



PULSE @ UM



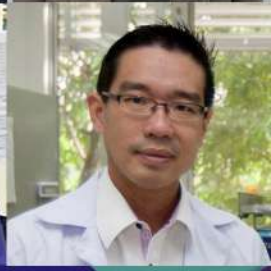
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Welcome to the first edition of Pulse@UM.

This quarterly Faculty newsletter is intended to allow us to COMMUNICATE the myriad of educational and research activities that take place at FOM to members of our faculty and the campus, alumni, our network of collaborators, and the community at large. This inaugural issue attempts to capture the many activities that had taken place in 2017, as well as highlight some of the award winning members of the faculty that have done us proud. As can be seen within these pages, despite last year being a fiscally tough year, through hard work, determination, commitment and creativity, members of the faculty were able to pursue a whole range of research activities within the four major thrusts that have been identified, namely Public Health and Non-communicable Diseases, Infectious Diseases and Immunity, Aging and Regenerative Medicine, and Cancer and Drug Discovery.

The Faculty also recognises the importance technology plays in medicine as a whole and therefore, recently established the University of Malaya eHealth Initiative(UMeHI) to strategise and coordinate the development of eHealth related research at the Faculty. By highlighting the range of research and educational activities that are currently being undertaken, we hope to CONNECT with others pursuing similar or related areas whether they are at the Faculty of Medicine itself, other faculties within UM, or other universities within Malaysia and abroad. We also hope Pulse@UM will illustrate to industries and potential students the breadth and depth of research that is taking place at the Faculty of Medicine, UM.

As the oldest medical school in the country, we are constantly aware of the important role we play to chart the directions and take the lead in medical education and research in Malaysia. We are also aware that our success as the leading medical school and research institution in Malaysia and the region will not be possible without team work, intra and interfaculty COLLABORATION, and a network of collaborators from within Malaysia and globally. To this end, we are very proud of the collaboration that we have forged and strengthened in the last one year, among others, the Clinical Research Centre, Ministry of Health, Malaysia; Academia Sinica, Taiwan; Chiangmai University, Thailand; and the University of Edinburgh, UK, to name a few. We are also very proud of the number of international grants that have been successfully secured by a number of our research groups.

Looking forward to the year ahead, the Research Management Office and my office will continue to support all researchers in the Faculty. We will upgrade and upkeep the research laboratories, expand on building the research capacity of our academic and support staff, and improve on areas such as research integrity and supervision. As these pages show, I have no doubt that 2018 will continue to be a productive and successful year for the Faculty of Medicine@UM.

Best Regards,

Professor Dato' Dr Adeeba Kamarulzaman

My warmest greetings to all!

I take immense pleasure in unveiling before you the 2018 issue of the FOM Research Bulletin which is a publication of the Research Management Centre, Faculty of Medicine, University of Malaya.



This issue unfolds to you some research highlights from our experts, various thrust areas and research centres. Our faculty has identified four research thrust areas (namely Infectious Diseases and Immunity; Public Health and Non-Communicable Diseases; Cancer and Drug Discovery; Aging and Regenerative Medicine) and there are nine research centres within the faculty.

I am extremely grateful to Professor Dr Sarinah Low Wah Yun who mooted this idea and to the editor-in-chief, Associate Prof Dr Claire Choo Wan Yuen and her editorial team for successfully bringing this into fruition. I am elated to acknowledge the invaluable contributions of the various contributors. I also would like to express my profound gratitude for the guidance and continuous support of our Dean, Professor Dato' Dr Adeeba Kamarulzaman.

I hope with the publication of this research bulletin and its subsequent issues, we will be able to provide you snapshots of our research outputs and achievements, not just on publications but more importantly on how our research has improved health care, touched communities and has propelled medical knowledge and practice within the country and beyond. Through sharing of these research experiences, I hope it will motivate others to go on a research journey which is both enriching and challenging. Let us together play a more defining role in our quest to improve health care.

With that, allow me to welcome you into the sphere of FOM Research.

Best regards,

Professor Dr Yvonne Lim Ai Lian

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A Walk Down Memory Lane: Department of Primary Care Medicine

Nik Sherina Hanafi (Department of Primary Care, Faculty of Medicine, University of Malaya)



On 30th September 2017, the Department of Primary Care Medicine celebrated its 30th year of establishment with an anniversary dinner. It was a night to celebrate three decades of caring for patients, training future doctors and specialists in primary care as well as achieving research milestones. It was a celebration of care, friendship and progress.

Going back in history, the Department of Primary Care Medicine was established in February 1987, driven by the need for a general clinic to cater to the growing patient population in the hospital. This historic progress was made under the deanship of Professor Dato' Dr Anuar Zaini Md Zain, with enormous support from the University Hospital management. Yang Amat Berbahagia Toh Puan Dato' Seri Hajjah Dr Aishah Ong was the Chairman then, while Dato' Dr Gurmukh Singh and Brigadier General Datuk Dr Samsudin Hussain were the Hospital Directors prior and during the Department's establishment. Initially, the department was known as the Department of Primary Medical Care but this was later changed to its present name to better reflect the discipline.

At its inception, there were only three academic staff members, namely Dr Tan Heng Soon, who was the first Head of Department, Dr Chia Yook Chin and Dr Robin Teoh. The Department provided clinical services to patients and teaching sessions to the medical students of the Faculty of Medicine. The office was then located on the 10th floor while the clinical services operated from the Clinic 'C' on the first floor of the main tower block. Two distinct clinics were established, which were the Primary Care Clinic (Rawatan Utama Klinik Am, also fondly known as RUKA) and the Family Practice Clinic (Rawatan Utama Klinik Keluarga or RUKK). RUKA provided short-term diagnostic and curative services for walk-in adult and paediatric patients while the Family Practice Clinic provided long term care. Five years later, a three-story building dedicated to Primary Care was officially opened to accommodate the department's growing activities. It is located

strategically at the entrance of the hospital complex. In 2016, the clinic provided care to over 140,000 patient visits.

Teaching remains a core activity within the department, with a strong emphasis to promote primary care education at both undergraduate and postgraduate levels. In 1987, the department started providing primary care teaching to final year medical students. In 1989, the postgraduate training for Master in Family Medicine was launched. University of Malaya was the first university in the country to offer this programme. The first intake comprised of only two postgraduate students.



In addition to clinical postgraduate education, the department offers postgraduate research programmes. We produced the first Masters in Medical Science graduate and the first doctoral graduate in 2012 and 2013 respectively. The interest and enthusiasm in postgraduate primary care education continues to flourish. Up to November 2017, the department has produced 148 Family Medicine Specialists, four Phd and four MMSc graduates.

Research in the department has strengthened and progressed over the years. The number of academic staff with MD and PhD postgraduate qualifications is increasing. The University of Malaya Primary Care Research Group, created in 2011, pushes towards a stronger research culture in the department and beyond. Research activities focus towards three main thrusts, namely chronic diseases, patient empowerment and men's health. The department conducts regular research workshops and continues to champion teaching and training using the MOOC platform.



Functionally, the department continues to grow in the areas of teaching, research and health care delivery. Drawing on years of professional experience and a strong sense of camaraderie, it continues to strive towards being the centre of excellence for primary care medicine.

UNLOCKING THE POTENTIAL OF mHealth TO IMPROVE GLOBAL HEALTHCARE

Ng Kwan Hoong (Department of Biomedical Imaging, Faculty of Medicine, University of Malaya), Goh Pik-Pin (Clinical Research Centre, Ministry of Health, Malaysia), Lee Keng Yee (Clinical Research Centre, Ministry of Health, Malaysia)

The increasingly widespread use of mobile technologies and the development of innovative mobile applications for health services has spawned a new component of eHealth, called “mHealth”, taking the use of Information and Communication Technologies (ICT) for health, a giant step forward. According to the WHO Global Observatory for eHealth (GOe), mHealth or mobile health is defined as medical and public health practice supported by mobile devices, such as mobile phones, patient monitoring devices, and other wireless device that utilises mHealth applications for collecting community and clinical health data; delivering healthcare information to practitioners, researchers and patients; provide real-time monitoring of patient vital signs; as well as direct provision of patient care.

