

OBJECTIVES

Global trends indicate that non-communicable diseases (NCD)-related behaviours are on the rise among young people and that they establish patterns of behaviour that persist throughout life. In Malaysia, 68% premature mortality was attributed from NCD. These deaths are associated with behaviours that begin or are reinforced during adolescence, including tobacco and alcohol use, poor eating habits and lack of exercise. Evidence points to adolescence as a crucial period in the development of adult NCD.

The 13th National Symposium on Adolescent Health aims to update health care providers and those working with teenagers on NCD. Participants will be aware of the range of issues and will be empowered to provide balanced and optimal advice and support for patients, their families and carers. The symposium also serves as a platform to strengthen collaboration and cooperation between Malaysian Association for Adolescent Health with the Ministry of Health, National Population and Family Development Board, Malaysian Medical Association, Malaysian Paediatrics Association and other bodies that work with adolescents.

WHO SHOULD PARTICIPATE

- Medical Practitioners
- Psychologists / Counsellors
- Teachers, Teenagers, Parents, NGO's
- Nurses and Assistant Medical Officer
- Other Allied Health Professionals
- All those interested in Adolescent Health

REGISTRATION

Early bird registration (before 1st March 2017)

- Non-members : RM 550
- MAAH & MMA members/MOH/LPPKN : RM 500

1st March 2017 onwards

- Non-members : RM 600
- MAAH & MMA members/MOH/LPPKN : RM 550

* Payment can be made through cheque, bank draft, local order, cash deposit or online transfer

* Please refer to the registration form for more details (Softcopy can be obtained at maah.org.my)

CALL FOR ABSTRACT :

You are invited to submit your abstract for the free paper session to maah.secretary@gmail.com

Presentation format: **Oral**
Theme: **Adolescent Health and Wellbeing**
Abstracts submission deadline: **28th February 2017**

Submission Guidelines

- * Word limit for presentation titles: 30 words (in English)
- * Word limit for abstracts : 300 words (in English)
- * Abstracts cannot be modified once submitted.

ORGANIZING COMMITTEE

Mymoon Alias, Dr
(President, MAAH)
Hargeet Kaur Basant Singh, Dr
(Scientific Programme Chairperson)
Noran Hashim, Dr
(Local Organising Committee Chairperson)
Azriani Ab. Rahman, Assoc Prof Dr
Hamizah Mohd Hassan, Dr
Kamarudin Ahmad, Dr
Kasturi Maniam Nair, Dr
Mohamad Haniki Nik Mohamed, Assoc Prof Dr
Nazeli Hamzah, Dr
Nik Rubiah Nik Abdul Rashid, Dr

Noor Raihan Khamal, Dr
N. Rajagopal, Brig. Gen. Datuk Dr (R)
Sajaratulnisa Othman, Assoc Prof Dr
Saravanan Santhirarajan, Dr
Sheila Marimuthu, Datin Dr
Siti Aishah Saidin, Dr
Siti Nurbaya Shahri, Dr
Thiyagar Nadarajaw, Dr
Trishant Sandhu, Dr

SECRETARIAT

Norlailatul Asikin Mohamad Nor
Riadhoh Sofian

ACCOMMODATION:

Participants are encouraged to stay at the symposium venue for convenience.

Please contact:

Grand Riverview Hotel (+609-7439988)

Please book early as rooms are subject to availability. Please indicate if you are a Government officer.

Other accommodations nearby are:

Dynasty Inn (+609-747 3000)
Ridel Hotel (+609-747 7000)
Hotel Al-Ansar (+609-742 2055)
Habib Hotel (+609-747 4788)

CONTACT US:

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13th NATIONAL SYMPOSIUM ON ADOLESCENT HEALTH

NCD in Teens: Challenges & Opportunities

5-7 April 2017
Grand Riverview Hotel, Kota Bharu

Organized by:



In collaboration with:



