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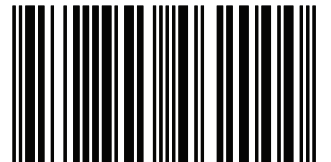
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THE speaker and participants' online photos.

# UiTM EXCLUSIVE UTIMAS WEBINAR! LIFE STARTS AFTER 40 YEARS: WEIGHT MANAGEMENT APPROACHES ORGANISED BY UTIMAS UiTM



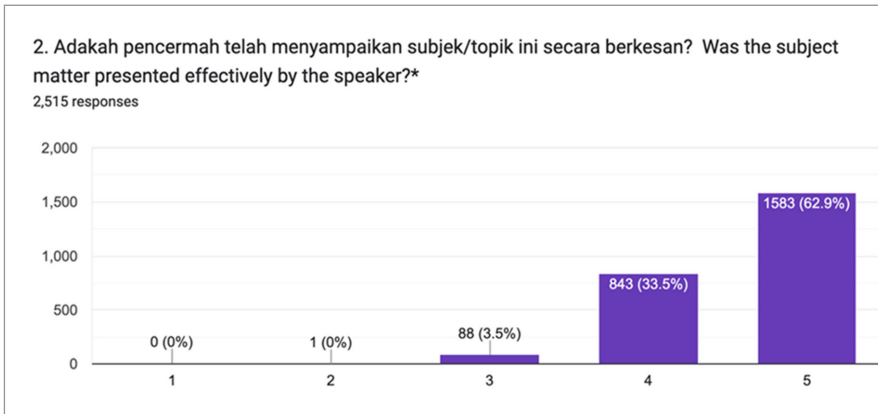
**POSTER** Exclusive UTIMAS Webinar!  
Life Starts After 40 Years: Weight  
Management Approaches.

## ■ Dr. Mazapuspavina Md Yasin

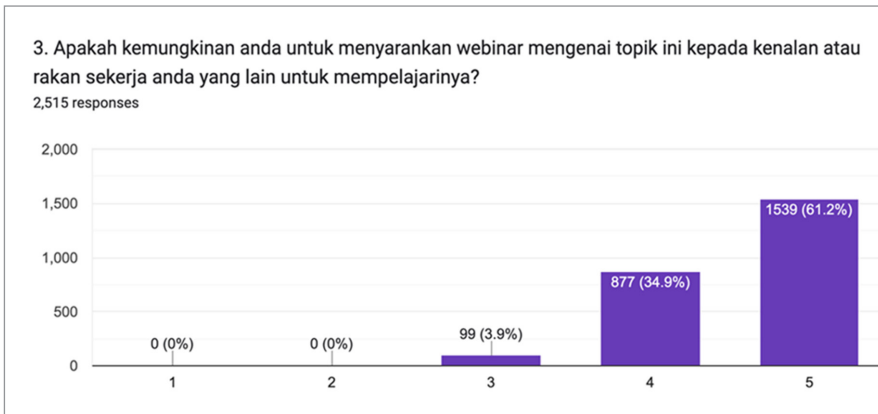
UiTM's Weight Management Clinic (WMC) at Hospital Al-Sultan Abdullah UiTM (HASA) is a multidisciplinary clinic that includes consultants from various specialities, including family medicine specialists, endocrinologists, rehabilitation medicine physicians, dietitians, nutritionists, clinical psychologists, and diabetic educator nurses. It was founded in 2017, and the clinic currently operates at Rehabilitation Clinic HASA, with a total accumulated patient count of approximately 300. The WMC has a structured programme that focuses on patients' obesity health and complications screening and assessment, as well as non-pharmacological and pharmacological management and hands-on dietary and physical activity management, with weight management learning modules and



**THE feedback 1 from participants.**



**THE feedback 2 from participants.**



**THE feedback 3 from participants.**

support group sessions. The intended outcome is for patients to achieve a weight loss of at least 5-10% within the 7-month program. Dr. Mazapuspavina Md Yasin is a team member from the PCM department at WMC, and Assoc. Prof. Dr. Mahenderan Appukutty

is a sports and exercise nutritionist from the Faculty of Sports and Recreational Sciences at UiTM and a council member of UTIMAS.

UTiMAS is the Persatuan Akademik Universiti Teknologi MARA (Universiti Teknologi MARA

Academic Association), established in 2003. UTiMAS is a non-governmental organisation (NGO) formed by professors and associate professors at Universiti Teknologi MARA (UiTM). The primary mission is to support and enhance university policies and advocate for the welfare and professional development of academic staff. UTiMAS also organises events, webinars, and collaborative programmes aimed at fostering academic excellence and community engagement.

The webinar aimed to raise awareness and provide exposure and knowledge about the importance of healthy lifestyle practices with a catchy tagline: “Are you over 40 and looking for effective strategies to maintain a healthy weight? This webinar will provide expert insights into weight management approaches tailored for individuals in their 40s and beyond”.

In the webinar, participants were introduced to the key physiological and biochemical changes that occur after age 40. Muscle mass reduction of 3–8% per

decade and basal metabolic rate (BMR) decline due to sarcopenia (age-related muscle loss), which promotes fat accumulation. The importance of knowing the types of eating behaviours related to hunger, satiety, and obesity (homeostatic eating, hedonic eating, emotional eating, mindless eating, binge eating, night eating syndrome, social or environmental eating and restrained eating). How hormonal changes are related to ageing and weight (testosterone, oestrogen, insulin resistance, growth hormones, cortisol, thyroid, leptin, ghrelin, adiponectin, parathyroid hormones, melatonin, dopamine and serotonin). The speaker also highlighted the new classifications of obesity and the benefits of weight loss, how to boost “happy hormones” [endorphins, oxytocin, serotonin, dopamine, nor-epinephrine and brain-derived neurotrophic factor (BDNF)], and exercises that improve mood, motivation, cognitive function and overall well-being.

The exercises suggested were progressive resistance training, high-

intensity interval training (HIIT), balance and flexibility exercises, aerobic exercises, and functional training. In terms of calorie intake, the evidence-based types of dieting, such as the low-carb diet (<50 g carbs per day), low-fat diet, dietary approach to stop hypertension (DASH diet), high-protein diet (70-100 g protein per serving), Mediterranean diet, intermittent fasting, food portion control diet, and very low-calorie diet (VLCD), were introduced. Other approaches included recognising multiple names for sugars, learning how to read food labels, and keeping a food diary. Participants were urged to undergo medical checks and seek advice from a registered practitioner instead of relying on social media “doctors”.

The responses to the webinar were overwhelming, with over 2,500 participants. The feedback was excellent, due to its usefulness and the invaluable information shared. We want to thank and extend our gratitude to everyone involved. “Weight Loss Is More Than A Physical Challenge; It’s A Mental Challenge.”



**THE** speaker with online attendance reached 1000 participants at the beginning of webinar.