According to the International Telecommunication Union (ITU), 3.2 billion people are now online, representing 43.4% of the global population, while mobile-cellular subscriptions have reached almost 7.1 billion worldwide, with over 95% of the global population now covered by a mobile-cellular signal.

In many developed countries, mobile network coverage is almost ubiquitous. However, developing countries are not far behind, where the mobile infrastructure provides significantly higher penetration of the population compared to fixed telecommunication networks, enabling better communication services, even in remote areas. In many low and middle income countries, the penetration rate of mobile networks surpasses other infrastructures such as paved roads and electricity while in some developing countries, mobile networks are the only ICT infrastructure and mobile handsets are the only general-purpose computers available.

The increasing development of these networks offers higher data transmission speed alongside cheaper and more powerful handsets, thus, transforming the way health services and information are accessed, delivered, and managed. The low cost of mobile phones means that mobile technology is able to reach further into the remotest corners than any other technology. As the digital divide has been recognised as one of the factors leading to unequal distribution and provision of healthcare, the growth of mobile technologies can potentially reduce this disparity.

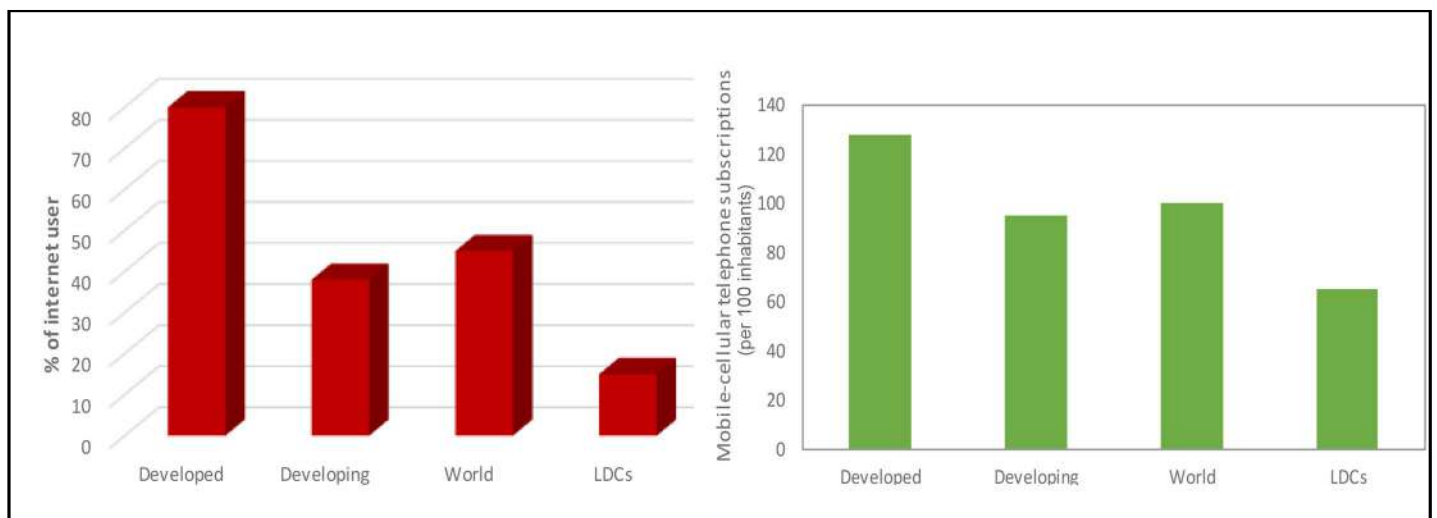


Figure 1. Internet user per population (2016) worldwide. Figure 2. Penetration rates of mobile communication device worldwide (2016).

Source: https://www.itu.int/en/ITU-D/Statistics/.../2016/ITU_Key_2005-2016_ICT_data.xls

Dato' Adeeba appointed as member of WHO Expert Advisory Panel

Dato' Professor Dr Adeeba Kamarulzaman, Department of Medicine was appointed as a member of the World Health Organisation (WHO) Expert Advisory Panel on Health Science and Technology Policy. Her appointment is for a duration of four years from 2017-2021.

CEO Faculty Program

Associate Professor Dr Ivy Chung from the Department of Pharmacology and Dr Tee Kok Keng from the Department of Microbiology have been selected by the Ministry of Higher Education for the CEO Faculty Programme Version 2.0 "Coached by the Pros".

This programme aims to increase the involvement of industry and public sectors in our country's higher education system through the sharing of experiences and expertise.

Associate Professor Dr Ivy Chung will be placed at Novartis Corporation and Dr Tee Kok Keng will be attached to Malaysia Airports Holdings Berhad for a period of 6 months.

Recipient of UK National Institute of Health Research (NIHR) Grant

Professor Khoo Ee Ming (Department of Primary Care Medicine) and team were part of a group of experts to receive £7 million to establish a new Global Health Research Unit on Respiratory Health at the University of Edinburgh, to be known as RESPIRE. This research initiative focuses on reducing the impact of lung diseases worldwide.

The ability of mobile health applications to address the diverse needs of healthcare users presents great promise for the growth of mHealth. However, successful implementation of ICT, particularly mobile usage, into the healthcare system depends on a number of factors ranging from user and physicians' acceptance to capacity development and network coverage. Most importantly, the success of mHealth is dependent on a strategically planned, systematically conducted implementation that is fully coordinated, managing work culture changes associated with technology implementation and supporting end-users.

While mHealth is still in its infancy in developing countries, it has tremendous potential to grow if public and private organisations have the vision to implement the right policies. Developed within a sustainable framework, mHealth can transform health systems, extending the reach of health information and services to remote areas and promoting a shift toward citizen-empowered healthcare system.

For technology to provide solutions, it cannot be the privilege of a few, but should belong in the hands of many. mHealth can help countries to transcend the knowledge, economic, and technological gaps by eliminating physical and geographical boundaries in the delivery of healthcare, and reducing the costs of delivering services. Ultimately, the objective of mHealth is to give every citizen of a country access to quality care, timely and accurate information, and appropriate services that can change their lives.

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FOSTERING COLLABORATIVE AND INTERDISCIPLINARY RESEARCH ON HIV/AIDS

Rumana Saifi and Adeeba Kamarulzaman (Centre of Excellence for Research in AIDS, Faculty of Medicine, University of Malaya)

The Centre of Excellence for Research in AIDS (CERiA) at the Faculty of Medicine (FoM) was established in 2007 and is currently the only HIV and infectious diseases research centre in Malaysia and one of the few in the region. Its aim is to undertake research with global relevance and local responsiveness. Directed by Professor Dato' Dr Adeeba Kamarulzaman with funding support from local and international agencies, CERiA conducts innovative and interdisciplinary research that combines epidemiological, biomedical, and socio-behavioural approaches, focusing on the implementation of HIV prevention and treatment.

In order to support its mission for interdisciplinary work, CERiA brings together a broad range of professionals from 20 different disciplines at the local and international level and has divided the research activities into four categories. Each of these categories addresses various issues related to HIV and associated infections and is undertaken at multiple levels (individual, community/network, and structural/policy).



Ybhg. Professor Dato'
Dr Adeeba Binti Kamarulzaman

Advancing research is at the heart of CERiA's core objectives which include contributing to the existing body of knowledge on HIV science, particularly focusing on prevention and treatment of HIV in resources limited settings.

