptacles.

A distinguishing feature of the temple was that it had a treasure-trove of innumerable number of

Buddha statues from all over the world along with statues of Hindu gods. There were also enormous rooms filled with a bewildering array of unusual items donated like elephant tusks, ivory carvings, porcelain, Chinese statues, stamps, watches, cameras, photographs, coins, taxidermic elephants and crocodiles, brass ware, stereos, shells, swords and other assorted items.



We continued to sightsee the Independence Memorial Hall (a commemoration of independence from British rule in 1948), a replica of the standing Avukana Buddha statue, the Bandaranaike Memorial International Convention Hall (a gift from China), and the Jami Ul-Alfar Mosque popularly known as the Red Mosque.



We headed to the One Galle Face Shopping Mall, the largest in Colombo. Here the group split with some opting to savour the legendary Sri Lankan mud crabs at the famous Ministry of Crab in the Old

Dutch Hospital Complex. Needless to say, it got a resounding thumbs up from the diners, well worth the exorbitant price.

## Day 8 (20/11/24)

We caught our flight home. At the airport we thanked our wonderful guide Ruwan for giving us such honest insights into Sri Lankan culture, history, religion and politics. The Sri Lanka tour organised so excellently by Dr Loke was a great experience all around. Finally, a huge shout out to my fellow travellers for their great company and friendship.

### VISITS TO NEW HOSPITALS

UTAR Hospital Kampar  
Sunway Medical Centre Ipoh

Details will be communicated via WhatsApp.

### FUTURE TOURS

Xinjiang tour, 10 to 23 May 25

Details will be communicated  
via WhatsApp.

## MEMBERSHIP

**Reminder** The usual reminder to support your society:

1. pay your subscriptions
2. check that your latest details are recorded.

### BANK DETAILS

Account name:

THE PERAK MEDICAL PRACTITIONERS' SOCIETY

Bank: Public Bank Berhad

Account number: 3072790829

### Send to:

The Perak Medical Practitioners' Society  
c/o KPJ Ipoh Specialist Hospital  
26 Jalan Raja Dihilir, 30350 Ipoh



### Benefits To Be PMPS Members

The membership of PMPS is open to registered medical practitioners and dental surgeons resident in Perak.

- a) **Continuous Professional Development (CPD)** – PMPS is a registered CPD provider. It regularly holds CPD sessions for its members.
- b) **PMPS News** – Each issue is emailed and WhatsApped to members. It keeps you informed of issues relevant to members. All issues are available at <http://www.pmps.org.my/>.

### To Keep You Continuously Informed and Updated

1. **PMPS Broadcast** – The Secretariat handled by Wendy uses this one-way avenue to inform members of relevant issues and sending soft copies of PMPS News when published.
2. **PMPS Members WhatsApp Group** – Members are urged to be prudent in using this chat group and avoid inadvertently sending unauthenticated information.
3. **PMPS fixed line (05-2426549)** has been terminated. The Secretariat can be contacted at KPJ ISH tel. no. 05-2408777 Ext 273



PMPS welcomes the following new members:

### Ordinary members

- Dato Dr Jaswinder Singh, ophthalmologist, KPJ Ipoh Specialist Hospital
- Dr Beh Boon Ping, paediatrician, Hospital Seri Botani
- Dr Ooi Goon Keat, General Surgeon, Hospital Seri Botani

### Life Members

- Dr Suretheran A/L Kirsnan, Klinik Safiya (Cawangan Kamunting)
- Dr Fong Hiong Wah, Poliklinik Fong, Taiping

# Dr David Yeo Memorial Charity Golf

by Dr Lai Thian Seong

The late Dr David Yeo was our PMPS President in 1983-1984. He was an active and avid golfer whose home club was the RPGC.

A group of doctors and friends participated in a game of golf in loving memory of Dr David Yeo on Sunday afternoon 20/10/24 at the RPGC. Prior consent was obtained from the Yeo family before the memorial golf event was organised.



The organising committee chaired by Dr Lai Thian Seong decided to raise funds for the urban poor of Ipoh in conjunction with this memorial golf event.

The amount of RM5,300 was raised and donated to the Lighthouse Hope Society Ipoh (ministry under the Canning Garden Methodist Church) with their outreach work based in old town area of Ipoh. We express our gratitude and appreciation to all our generous donors and participants for their support.

Date	Game	Venue	Time
25/5 (Sun)	Pickleball	Pickleball Fun Club Ipoh	5:00 pm - 8:00 pm
22/6 (Sun)	Golf	Royal Perak Golf Club	From 12:00 n

Please see details in WhatsApp.



PMPS Committee expresses sincere condolences to the families of:

1. **Dr Doong Hock Yuen** who passed away on 20/12/24. He was a conscientious professional and devoted father.
2. **Dr Lee Nik Hooi** (1943-2025) who passed away on 1/2/25. He was a renowned dental surgeon, keen tennis player and an active PMPS member.

## ANNUAL PRACTISING CERTIFICATE (APC) RENEWAL

- **SUBMIT APPLICATION BEFORE 01 DECEMBER EACH YEAR**

- CPD Points

- Period to obtain CPD points for **APC 2026**: between 01 July 2024 and 30 June 2025.
- New MMC-CPD Grading System w.e.f. 1/7/2023 - <https://mma.org.my/web/wp-content/uploads/comparison-of-the-mmc-cpd-grading-system.pdf>

- Professional Indemnity Cover - compulsory from **APC 2021** onwards.

- Fee

- The APC application fee is RM100.
- Late application is subjected to an additional fee of RM100.

### ENQUIRIES

- o MeRITS – <https://merits.mmc.gov.my/>
- o Unit Perakuan Amalan Tahunan (APC) Majlis Perubatan Malaysia
  - Email: [unitapc@mmc.gov.my](mailto:unitapc@mmc.gov.my)
  - WhatsApp Chat: 016-3261751
  - WhatsApp Call: 019-8022171 / 019-3832171
- o Working Hours
  - MONDAY-FRIDAY; 8:30 AM - 4:30 PM