



PMPS

News

FOR MEMBERS ONLY

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Editor's Request

Members who are interested to write articles for the Newsletter kindly email: pmps.secretariat@gmail.com

or post to:
PMPS Secretariat,
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

Good day everyone.

In this newsletter edition, it is my pleasure to reflect on the **14th ASEAN and 11th Perak Health Congress on Primary Health Care**, held from 10 to 12 July 2026 at the Kinta Riverfront Hotel & Suites, Ipoh.

The three-day congress was jointly organised by the **Perak Medical Practitioners' Society**, the **Perak Association of Public Health Physicians**, and the **Family Medicine Specialists' Association Perak**.

The congress was exceptionally well organised and coordinated under the excellent stewardship of Organising Chairman **Dr Yee Meng Kheong**, together with his dedicated Organising Committee. Approximately 350 participants attended the congress, making it a highly successful and meaningful gathering.

I would like to express my sincere appreciation to the Organising Committee, speakers, sponsors, exhibitors, and all participants for their invaluable contributions in making this Congress a great success.

As we move forward, Malaysia's healthcare system stands at a crossroads. We are witnessing rapid changes driven by evolving healthcare needs, an ageing population, rising healthcare costs, technological advancements, and increasing public expectations.

Healthcare reform is no longer a matter of choice. It is a necessity. Demographic, economic, and structural realities are reshaping our healthcare landscape, making reform both timely and essential.

While economies may recover and policies may change, the impact of healthcare decisions can have long-lasting consequences for both the public and private healthcare sectors. Therefore, careful planning, collaboration, and sustainable policies are critical to ensuring equitable and quality healthcare for all Malaysians.

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Recently, the Government announced plans to introduce a **voluntary medical insurance and takaful scheme** beginning in **2027**. Basic monthly premiums are expected to be affordable, with the objective of helping Malaysians cope with rising private medical insurance costs. This initiative is also seen as part of broader healthcare financing reforms, although discussions on affordability, accessibility, and long-term sustainability continue.

At the same time, healthcare technology will play an increasingly important role in the future of our healthcare system. Advances in digital health, artificial intelligence, telemedicine, electronic

medical records, and health information technology will enhance disease prevention, diagnosis, treatment, monitoring, and patient management, while improving the efficiency of healthcare services.

As healthcare professionals and stakeholders, we must continue to work together, embrace innovation, and support one another in building a healthcare system that is sustainable, accessible, and centred on the needs of our patients.

Finally, I wish everyone a **Happy Merdeka Day** and **Selamat Hari Malaysia**. Thank you.

GREETINGS

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

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

25/8 (Tue), Prophet Muhammad's Birthday;
31/8 (Mon), Merdeka Day;
16/9 (Wed), Malaysia Day;
06/11 (Fri), Sultan of Perak's Birthday;
08-09/11 (Sun-Mon), Deepavali

MEETINGS / EVENTS

PMPS EXECUTIVE COMMITTEE (2025-27) MEETING

The PMPS Committee has been working hard, holding meetings on 23/3, 6/4, 15/6, 3/8, 16/9/25, 4/1/26, 8/3, 14/6 (Sundays) and 12/8 (Wed, ZOOM meeting) to plan activities for members.

HON. SECRETARY REPORT PMPS ACTIVITIES 2026 by Dr Amarjeet Kaur

Date	Event	Venue
15/3/26 (Sun)	86th AGM & Dr Wu Lien Teh Lecture, talk on Legacy and Protection of Dr Wu Lien Teh's Legacy by his family member Mr Tony Chin	MU Hotel
26/3 - 3/4/26	Tour: Chongqing—Yangtze River Cruise—Wuhan	
9-12/7/26	14th ASEAN & 11th Perak Health Congress on Primary Health Care & Pre-Congress Workshop	Kinta Riverfront Hotel
28/6/26	Sport: Annual Golf Tournament	Royal Perak Golf Club
18/8/26 (Tue)	Sport: Bowling Fiesta	
23/8/26 (Sun)	Sports: Annual Games: pickleball, badminton, tennis, table tennis	YMCA
28-29/9/26	Tour: Perlis—Kedah—Jerai Hill Resort	
11/10/26 (Sun)	Doctor's Day	Will inform
14/11/26 (Sat)	Informal Night	Kinta Riverfront Hotel