Apart from that, CERiA is dedicated to enhancing the capacity of research scientists in collaboration with renown HIV research centres around the world through existing links and collaborative projects. Ultimately, the goal is to translate research findings into policies and practice both within and outside Malaysia.

Research activities at a glance

Since its inception, CERiA has completed numerous research projects, ranging from small pilot projects to major, multi-year research studies. Some have generated significant findings that can be

translated into policy while others are still in the developmental stages.

Amongst some of the significant contributions that research at CERiA has made include a study of the molecular epidemiology of circulating HIV genotypes in Malaysia and the region. This data contributes to a better understanding of the global HIV epidemiology that is crucial in the development of HIV vaccines.

A

Basic science, clinical, and translational research focuses on treatment related issues that are relevant in resource limited settings. Research in these areas are possible due to the large clinical patient service at UMMC.

B

Social and behavioural research aims at identifying the determinants of HIV-related risk in different vulnerable populations. Several of these projects combine social/behavioural with biomedical/laboratory research using innovative and scientific approaches.

C

Intervention research focuses either on evaluating existing prevention interventions, or on developing and subsequently evaluating new interventions.

D

Policy research and modelling-based research examines the cost-effectiveness of interventions and their impact on the HIV/AIDS epidemic, as well as translating research into policy and public health decision-making practices.

Other studies include research on HIV and ageing which has yielded important data that contributes to knowledge on the subject of ageing in people with HIV as well as other diseases. Large bodies of work have documented the challenges and potential interventions to prevent and treat HIV within the at-risk community in order to control the HIV epidemic in Malaysia and the surrounding regions. Research is also being conducted in Kajang and Pengkala chepa prisons as well as at drug rehabilitation centres on controlling HIV in incarcerated settings in the country.

CERiA has also contributed to a large HIV observational database of HIV patients through a regional HIV research network known as TAHOD which has enabled many clinical and epidemiological studies of relevance to the region.

CERiA is very proud to have contributed to the collective knowledge on how to prevent and treat HIV infection in Malaysia and the region, especially among the most at-risk and vulnerable populations. The centre and its team continually strive to do more and expect that the knowledge gleaned so far will contribute significantly to reducing the HIV epidemic in Malaysia and the region. In recognition of its contribution, CERiA was awarded the Best Research Centre in UM for 2016.



THE PEACE INITIATIVE: ADDRESSING ELDER ABUSE AND NEGLECT USING AN INTERDISCIPLINARY APPROACH

Raudah Mohd Yunus, Noran Naqiah Hairi, Choo Wan Yuen (Department of Social and Preventive Medicine, Faculty of Medicine, University of Malaya)



Malaysia is undergoing a rapid demographic transition. By 2030, older adults will comprise approximately 15% of Malaysia's population. On-going urbanization and changes in social structures such as nuclearization of family and rural-urban youth migration, have predisposed older adults to higher risks of social isolation, abuse and neglect. The aetiology of elder abuse and neglect (EAN) as framed by the ecological model points to a combination of factors that occur at multiple levels. These include individual, microsystem (e.g. family), exosystem (e.g. social environment, extended relatives) and macrosystem (e.g. culture, public policy, law). Given this complexity, prevention and intervention measures need to address each level or system accordingly. This is possible only through an interdisciplinary approach.

The Prevent Elder Abuse and neglect initiative (PEACE) began in early 2014, in line with the vision of the National Health Policy for Older Persons (2008) and National Policy for

Older Persons (2011). PEACE is a five-package programme which aims at: 1) advancing EAN research and services through a coordinated, multi-step approach, and; 2) safeguarding the physical and mental well-being of vulnerable elders. Its long-term, ultimate goal is to prevent and reduce the burden of EAN in Malaysia. Taking into account the ecological model, PEACE forms an interdisciplinary collaboration in order to tackle risk factors of EAN at different levels. The partnership involves: 1) public health practitioners (researchers, epidemiologists and biostatisticians); 2) healthcare providers (primary care physicians, geriatricians and nurses); 3) legal experts and lawyers; 4) state health departments; 5) Department of Social Welfare; 6) community-based organizations; 7) policy-makers and; 8) media outlets and journalists. Negeri Sembilan was chosen for the pilot phase, and programmes are being gradually expanded to other states.



Community engagement is one of the main strategies employed by the PEACE project. This includes training programmes for formal and informal caregivers, programmes conducted among older adults to increase mental resilience and physical well-being, and engagement with civil society through awareness campaigns, public forums and the mass media. In the academic sphere, PEACE has an established network of post graduate students, researchers and supporting staff who actively conduct studies, design modules and guidelines for EAN management, publish in scientific journals and disseminate local findings through various channels. Addressing the legal aspect of EAN is a current focus in which PEACE public health practitioners are working closely with legislators, the Department of Social Welfare and the Ministry of Women, Family and Community Development to push for the formulation of a specific Act, which is not available to date – to protect Malaysian elders from all types of abuse and exploitation.

Interdisciplinarity brings various disciplines into a coordinated and coherent whole. Leveraging this quality, the PEACE initiative has managed to reach a wider audience while capitalising on each area of specialty involved. As several teams sit together and think about a similar problem (EAN), each group asks different questions, focus on different sets of details, make different assumptions and take distinct approaches. As a result, new ideas and methods of problem-solving are generated. However, an interdisciplinary arrangement is not without challenges. The overall experience of the PEACE initiative with such collaboration has been positive and highly rewarding. As the saying goes, two heads are better than one.



PUSHING UM INTO THE FOREFRONT OF HEALTH RESEARCH ON AGEING IN ASIA

Tan Maw Pin (Department of Medicine, Faculty of Medicine, University of Malaya)

Like many developing countries worldwide and many Far-Eastern Asian nations which have progressed rapidly, Malaysia is experiencing accelerated ageing. This means that while the world population aged 60 years and over is set to increase from 600 million to 1.4 billion from 2000 to 2030, a 133% increase, the Malaysian population aged 60 years and over will increase from 1.4 million to nearly 5 million from 2000 to 2030, a 250% increase. Ageing is associated with an increasing number of medical conditions and increased disability, which will therefore, drastically increase the demands on healthcare services. The World Health Organization has consistently been sending out a clear message that developing nations are not doing enough to address population ageing.

The Ageing and Age-Associated Disorders Research Group was established in 2012 by a group of UM academics interested in the field of health research in ageing from the healthcare disciplines of cardiology, emergency medicine, geriatrics, nursing studies, molecular medicine, ophthalmology, palliative medicine, primary care medicine, rehabilitation medicine, and rheumatology. While many view population

ageing as a challenge, we embrace it as an opportunity. Collaboration, raw enthusiasm, and sheer hard work saw the establishment of the Malaysian Falls Assessment and Intervention Trial (MyFAIT), the Malaysian Elders Longitudinal Research (MELoR) and Frailty in Geriatric Inpatients (FIG), as our first three large studies. Since then, we have developed a portfolio of research into the fields of oral health, HIV, viral infections, nutrition and artificial feeding, dementia, frailty, falls, psychology of ageing, syncope, stroke in ageing, social participation, arthritis, urinary incontinence, and sexual dysfunction.

Our motto, “We work with everybody”, uses a multi-disciplinary approach and inclusiveness. As a result, we now work with nearly all departments in the Faculty of Medicine with additional joint projects with Biomedical Imaging, Department of Medicine, Centre of Excellence for Research in Aids (CeRIA), National Orthopaedics Centre of Excellence for Research and Learning (NOCERAL), Pharmacy, and Surgery.

