



اَبُو دَاوُدَ سَيِّدِي تَيْكُو لَوِيحِي وَبَارَا
 UNIVERSITI
 TEKNOLOGI
 MARA

FACULTY OF MEDICINE UiTM

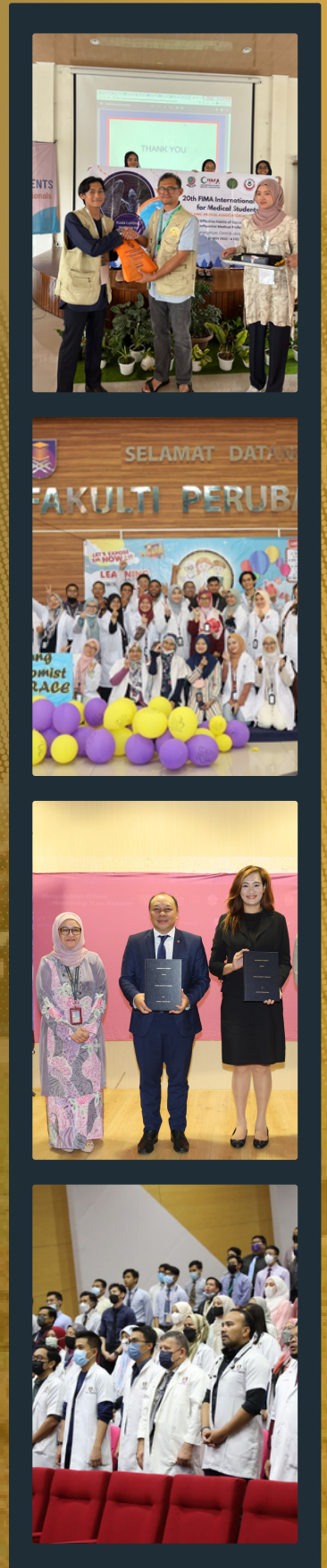
MED BULL'

NO.2/2023

eISSN 2805-4628



9 7 7 2 8 0 5 4 6 2 0 0 0



Menyerlahkan Potensi
 Membentuk Masa Hadapan





UiTM World Obesity Day Program 2023

Dr. Mazapuspavina Md Yasin, Dr. Zahirah Tharek, Dr. Khasnur Abdul Malek, Dr. Nik Munirah Nik Mohd Nasir, Dr. Khairatul Nainey Kamaruddin, Dr. Lina Lohshini Kanoo & Assoc. Prof. Dr. Ilham Ameera Ismail
Department of Primary Care Medicine

UiTM's Weight Management Clinic (WMC/Obesity Clinic) and the Department of Primary Medicine (PCM) UiTM organized a UiTM World Obesity Day (WOD) 2023 program at HASA UiTM between 13 March to 17 March 2023, supported by Al-Sultan Abdullah Hospital (HASA), with Professor Dr. Sazzli Shahlan Kasim as the Director and Faculty of Medicine (FOM) UiTM Sg Buloh Campus with Prof Fazah Akhtar Hanapiah as the Dean. This program was in conjunction with the World Obesity Federation (WOF) celebration of WOD on 4 March 2023. The theme was 'Changing Perspectives: Let's Talk About Obesity.'

The program was in collaboration with the Department of Medical Education (DOME), Perpustakaan Tun Abdul Razak (PTAR), Health Education and Awareness Leaders (HEALX), Department of

Occupational Safety and Health (DOSH), and Corporate Comm HASA UiTM. Industrial collaborators included were iNova Pharmaceuticals Pte. Ltd, Novo Nordisk Pharma, In-body Asia Sdn. Bhd, Persatuan Bulan Sabit Merah (PBSM) and Bank Islam Malaysia Bhd.

This World Obesity Day is lead by
 • Dr Zahirah Tharek • Dr Mazapuspavina Md Yasin
 Family Medicine Specialist and Weight Management Clinic, HASA

UiTM's WMC/Obesity Clinic is a multidisciplinary specialist clinic. It was started in 2017 and now runs at Rehabilitation Clinic HASA. Members are Mazapuspavina Md Yasin, Khasnur Abdul Malek, Zahirah Tharek, Nik Munirah Nik Mohd Nasir, Khairatul Nainey Kamaruddin, Lina Lohshini Kanoo, and Ilham Ameera Ismail (PCM); Rohana Abdul Ghani, Nur Aisyah Zainordin, Fatimah Zaherah binti Mohamed Shah, Aimi Fadilah Mohamad, and Mohd Hazriq Awang (Endocrine); Mazlifah Omar (Rehabilitation medicine), Hashbullah Ismail (Clinical exercise physiologist) and Noor Fatimah Ilias (Physiotherapist); Theevashini Krishnasamy (Bariatric surgeon); Mahenderan Appukutty (Nutritionist); Nazrul Hadi Ismail (Dietitian); Azlina Wati Nikmat and Sakinah Idris (Clinical Psychologist); Khariah Mat Nor (Radiologist) and Zarina Ishak Nurul Ain Abidah Abdul Halim (Diabetic educator nurses).



The events held were Clinicopathological Conference presentations on obesity cases. Forums of experts in managing obesity and obese patients experienced “how to deal

with obesity.” Virtual cooking demonstration (video display) and sharing health information about a healthy menu. To walk the talk, participants were provided a healthy lunch menu with calories of < 400kcal/meal.

There was health screening offered involves checking the BMI, blood pressure, body fat analysis (BFA), Point of Care Test (POCT) for sugar and cholesterol, fasting serum lipid, fasting blood sugar, renal profile, and total blood count. These were assisted by Dr. Zahir Izuan Azhar and Klinik Warga. For those with a high risk of fatty liver, an ultrasound liver was offered by Dr. Khariah Mat Nor. Other events were the Fitness Challenge test and the Meet the Expert Dietician Booth for Healthy Menu Cooking Exhibition.



The events were hybrid in concept, whereby participants can join either face-to-face in HASA Auditorium or through a live Webinar via UiTM PTAR Library Facebook and YouTube channel. Out of expectancy, amazing responses were received from targeted groups. In addition, there were participants from PDRM and Kolej Kemahiran Tinggi MARA (KKTM) assisted by Mr. Mohd Hafidz Abd Satar from Corporate Comm HASA. The total number of attendees was 2306. The feedbacks were excellent, suggesting it should be done periodically due to its usefulness and the invaluable information shared. We from WMC UiTM would like to thank and give kudos to everyone involved.