14TH ASEAN & 11TH PERAK HEALTH CONGRESS ON PRIMARY HEALTH CARE 10 – 12 JULY 2026

COLLABORATION, INNOVATION AND TRANSFORMATION:
PMPS LED A LANDMARK ASEAN PRIMARY HEALTHCARE CONGRESS

by Dr Manmeet Rai Singh, Hon Secretary of ACPHC Organising Committee

The 14th ASEAN & 11th Perak Health Congress on Primary Health Care, held from 10 to 12 July 2026 at the Kinta Riverfront Hotel & Suites, Ipoh, concluded on a high note, reaffirming the vital role of primary healthcare in shaping the future of Malaysia's healthcare system. Organised jointly by Perak Medical Practitioners' Society (PMPS), Family Medicine Specialists' Association Perak, Perak Association of Public Health Physicians, and Perak State Health Department (JKN Perak), the Congress stood as a remarkable example of what can be achieved when the public and private healthcare sectors work towards a common purpose.

Held under the theme **"Health Sector Transformation: Challenges Moving Forward,"** the Congress arrived at a pivotal time as healthcare systems worldwide face evolving demographic trends, technological advancements, rising chronic diseases and increasing public expectations. Throughout the three-day meeting, one message resonated consistently, not only through the scientific programme, but also through the spirit of the event itself: **healthcare transformation can only succeed through collaboration.**

Approximately **350 delegates**, including healthcare professionals from across Malaysia and neighbouring Singapore, attended the congress. Family medicine specialists, general practitioners, public health physicians, researchers, allied health professionals, academicians, policymakers and industry partners came together under one roof to exchange ideas,



discuss emerging challenges and strengthen professional networks. More importantly, the enthusiastic participation remained strong from the opening ceremony through to the final scientific session, a testament to the quality and relevance of the programme.

The congress was officially opened by YB Dato' A. Sivanesan, Perak State EXCO for Human Resources, Health, Indian Community Affairs and National Integration, while the keynote address was delivered by the **Director-General of Health, Datuk Dr Mahathar Abd Wahab**. Both leaders emphasised that strong primary healthcare remains the cornerstone of an effective and sustainable health system. They highlighted the growing need for resilient, people-centred healthcare that integrates prevention, early intervention, continuity of care and stronger collaboration between healthcare providers.



One statement from the Director-General particularly captured the spirit of the congress:

“The future of healthcare is not public or private—it is public with private.”

This philosophy was not merely discussed during the Congress; it was demonstrated throughout its organisation. The seamless collaboration between PMPS, Family Medicine Specialists, JKN Perak and the Perak Association of Public Health Physicians represented a rare and inspiring partnership between government agencies and private medical organisations. Such collaboration reflects a shared commitment to strengthening Malaysia’s primary healthcare system through continuous medical education, knowledge sharing and professional cooperation.

The scientific programme proved to be one of the strongest in the Congress’s history. Over two and a half days, delegates attended **four plenary lectures, thirteen scientific symposia, industry-sponsored lunch and tea symposia, a pre-congress Point-of-Care Ultrasound (POCUS) workshop**, together with free paper and poster presentations covering a wide spectrum of contemporary primary care topics. Sessions explored digital transformation, preventive medicine, artificial intelligence in clinical practice, mental health, emergency medicine, obesity, addiction medicine, women’s health, paediatrics, gastroenterology and many other emerging areas that are reshaping modern primary healthcare.