In addition, we also take pride in establishing collaborations with all other Faculties in UM, including the Sports Centre. Our collaborations with national institutions are sealed through



Seniors' Health Screening at Damansara Utama

a Long Term Research Grant for the TUA study of neuroprotective factors for healthy longevity which involves gerontological researchers from UKM, UPM, and UiTM. We have also established numerous international partnerships which include: University of Sydney (Australia), University of Curtin (Australia), National Ageing Research Institute (Australia), National Neurological Institute (Singapore), Newcastle University (United Kingdom), University of Aberdeen (United Kingdom), Thammasat University (Thailand), and DUKE-NUS (Singapore). We have also been successful in obtaining international grants which includes a Newton-Ungku Omar Institutional Links fund (jointly with University of Liverpool) and UK National Institute of Health Research Global Health Research Group on Dementia.

Prevention and Enhanced Care (DePEC) is led by Newcastle University in collaboration with India, Tanzania and Malaysian partners.

Indeed, our work has been presented on national and international platforms, and our postgraduate and undergraduates regularly win prizes at these events as our focus is not only on scientific publications. Our group has also worked closely with the Centre for Innovation and Medical Engineering (CIME) in UM to develop devices for older adults for home-monitoring in erectile dysfunction, falls, heart failure, and other therapeutic areas. Many of these inventions clinched prizes at national level competitions such as, AR&TT, PECIPTA and i-ENVEX.

The group has also developed a strong track record in human capital development. We have seen a steady stream of Masters of Medicine candidates in Psychiatry, Primary Care, Biomedical Imaging, and Geriatric Medicine, as well as Masters of Nursing students successfully complete their programmes. Our first three PhD students: Dr Anam Zia, Dr Sumaiyah Mat, and Dr Hasif Jaafar graduated this year. We have also offered numerous UM, national, and international level workshops on research methods specific to ageing research as well as ancillary research skills such as team working, presentation skills, writing skills, and etc.



Toh Puan Aishah Ong (centre) accompanied by Professor Philip Poi and Dr Khor Hui Min at the Memory Walk at Atria Damansara this year

Our greatest pride and joy is our achievement in working with stakeholders and older communities. We owe the success of our research studies to the close relationships we have established with numerous formal and informal seniors' groups in the community. We continue to rely on them for recruitment into our studies and dissemination of health messages and research findings through a synergistic relationship where we provide health awareness talks and health screening events to attract new members to the groups. We are now taking this relationship a step further by working towards social interventions for health through participatory action research, via the UM Wellness Cluster Grand Challenge programme, Promoting Independence in our Seniors with Arthritis (PISA).

It has been 'happening' over the past five years! As we have always done, we ride on the wave of change and stay close to the changing trends and the current needs of our University. Yes, we are aiming to commercialize! Together with CIME members, we have already established a business pod called FMET to commercialize our IPs. We are in the process of setting up another business pod to deliver evidence-based training courses on healthcare interventions for older persons. We have facilitated the signing of a Memorandum of Understanding with Aged Care Group, with the aim of developing private-public-partnerships in health and social care delivery for our older population.

We are always looking for new partners and pride ourselves in being able to work with anyone! If you are interested in joining our cause, please contact: M P Tan at mptan@ummc.edu.my.

ADDRESSING THE GAPS BETWEEN RESEARCH AND PRACTICE IN POPULATION HEALTH

Tin Tin Su (Department of Social and Preventive Medicine, Faculty of Medicine, University of Malaya)

University of Malaya (UM) and the Queen's University of Belfast (QUB), Northern Ireland share a mutual interest in collaborating in the area of public health. UM has a long history of public health education and QUB is well-recognized as one of the top 5 UK Centres of Excellence in Public Health. The Centre for Population Health (CePH) is the result of collaborative work between the Department of Social and Preventive Medicine and the Centre of Public Health, QUB.

Launched by the Vice Chancellor of UM in 2009 via an MOU between the two institutions, CePH has a vision to become a world-class research centre of excellence that will lead in areas related to population health. The focus areas of research collaboration at CePH include low income community, adolescent health, cancer research enhancement initiatives, health literacy, and health systems oriented research that directly influence health policies.

Through consciously bridging the gaps between research and practice, professional and public realms as well as implementation of new research programmes, discussions, and development, the centre aims to contribute new evidence and insight in overcoming the health issues of the Malaysian population.

CePH has established itself as an avenue to initiate and promote research and development activities in the field of population health in collaboration with bodies like the World Health Organization as well as universities and the private and non-governmental organisations around the world. CePH is also hoping to assist the Ministry of Health and other agencies in Malaysia in the prevention of diseases and improving the quality of life of the community.



Newton-Ungku Omar Fund award ceremony (25th July 2017), £397,741.00 for PACED Initiative project and £ 381,274.00 for Diet, physical activity and cardiometabolic health in Malaysian adolescents: from epidemiology to intervention (MyHeart Beat)

CePH is proud to announce that two of our members are recipients of the 2017 Newton-Ungku Omar Funds. They are Associate Professor Tin Tin Su who received the funds for the PACED (Promoting Early Awareness of Cancer and Early Detection Initiative in Malaysia) project and Associate Professor Dr Hazreen Abdul Majid who received it for MyHeart Beat (Diet, Physical Activity and Cardiometabolic Health in Malaysian Adolescents: from Epidemiology to Intervention).

CePH also has several other successful projects such as PARTNER (Participatory Action Research Through Negotiation and Empowerment of Residents), the "MyHeARTs" (Risk Factors For Chronic Non-Communicable Diseases Among

Adolescents), Attitude and Belief about Cancer in Malaysia (ABC –Malaysia) and the “MyBCC” (Malaysian Breast Cancer Survivorship Cohort) study.

CePH has also greatly benefitted from the sharing knowledge via workshops, post-doctoral appointments, and split-side PhD’s with their collaborators: Queens’ University Belfast, University of Cambridge, VirginiaTech, Global Literacy Academy, Austrian Public Health Institutes, Ministry of Health Malaysia, and many more.



PACED initiative in Malaysia Cancer awareness raising campaign: lung, breast, colorectal cancer

In terms of research possibilities, CePH has a ready-pool of Doctors of Public Health as well as PhD and Master students to conduct research in various disciplines including social determinants in health, public health dietetics, health policy analysis, family health, health economics, and exercise related activities.

Apart from research, CePH also conducts short courses, workshops, lunch talks, and research symposiums every year. In fact, the centre organised the 5th AHLA (Asia Health Literacy) International Health Literacy Conference in collaboration with AHLA. CePH played an important role in the establishment of AHLA. The conference saw a large delegation of enthusiastic and research-driven participants from around the world coming together to discuss issues related to health literacy in the region.

HONOURS LIST



Congratulations to Associate Professor Dr Hari Chandran Thambinayagan, from the Department of Surgery who was conferred the Darjah Kebesaran Mahkota Pahang Yang Amat Mulia Peringkat Kedua Darjah Indera Mahkota Pahang (DIMP) which carries the title Dato'.



Congratulations to Professor Dr Yang Faridah Abdul Aziz on being conferred the Darjah Indera Mahkota Pahang which carries the title Dato' by DYMM Sultan of Pahang on 5th March 2017.

NEWSFLASH

Fellowship Award from Academy of Medicine, Singapore

Professor Dr Rosmawati Mohamed received the fellowship award from the Academy of Medicine, Singapore by virtue of her excellent services and achievements.