PROGRAMME

	4th April 2017 (TUESDAY)
1700-1900	REGISTRATION
DAY 1	5th April 2017 (WEDNESDAY)
0700-0815	REGISTRATION
0815-0830	Doa & Welcome Address
0830-0930	Plenary 1 Somatoform Disorder among Adolescents <i>Prof Susan M. Sawyer, Adolescent Medicine Consultant</i>
0930 - 1000	Plenary 2 NCD in School — From Policy to Action <i>Dr Saidatul Norbaya Buang, Public Health Specialist</i>
1000-1030	Tea Break
1030-1200	Symposium 1: I Ain't Heavy S1.1. Strategic Weight Reduction Programme <i>Associate Prof Dr Hamid Jan, Nutrition and Dietetic Consultant</i> S1.2. Challenges in Managing Teens with Metabolic Syndrome <i>Associate Prof Dr Muhammad Yazid Jalaludin, Paediatric Endocrinologist</i> S1.3. Trendy Diets <i>Associate Prof Dr Foo Leng Huat, Nutrition and Dietetic Consultant</i>
1200-1330	Symposium 2: I Can't Breathe S2.1. Challenges of Bronchial Asthma in Teens <i>Dr Mariana Daud, Respiratory Paediatrician</i> S2.2. Teens Living with Bronchiectasis <i>Dr Nik Khairulddin Nik Yusoff, Paediatric ID Specialist</i> S2.3. Management of Obstructive Sleep Apnea <i>Dr Mariana Daud, Respiratory Paediatrician</i>
1330-1430	Lunch Break
1430-1630	Symposium 3: Yours Painfully S3.1. Teens with Chronic Pain <i>Dr Wan Azzlan Wan Ismail, Consultant Anaesthetist & Pain Management Specialist</i> S3.2. Ouch! It's Painful: Psychosomatic Disorder <i>Dr Harlina Bahar, Child & Adolescent Psychiatrist</i> S3.3. Deliberate Self Harming <i>Datin Dr Sheila Marimuthu, Adolescent Medicine Specialist</i> S3.4. Teen Talk: Deep from My Heart <i>Teen Speakers</i>
1630-1700	Adolescent Health Quiz 1
1700-1730	Tea Break
DAY 2	6th April 2017 (THURSDAY)
0830-0900	Plenary 3 Prevention of Injury and Violence in Teens: What Works <i>Dr Thiyagar Nadarajaw, Adolescent Medicine Specialist</i>
0900-0930	Plenary 4 Mental Health Disorder in Adolescents <i>Dr Harlina Bahar, Child & Adolescent Psychiatrist</i>

DAY 2 (Contd)	6th April 2017 (THURSDAY)
0930-1000	Keynote Address NCD in Adolescent—Matching Actions to Health Needs <i>Prof Susan M. Sawyer, Adolescent Medicine Consultant</i>
1000-1100	Opening Ceremony
1100-1130	Tea Break
1130-1300	Symposium 4: My Sweet Teen S4.1. Insulin Therapy in Type 1 Diabetes Mellitus <i>Dr Suhaimi Hussain, Paediatrician</i> S4.2. Managing Type 2 Diabetes Mellitus <i>Associate Prof Dr Muhammad Yazid Jalaludin, Paediatric Endocrinologist</i> S4.3. Carbohydrate Counting—Low Glycaemic Diet <i>Associate Prof Dr Hamid Jan, Nutrition and Dietetic Consultant</i>
1300-1400	Lunch Break
1400-1600	Free Papers
1600-1630	Adolescent Health Quiz 2
1630-1700	Tea Break
1700-1800	MAAH AGM
DAY 3	7th April 2017 (FRIDAY)
0830-0900	Plenary 5 Smoking: Current Trends Affecting Teens' Health <i>Associate Prof Dr Mohamad Haniki Nik Mohamed, Clinical Pharmacist</i>
0900-1030	Symposium 5: Empowering the Community S5.1. ATAP NEPAH: Peer Support Programme <i>HUSM Medical Students & Principal SMK Badak, Bachok</i> S5.2. B-TOP <i>En Rudie Yaakub, Parenting Coach</i> S5.3. MyBFF@school: Intervention for Adolescent Obesity <i>Assoc Prof Dr Abdul Halim Mokhtar, Consultant Sports Physician</i>
1030-1100	Tea Break
1100-1130	Plenary 6 SDG — Motherhood in Childhood <i>Dr Nik Rubiah Nik Abdul Rashid, Public Health Specialist</i>
1130-1230	Parenting Towards a Healthy Lifestyle <i>En Zaid Muhammad, Motivator</i>
1230-1300	Closing Remarks
1300	Lunch

* This programme has been prepared in good faith and may be subjected to change without prior notification