A defining milestone of this year’s Congress was the **record-breaking academic participation**. More than **70 scientific abstracts** were submitted and accepted for presentation, more than double the number received in previous years. This remarkable increase reflects the growing culture of research,



quality improvement and evidence-based practice within Malaysia’s primary healthcare community.

In keeping with the Congress theme of transformation, the organising committee modernised the traditional poster presentation by introducing **digital poster presentations** displayed across three large LED screens. This innovative approach enhanced delegate engagement, improved accessibility and provided presenters with a more dynamic platform to showcase their work. It also symbolised the Congress’s willingness to embrace innovation while supporting scientific excellence.

The success of the Congress extended beyond its impressive programme. Equally significant was the atmosphere of collegiality and shared purpose that permeated the event. Healthcare professionals from different disciplines, sectors and organisations engaged openly in discussions, exchanged experiences and forged new collaborations that will continue long after the Congress concluded.



Reflecting on the event, Organising Chairman **Dr Yee Meng Kheong** expressed his sincere appreciation to the Organising Committee members whose unwavering dedication over more than a year of planning contributed to the Congress's success. He also thanked the speakers, sponsors, exhibitors and delegates. Their collective efforts ensured that the Congress not only fulfilled its scientific objectives but also strengthened professional relationships across the healthcare ecosystem.

As healthcare continues to evolve, **Perak Medical Practitioners Society** remains steadfast in its commitment to fostering meaningful partnerships between the public and private sectors. PMPS firmly believes that healthcare transformation extends beyond policy reforms, it requires continuous

professional development, multidisciplinary collaboration, research and innovation, all centred on delivering better outcomes for patients and communities.

The overwhelming success of the **14th ASEAN & 11th Perak Health Congress on Primary Health Care** has demonstrated that when healthcare professionals unite with a common vision, transformation becomes more than an aspiration, it becomes reality. Building on this momentum, PMPS looks forward to continuing its mission of organising high-quality scientific meetings, advancing continuous medical education and strengthening collaborations that will shape the future of primary healthcare in Malaysia and the ASEAN region for years to come.

CONTINUING PROFESSIONAL DEVELOPMENT (CPD)

*CPD Coordinators: Dr Nanthakumar Gunaratnam,
Dr Sumithra Sivasuntharam and Dr Wanitha N Gopalasamy*

Please note that with effect from 1/7/2026 a new MMC-CPD Grading System is used.
Please refer to the section on 'ANNUAL PRACTISING CERTIFICATE (APC) RENEWAL'.

Date	Time	Event / Organisers	Venue
23/8/26 (Sun)	8:00 am - 5:00 pm	Master CME & Practical Session PMPS, MMA Perak, Pantai Hospital	AC Hotel by Marriott Ipoh
09/9/26 (Wed)	8:00 am - 5:00 pm	Basic Life Support Workshop MMA Perak & MMA CPR Committee	Quill Ipoh Orthopaedic Hospital

ANNUAL PRACTISING CERTIFICATE (APC) RENEWAL

- **SUBMIT APPLICATION BEFORE 01 DECEMBER EACH YEAR**
- **CPD Points**
 - Period to obtain CPD points for **APC 2028**: between 1/7/26 and 30/06/27.
 - 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.

- **NEW MMC-CPD GRADING SYSTEM**
 - o Effective from 01/07/2026
 - o Ref: https://mma.org.my/web/wp-content/uploads/MMC-CPD-Grading-System_MPM465.pdf

ENQUIRIES

- o **MeRITS** – <https://merits.mmc.gov.my/>
- o **Unit Perakuan Amalan Tahunan (APC)**
Majlis Perubatan Malaysia
 - Email: 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

CHONGQING-YANGTZE RIVER CRUISE-WUHAN

Dr Loke Yee Heng, Tour Coordinator

From 26 March to 3 April 2026, 22 members, comprising family & friends, embarked on this unique holiday. We flew China Southern airlines, transiting in Guangzhou before descending into Chongqing.