DIET, PHYSICAL ACTIVITY AND CARDIOMETABOLIC HEALTH AMONG MALAYSIAN ADOLESCENTS: FROM EPIDEMIOLOGY TO INTERVENTION

Hazreen Bin Abdul Majid (Department of Social and Preventive Medicine, Faculty of Medicine, University of Malaya)



In Malaysia the prevalence of obesity among adolescents is increasing and non-communicable diseases, like type 2 diabetes and cardiovascular disease, account for two out of three deaths. Results from the large adolescent study of over 1361 adolescents, called MyHeARTs (Hazreen et al., 2014) has shown that more intergrated intervention among the adolescents for achieving healthy lifestyle is crucial. For the new Newton-ASM funding, this study investigates how different lifestyle factors, like foods eaten, timing or frequency of eating, physical activity, sedentary behaviours and their timing or

location, combine together to create an overall behavioural pattern score that indicates whether adolescents have good health. Initial analysis of health outcomes will focus on obesity, blood pressure, and how much LDL cholesterol, fats and glucose are in blood samples. A new, reproducible laboratory technique, known as metabolomics, will be used to measure 233 different components of blood that indicate a range of metabolic processes. When we know more about the pathway that leads from lifestyle to disease we will be better able to predict who will stay healthy and who will not. In this study, one of our aims is to find the main behaviours related to keeping a healthy metabolism and reducing the risk of cardiovascular disease in the future (intervention study).



The principal investigator from UM is Associate Professor Dr Hazreen Bin Abdul Majid while the principal investigator from University of Bristol is Dr Laura Johnson. Collaborators from University of Bristol and University of Malaya are Professor Russ Jago, Dr Angeliki Papadaki, Associate Professor Dr Muhamad Yazid Jalaludin, Associate Professor Dr Tin Tin Su, Associate Professor Dr Mohd Nahar Azmi and Professor Dr Maznah Dahlui. Post doctoral candidates include, Dr Zoi Toumpakari and Dr Shooka Mohammadi.

UNIVERSITY MALAYA MAGNETIC RESONANCE IMAGING (MRI) RESEARCH CENTRE

Kathleen Fernandez (Dean's office, Faculty of Medicine, University of Malaya)



On the morning of 10th November 2017, FOM hosted the launching ceremony of UM's MRI Research Centre. The event was graced by YB Datuk Dr Mary Yap, the Deputy Minister of Higher Education; Professor Datuk Dr Awg Bulgiba Awg Mahmud, former acting Vice Chancellor of UM; Professor Dato' Dr Adeeba Kamarulzaman, Dean of Faculty of Medicine, UM; and Professor Dr Yvonne Lim Ai Lian, Deputy Dean of Research, Faculty of Medicine, UM; and many other distinguished guests and members of the media.

The launching of the UM MRI Research Centre by YB Datuk Mary Yap,

which has actually been operational since May 2016, is a proud moment for both UM and UMMC as this is the first research centre of its kind in Malaysia. The UM MRI Research Centre is equipped with a state-of-the-art 3 Tesla Magnetic Resonance Imaging (MRI) machine – the Siemens MAGNETOM Prisma 3T which can be used for diffusion weighted imaging (DWI), functional MRI (fMRI), and diffusion spectrum imaging (DFI) and more – which is to be used for researchers, especially from UM, to undertake various studies, particularly related to MRI.

The centre was founded in mid-2016 using the High Impact Research Grant, UM allocated by the Ministry of Higher Education – a total of RM12.2 million – for the purposes of improving and promoting research in UM. The entire centre is not only equipped with the best technology, but also a well-trained team of professionals comprising doctors, radiologists, technicians, nurses, and supporting staff.

Apart from research in radiology, the centre will play a key role in various fields of research especially in neurology, cardiology, angiography, oncology, orthopaedic, and cognitive neuroscience, all of which will benefit from the use of the new technology.

To date, there are more than 10 on-going research projects and more are in the pipeline. Some of these involve collaboration among researchers from other universities. For example, a consortium involving six universities in Malaysia, namely University of Malaya, University Science Malaysia, National University of Malaysia, University Putra Malaysia, University Technology Malaysia and University Technology Petronas will be established for the purpose of conducting imaging based research collaboration using animal models.

We hope that the UM MRI Research Centre will continue to thrive and contribute to the university in increasing the quantity and quality of research output in the future and inspire more research collaborations.

GEMS AT UM



(Left to Right) Mr Tan Chin Hong (Managing Director of Pathomics Health Sdn Bhd); His Excellency Mr Vanu Gopala Menon, the Singapore High Commissioner to Malaysia; Professor Dr Noorsaadah Abd Rahman, Deputy Vice-Chancellor University of Malaya (Research & Innovation); Professor Maznah Dahlui, Acting Dean, Faculty of Medicine

On 30th March 2017, University of Malaya inked a Collaboration Agreement with Pathomics Health Sdn Bhd and established a partnership that promises a gateway into “innovation through research” and “delivery of cutting-edge services” via utilization of the strengths of academia and industry. This venture’s primary objective is to translate frontier technology into tangible benefits for patients and society at large. Genomic Medical Science (GEMS@UM) was successfully launched on 5 October, 2017. Housed at the Department of Pathology, Faculty of Medicine UM, GEMS is equipped with Qiagen Biotechnology Malaysia Sdn Bhd’s GeneReader Next Generation Sequencing (NGS) System which is the first in the country.

Together with the smart digital pathology imaging system, Genesis, developed by Histoindex, Singapore, GEMS is poised to provide a new standard in cancer research by integrating smart histopathology imaging and genomics analysis. Introduction of advanced tools, such as these, to propel cancer research will be a valuable inclusion as Cancer and Drug Discovery is one of our four research thrust areas besides Infectious Diseases and Immunity; Public Health and Non-Communicable Diseases; and Aging and Regenerative Medicine. This joint effort also opens the path for cooperation between UM and Histoindex Pte Ltd, Qiagen, Singapore Precision Medicine Centre (which is the ASEAN sole agent for Beijing Genome Institute) and Healthseq (Asian sole agent for US Tempus) which are partners of Pathomics Health.

It is envisaged that this effort will enrich both parties and benefit medical research and medical diagnostics in Malaysia and Singapore through knowledge sharing, building expert human resources, augmentation of research expertise, delivery of precision medicine to patients, enhancement of application usage and improvement of workflow systems.

RESEARCH WEEK 2017: PAEDIATRICS AND CHILD HEALTH



**UNIVERSITY OF MALAYA**
FACULTY OF MEDICINE

RESEARCH WEEK 2017
Theme : Paediatrics and Child Health

10th–14th July 2017
TJ Danaraj Hall

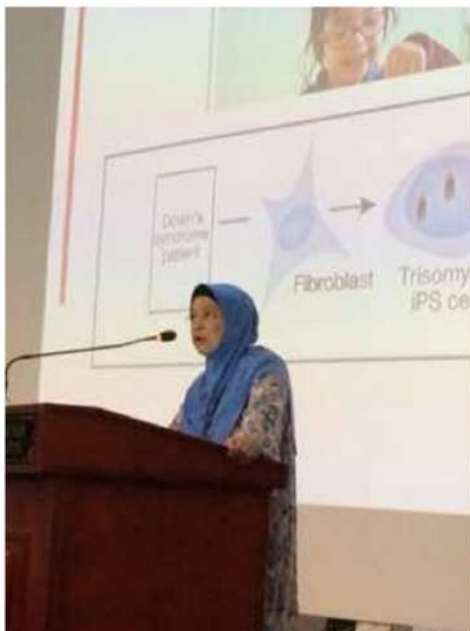
HIGHLIGHTS:

- 30th Anniversary of Bone Marrow Transplant in Malaysia
- UM-Baylor-CUHK Genetics & Metabolism Course
- Neurology Workshop on Childhood Epilepsy
- Paediatric Diabetic Seminar
- FOM Imaging Competition

Department of Paediatrics
University of Malaya
Tel: 03-79492065 / 79496373
Email: ResearchWeek2017@gmail.com

The Faculty of Medicine's annual research week for 2017 was conducted from 10th to 14th July. The theme of the week was "Paediatrics and Child Health", and was organized by the Department of Paediatrics, Faculty of Medicine.

With the aim of highlighting relevant research in the field of paediatrics and child health, events included were the celebration of the 30th anniversary of Bone Marrow Transplantation in Malaysia, UM-Baylor-CUHK course in Genetic & Metabolism, neurology workshop on Childhood Epilepsy, Paediatric Diabetic Seminar, and an Imaging Competition.



Professor Dr Hany shared news of the success of the Haplo-identical donor transplant in University Malaya Medical Centre



Professor Dr Lin Jai Ling from Sime Darby Medical Centre delivered the plenary lecture during the 30th anniversary of Bone Marrow Transplant in Malaysia



Professor Dr Carlos Bacino from Baylor College of Medicine discussed genomic medicine in the 21st century

RESEARCH WEEK 2017: PAEDIATRICS AND CHILD HEALTH

IT'S ALL IN THE GENES



AS part of the Research Week, the first UM-CUHK Certificate Course in Clinical Genetics and Genomics was conducted for three days from 11th to 13th July 2017 by international instructors from The Chinese University of Hong Kong; Prof Dr Leung Tak Yeung and Prof Dr Richard Choy Kwong Wai along with Prof Dr Carlos A. Bacino from Baylor College of Medicine, USA.

These three distinguished instructors conducted workshops, seminars, imaging competition for the course which attracted attendees across the board including researchers, healthcare providers, undergraduate and postgraduate students, as well as the public – all of whom showed enthusiastic and positive participation.

*'Integrating clinical (prenatal and postnatal)
and laboratory genetics and genomics'*

SHAPING THE FUTURE – A TEACHER’S PERSPECTIVE

Debra Sim Si Mui (Department of Pharmacology, Faculty of Medicine, University of Malaya)

When I was asked by the University to apply for this Anugerah Akademik Negara (AAN) Teaching award in 2016, I hesitated as the types and copies of documents needed to be submitted for this “portfolio assessment” of my teaching was huge and difficult to gather. I was only given a short time to collect the required evidence on what I’ve accomplished in my 32 years of teaching. As the deadline approached, I wondered if I would make it to submission and if it was even worth the effort. Then I thought to myself, even though the AAN award was not what I worked for personally, the thought of giving back to this university for what it



has invested in me in the last three decades drove me to complete the task. Although I was presented the honour of receiving this award from the Honourable Minister of Higher Education on 3rd November 2017, ultimately this is an award for the University of Malaya and in particular, for the Faculty of Medicine.

The first thing required in this portfolio of my teaching is a statement of my teaching and learning philosophy. So I began by saying.... It is my firm belief that all human beings are created in the image of God. Therefore, like their all-wise, almighty, and benevolent Creator, every human being is capable of thinking, reasoning, creating, and innovating for the good of mankind, using the knowledge and skills he/she has acquired and developed, given the right environment and guidance. This was followed by a set of values and beliefs I have on teaching and learning. I believe that every university student is capable of learning to the level of excellence. The questions then are: Does he/she want to excel? Do we provide the learning environment for him/her to excel? How may we motivate and help to develop his/her potential to excel? This sets the framework (goal and direction) for my endeavour to improve myself as a teacher for the benefit of my students.

I also believe that it is not the fundamental role of the university to produce “qualified professionals” but rather, ethical thinkers and trustworthy practitioners in their respective professions. The university should be a place to shape a “human being” first and foremost, above that to build “human capital”. As a result, my focus in teaching is often on developing generic skills over and above, but not in place of, the content of specific academic programmes. I view my content expertise as but a means to achieve an end. Therefore, some of what I value and encourage in my students are originality of thoughts, critical thinking, sharing of personal thoughts, acceptance of diverse opinions, formulation of general concepts, being reflective and experiential in learning.

In conclusion, I believe the university should be a place to promote academic freedom and excellence. And my ultimate legacy in teaching is to help produce responsible graduates who have big pictures in their mind and details in their eyes; who can think on their feet and speak off the cuff; who can work independently but also effectively in a team; and above all, never stop learning.

TOH PUAN AISHAH ONG (TPAO) LIFETIME ACHIEVEMENT AWARD

Nik Sherina Hanafi & Ng Chirk Jenn (Department of Primary Care, Faculty of Medicine, University of Malaya)

The Department of Primary Care Medicine recently celebrated its 30th Anniversary. In conjunction with this special event, the inaugural Toh Puan Aishah Ong Lifetime Achievement Award (TPAO) was presented to Professor Datin Dr Chia Yook Chin.

Professor Chia is a Professor of Primary Care Medicine in the Faculty of Medicine, University of Malaya. She completed her MBBS training in University of Malaya and proceeded to work as a medical officer in the Department of Medicine. After an attachment at King's College Hospital and a brief stint in general practice, Professor Chia continued her career as a lecturer in University of Malaya, during which she received the Commonwealth Medical Fellowship for research work at the University of Cambridge. She was Head of Department from 1989 to 2003 and was promoted to a full Professor during this time.

Together with the founding Head, Dr Tan Heng Soon, Professor Chia played an instrumental role in setting up the Department in 1987. Professor Chia has excellent clinical skills. She laid a strong foundation for the provision of primary care services and teaching. Professor Chia was visionary in pushing forward the Master of Family Medicine (MMedFamMed) programme

despite limited resources and very few academic staff then. In 1989, University of Malaya became the first university in the country to offer the MMedFamMed programme, producing its first graduate in 1993. To date, University of Malaya has produced over 140 Family Medicine Specialists. With Professor Chia's guidance, the department started the Master in Medical Science (MMSc) and PhD research programmes. The department has since produced five PhD and five MMSc graduates.

Professor Chia's passion in teaching and training goes beyond the university, with her spending most weekends giving talks and training general practitioners as well as conducting public forums and media sessions. She is currently the Director of the Academy of Family Physician Malaysia's Graduate Certificate in Family Medicine course.

On the research front, Professor Chia's has been very resourceful. She has managed to secure grants that allowed her as well as other department lecturers to pursue research. In the 1990s, she received the CICHE Award which funded research collaboration between UM and British academic institution to work on elderly care. Professor Chia has participated in several clinical trials and published works related to primary care mainly



in areas of hypertension, geriatrics, gastroenterology and allergies. She has groomed many junior staff to become independent researchers. She was visionary in motivating several academic staff to pursue PhD studies, despite shortage of manpower in the department and at a time when few clinicians held PhD degrees. This has made the Department of Primary Care Medicine one of the strongest primary care research departments in the region with 10 lecturers having doctorate degrees.

Globally, Professor Chia is recognised for her academic work in hypertension. She has been involved in the Malaysian Society of Hypertension since 1997. As the current President, she works closely with the International Society of Hypertension to promote public awareness on hypertension and train healthcare providers in hypertension screening, diagnosis and management across the world.

Professionally, Professor Chia has carried out numerous appointments as an external examiner for both local and international undergraduate and postgraduate institutions. She has also served as a member of advisory and assessment boards and has participated in working groups and review committees of national clinical practice guidelines. She was appointed Adjunct Professor by Curtin University in 2011 and is currently the International Advisor for Malaysia at the Royal College of Physicians of London.

Professor Chia is well deserved to be the first recipient of the Toh Puan Aishah Ong Lifetime Achievement Award. May her ethos of striving for excellence continue to inspire, academicians and students of FOM.

PACED AND MYHEART BEAT AWARDED THE 2017 NEWTON-UNGKU OMAR FUNDS

Associate Professor Dr Tin Tin Su and Associate Professor Dr Hazreen Abdul Majid for the PACED (Promoting Early Awareness of Cancer and Early Detection Initiative in Malaysia) and MyHeart Beat (Diet, Physical Activity And Cardiometabolic Health In Malaysian Adolescents : From Epidemiology To Intervention) are the new recipients of the 2017 Newton Ungku Omar Funds, which is a collaborative effort between Malaysia and UK governments to promote science, technology, and innovation collaboration.