Chongqing, a charming city on the banks of Yangtze, is a municipality previously of Sichuan province. With thirty-two million population, it is a vibrant, multi-layered "Mountain City" famous for its futuristic cyberpunk skyline, mind-bending vertical architecture, and is the spicy Hotpot Capital of China. We embarked on our cruise ship by the riverside pier which took us what felt like 1,000 steps down the side of the riverbank of Chaotianmen port where our Victoria Isabella was docked. But before this, we toured Chongqing and saw the following highlights:

Liziba light rail station, which runs through a 19-storey apartment block, is an engineering marvel. The station is on sixth-seventh storey.



Ciqikou (Porcelain Port) ancient town offers a glimpse into the past and is also where one can snack on delightful local titbits. It is a 1,000-year-old district, famous for its stone-paved alleys, and traditional Ming- and Qing-era architecture.



Three Gorges Museum and the **Chongqing People's Auditorium** are cultural landmarks. The former was built to protect, research and exhibit the history and culture of Chongqing and Three Gorges area. The museum is 60 years old and has over 180,000 cultural relics of the Ba (stone and bronze age) civilisation, Han, Song, Ming, and Qing dynasties.



Hongya Cave night view is truly magical when the lights come on, lighting up shops and restaurants scattered on the cliff wall spanning 11 storeys.

Ring Mall is a modern shopping mall featuring an indoor tropical park. Opened in 2021, it is famous for housing the 42-metre tall indoor botanical garden spanning seven storeys and even has a hanging artificial indoor waterfall.



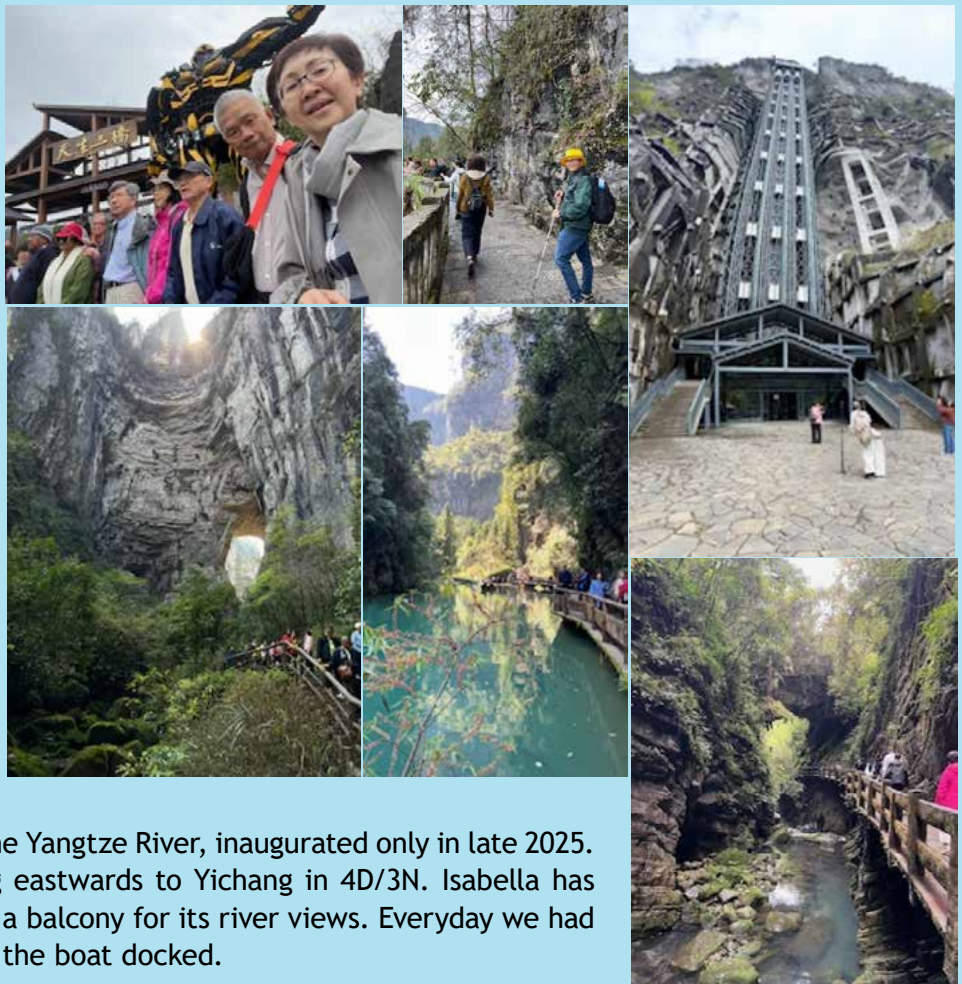
Longshuixia Fissure Gorge: A steep, lush, waterfall-filled canyon trail with crystal-clear streams, offering an immersive, jungle-like trek right next to the Three Natural Bridges. This did most of us in because we did this back to back with the Three Natural Bridges hike. We had to concentrate really hard so as not to fall off the slippery wooden steps on the moss covered cliffs.