The Fund has now been extended from 2019 to 2021 with up to 50% increase in committed funding and resources from both countries to promote larger-scale research calls, innovation-focussed activities, and capacity building activities that support the development agendas of Malaysia.



THE MOST INNOVATIVE SOLUTION TO UNDERSTANDING BABIES



The team from University of Malaya, led by Associate Professor Dr Ting Hua Nong, Mr Yong Boon Fei, Professor Dr Ng Kwan Hoong, Dr Choo Yao Mun, Dr Azanna Ahmad Kamar with their innovation project entitled “Don’t cry for me Baby” won the third place in the category of Most Innovative e-Health Solution at the Telemedicine Innovation Challenge 2017, at Swan Convention Centre, Sunway Medical Centre on 15-17 August, 2017. Their project also won a cash prize of RM1000 for the “Most Voted 1-Minute Video” with a total of 1,669 likes on both Facebook and YouTube.



In this project, an intelligent mobile app with deep learning algorithm is developed to help new young parents to recognize the reason of a baby’s cry such as hunger, pain, diaper change, cold, and/or discomfort. This innovative app will be a hit with parents around the globe who struggle to understand baby-language.

UM RESEARCHERS RECEIVED TWO AWARDS AT THE CREAM STATUS AWARD 2017



In recognition of University of Malaya's significant contribution toward research development in the country, several researchers from FOM received awards at the Current Research in Malaysia (CREAM) Status Awards 2017. The ceremony was held at PICC Putrajaya and graced by YB Dato' Seri Idris Jusoh from the Ministry of Education.

Professor Dr Sazaly Abu Bakar from the Department of Microbiology and Professor Datin Dr Indra Vythilingam from the Department of Parasitology received the Outstanding National Research Award (in Tropical Diseases) while Professor Dr Goh Khean Jin from the Department of Medicine received the Classic Citation Award (cumulative citations from 1996-2016).

JUMMEC was presented with the status as potential CREAM journal. The editor-in-chief, Professor Dr. Tunku Kamarul Zaman Tunku Zainol Abidin and its editorial board had brought the journal to greater heights.

FIVE FACULTY OF MEDICINE ACADEMICS ELECTED AS FELLOWS OF THE ACADEMY OF SCIENCES MALAYSIA 2017

The following staff were elected as Fellows of the Academy of Sciences, Malaysia:

1. Professor Dr Tunku Kamarul Zaman Tunku Zainol Abidin, Director of UM Medical Centre;



2. Professor Dr Yvonne Lim Ai Lian, Deputy Dean of Research;

3. Professor Dr Lim Shen-Yang Department of Medicine;



4. Professor Dr Thong Meow Keong Department of Paediatrics; and

5. Professor Dr Shamala Devi K.C. Sekaran, formerly with Department of Microbiology (currently with MAHSA University).



NEWSFLASH

Fellowship Award from Society of Otorhinolaryngologists

Professor Dr Prepageran Narayanan received the fellowship award by virtue of providing continuous medical education and support to Myanmar.

UM ASSOCIATE PROFESSOR CONFERRED THE MAHATMA GHANDI AWARD

Associate Professor Dr Vijayapandy Pandy from the Department of Pharmacology was recently awarded the Mahatma Gandhi Samman award in Bangkok for his academic excellence. The award is given to Non-Resident Indians for Global Achievement.

CLINICAL MASTERS TRAINEE EARNS MERCK DIABETES AWARD

Dr Fu Mei Sian of the Department of Medicine received an award for her project on diabetes treatment adherence using mHealth.

MICROBIOLOGISTS WINS MSIDC YOUNG INVESTIGATOR AWARD

Dr Wong Won Fen from the Department of Microbiology received the Young Investigator Award from the Institute Merieux-Malaysian Society for Infectious Diseases and Chemotherapy (MSIDC) which carries a research grant prize of €10,000.

PROFESSOR CHUA KEK HENG CONFERRED THE TOP RESEARCH SCIENTISTS MALAYSIA (TRSM) 2017 AWARD

Professor Chua Kek Heng from Department of Biomedical Science was conferred the Top Research Scientists Malaysia (TRSM) 2017 award.

NEWSFLASH

Ageing and Age-Associated Disorders Research Group Receives Prestigious National Institute of Health Research (NIHR) Grant

Professor Tan Maw Pin, Professor Chin Ai-Vyryn, and Professor Shahrul B Kamaruzzaman, from the Ageing and Age-Associated Disorders Research Group received the prestigious award from National Institute of Health Research (NIHR).

NEWSFLASH

University of Malaya Excellence Awards 2017

We would like to congratulate all the winners from the Faculty of Medicine for receiving the UM Excellence Award 2017. Thank you for making us proud.

EXCELLENT LECTURER

Clinical

Associate Professor Dr Muhammad Yazid Jalaludin

Sciences & Technology

Associate Professor Dr Ivy Chung

ACADEMIC STAFF WITH HIGHEST EXTERNAL RESEARCH GRANT

Professor Dr Mohd Rais Mustafa
Professor Datuk Dr Rohana Yusof

OUTSTANDING RESEARCHER UM YOUNG RESEARCHER

Dr Tee Kok Keng

RESEARCH SERVICE TECHNOLOGIST

Madam Siti Noraisah Ahmad Nasrah

EXCELLENT SUPPORT STAFF Grade 17 - 38

Mr Kuhan a/l Krishhnan
Madam Zura Syazleena Hamizan

EXPERT/TALENT (PUBLICATION/CONFERENCE/ CONSULTANCY)

Madam Zubaidah Abu Hassan

COMMUNITY ENGAGEMENT

Dr Rusdi Abd. Rashid

REWARD FOR UM STAFF - PHD GRADUATES 2016

Dr Hong Wei Han
Dr Mukhri Bin Hamdan

CONGRATULATIONS TO THE CLASS OF 2017

Adeeba Kamarulzaman (Dean, Faculty of Medicine University of Malaya)



In October, we marked the culmination of four days of the Convocation Ceremony where we honoured our graduands - past and present, undergraduate and postgraduates.

We saw a total of 302 graduates this year, with 201 from MBBS, 46 from Pharmacy, 8 from Nursing, 39 from Biomedical Science and 8 from Radiology. We also had 370 postgraduate students who graduated this year.

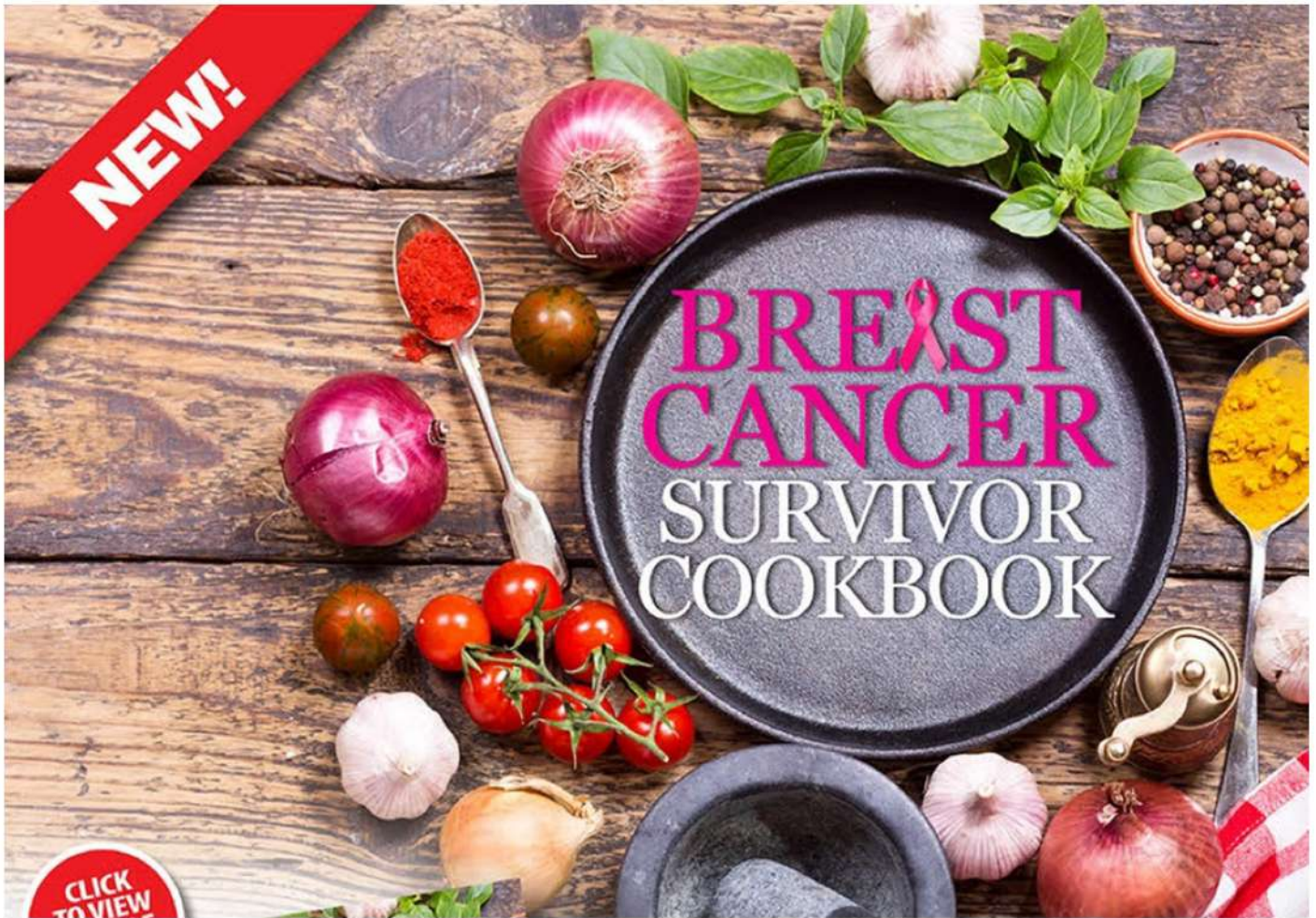
On the Sunday of the graduation ceremony, esteemed paediatrician, father of bone marrow transplantation in Malaysia, and alumnus of UM, Professor Lin Hai Peng was awarded the title Emeritus Professor.

Congratulations to all our graduates and to Professor Lin Hai Peng for your accomplishments.

Watching the graduates walk across the stage beaming with relief and pride and the occasional nod of thanks to me as they walk off is something I cherish and look forward to each year.

BREAST CANCER SURVIVORS' COOKBOOK

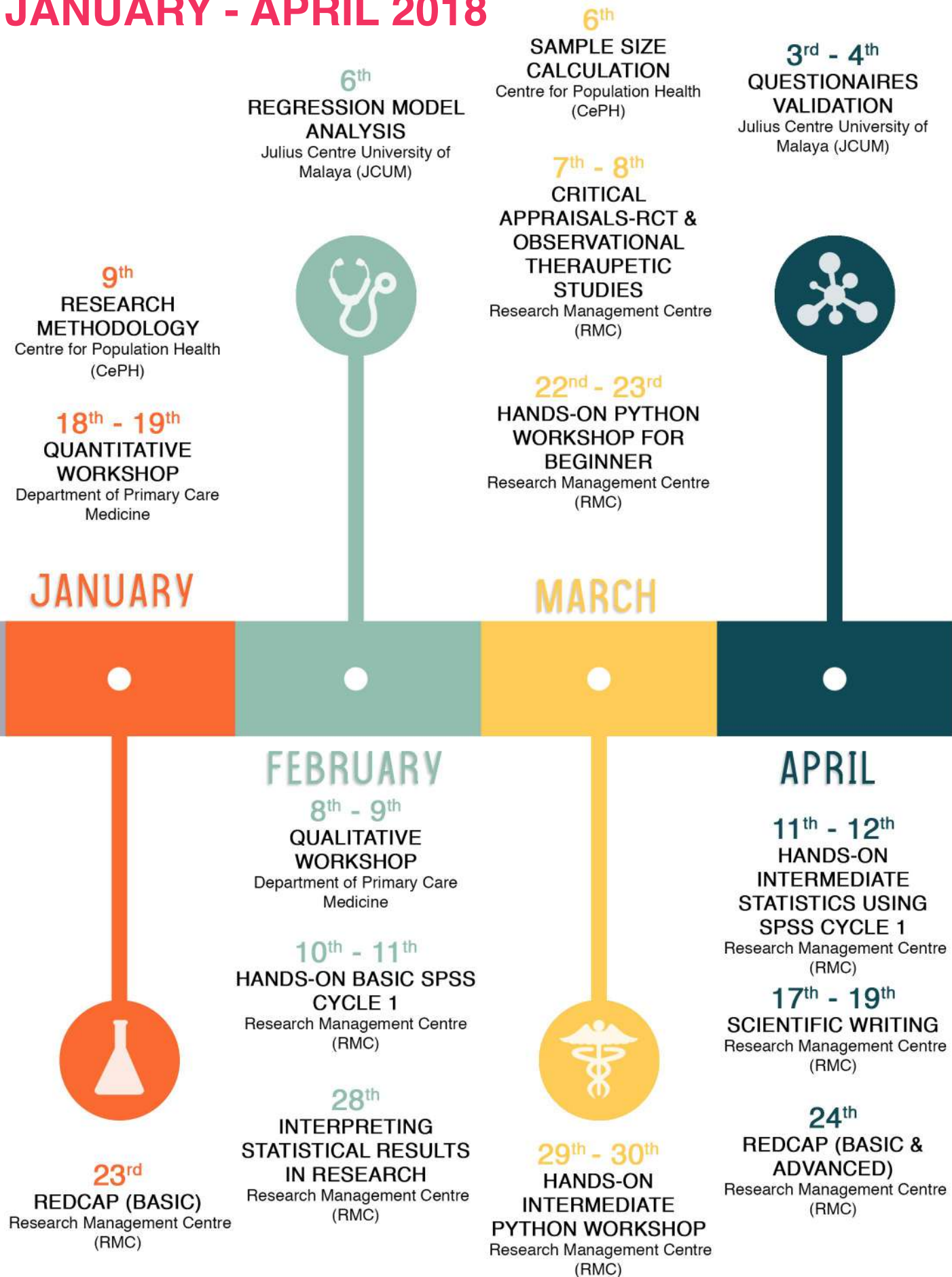
Hazreen B Abdul Majid (Department Of Social And Preventive Medicine, Faculty of Medicine, University of Malaya)



This book is intended for those who wish to make a difference in their cooking practices. It is important for both breast cancer survivors and the general public to understand that cooking a healthy meal is possible without jeopardising the taste and quality. Adopting healthy lifestyle is an important strategy to ensure that each individual can minimize their chances of developing non-communicable diseases. Eating healthily and having varieties in our food intake is one of the important elements in disease prevention. It is also important to know that it is good for us to prepare our own meals so that we know the ingredients that we use are healthy, clean and wholesome.

This book includes breakfast, main course dishes, dessert recipes and also provide some healthy tips. It also provides the nutritional breakdown for each dish that will help the users to understand more about the recipes/ nutrient content. This book is unique. It is a compilation of recipes provided by cancer survivors. The recipes were modified to ensure that the dishes are nutritious and tasty. It is hoped that this book will benefit breast cancer survivors and the general public.

JANUARY - APRIL 2018



*Please contact the respective department /research centres for registration and further information.



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