Eling (Goose Ridge) Park is a historic urban park perched on a narrow ridge above the Yangtze River and offers stunning panoramic views of the city skyline.



Wulong is a stunning district in Chongqing, famous for its dramatic, UNESCO-listed karst landscapes, deep gorges, and towering natural bridges. It is a popular, cinematic destination located about 139 - 190 km from downtown Chongqing. Transformers 4 and Curse of the Golden Flower were filmed here.

Three Natural Bridges (Tiansheng Sanqiao) is a cluster of three massive, naturally formed limestone bridges that connect giant sinkholes.



Victoria Isabella is a newbie on the Yangtze River, inaugurated only in late 2025. The ship took us from Chongqing eastwards to Yichang in 4D/3N. Isabella has seven decks, and every cabin has a balcony for its river views. Everyday we had excursions along the shore, when the boat docked.



Shuanggui Hill was a tranquil poet's den. Fengdu Ghost City was famous for China's unique ghost culture and traditional religious rituals. War Fire of Three Kingdoms show was spectacular on a grand scale of multimedia, aerial actors, horsemanship, wrap-around stage and laser works.

The cruise passed through Qutang Gorge and Wu Gorge, with deep canyons and towering cliffs. The highlight of the cruise had to be the Three Gorges Dam ship lift: the world's largest and most advanced vertical ship lift, and the Three Gorges Dam hydroelectric project.

We ended our tour in Wuhan, where we visited the iconic Yellow Crane Tower, and East Lake Park.



Ground zero of the COVID-19 virus is now a closed and boarded up square of the old market. We also drove past Tongji Hospital, 4000 beds, 65 departments. In 2020, during the fight against COVID-19 (the first known case was identified in Wuhan), Tongji Hospital expanded its fever clinic by 50 times to receive patients, and provided the largest number of intensive care beds, and admitted the largest number of severe patients among the hospitals.



**FUTURE
TOURS**

28-29/9/26
20-28/02/2027

Perlis—Kedah—Jerai Hill Resort
8D7N Shandong Winter

PMPS Annual Golf Tournament 2026

Convenor: Dr Lai Thian Seong

The annual edition of the PMPS Golf tournament was held on 28 Jun (Sunday) at the Royal Perak Golf Club. Thirty-two golfers registered but two doctors withdrew for personal reasons. We were glad to welcome four young golfers in our family members category, the youngest is eleven years.

The tee off times were brought forward due to concerns of potential inclement weather but we managed to complete the session in good time and favourable course conditions.

All the winners will receive their trophies and prizes at our informal night in September 2026.

The dinner talk was held at Mun Choong Seafood Restaurant. Dr Raj Kumar, consultant orthopaedic surgeon at Kinta Medical Centre, presented an excellent talk, and everyone present enjoyed the fellowship. Six super-senior golfers aged over 80 were presented with golf umbrellas for being an inspiration. They unanimously declared that remaining physically active through regular golf is one of the secrets of healthy ageing.

The roll of honours is the following:

Gross	1 st	Dr Lee Mun Wai
	2 nd	Dato Dr Aris Chandran
	3 rd	Dr Roger Tan
Nett	1 st	Dr Chow Siang Yong
	2 nd	Dr Inderjeet Singh
	3 rd	Dr Anoop Kumar

We wish to thank all our generous sponsors especially our PMPS Committee, Snow Marketing and CVS KL.

Both our gross and nett champions have agreed to join the organising committee for the PMPS Annual Golf 2027.



Bowling and Annual Games

Convenor: Dr Karthik MK

Date	Time	Event	Venue
18/8/26 (Tue)	7:00 pm	Bowling Fiesta	Kinta City Ipoh Bowl
23/8/26 (Sun)	3:00 pm - 7:00 pm	Annual Games	YMCA

CONDOLENCES

PMPS Committee expresses sincere condolences to the family of the following members.

Prof Dato Dr Gurdeep Perakash Singh Sidhu
(14.2.1940–8.5.2026)

He was a past active member; former chief physician of Ipoh General Hospital and professor in medicine in Royal College of Medicine Perak, UNIKL Ipoh. He is fondly remembered as a dedicated physician, medical educator and wise mentor to many Malaysian physicians.

Dato' Dr Madhuri Majumder
(08/3/1933–13/5/2026)

Dr Madhuri Majumder's accomplishments were such that PMPS member Dr Ho Tak Ming included her in his "Doctors Extraordinaire" where he narrated about her in both the Preface and the chapter 'Lady Chairman'.

She was also the subject of two biographical coffee table books, "Beauty Is More Than Skin Deep: Dr Madhuri Majumder" by Alexandra Wong and "The Joy of Living: Dato' Dr Madhuri Majumder" by Vishlche Balakrishnan.



Dato Dr T Underwood
departed on 8/5/2026,
aged 94

He is well remembered as a kind-hearted and friendly prominent ENT surgeon in Ipoh.

Dr K Skanthadevan s/o N Kandasamy
(05/12/1957–08/8/2026)

He was known to us as Dr Devan. He moved to Shah Alam in later part of his career and became PMPS' active Perak representative in all the medical activities in KL / Selangor.

She was a PMPS life member. She had a vibrant varicoloured career, dedicated to her profession, pioneering healthcare and humanitarian works with many firsts:

- 1968 - first female dermatologist in Malaysia; in government service for 22 years
- 1969 - co-established one of Malaysia's earliest community-based mental health initiatives through Luther Clinic
- 1982 - first woman chairperson of MMA Perak and first woman to head a state branch of MMA
- 1985 - founder and first president of Ipoh Society for the Prevention of Cruelty to Animals
- 1986 - third and longest serving president of the Perak Society for the Promotion of Mental Health
- 1989 - awarded datoship by the late His Royal Highness Sultan Azlan Shah of Perak
- 1995 to 1996 - first female President of Rotary Club of Greentown of which she was a founding member
- 2013 - established Majumder Scholarship Fund On her 80th birthday to help underprivileged children

She was an appeal Patron of the Salvation Army, founding member of Ipoh Fine Arts Society, President of Perak Orchid Society and President of Malayan Kennel Association.



New Members

PMPS welcomes the following new members.

Life Members

- Dr Krsnaraj A/L Rengaraju, General Practitioner

Ordinary Members

- Dr Sethuraman Karuppan, Family Medicine Specialist

Associate Members

- Dr Kovindraam A/L Ramakrishna, Medical Officer
- Dr Sarah Khoo Yi Xin, Obstetrician and Gynaecologist



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/>.
- c) **Discount** to certain medical indemnity insurance companies.

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.

