

MHWC



Men's Health World Congress

11-13 DEC 2023

Borneo Convention Centre Kuching
Sarawak, Malaysia

UNITED FOR MEN'S HEALTH



PROGRAMME BOOK

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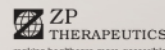
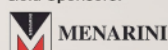
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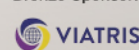
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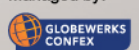


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Welcome Message

by Drs Christopher Ho & Feisul Idzwan Mustapha

It is our great pleasure to welcome all of you to the Men's Health World Congress 2023 at the beautiful city of Kuching, Sarawak!

This Congress is jointly organised by the Malaysian Society of Andrology and the Study of Ageing Males (MSASAM) and the Malaysian Clearinghouse for Men's Health. With the endorsement of International Society for Men's Health, we will bring the Conference to Malaysia with the intention of making men's health accessible to researchers, educators and practitioners (allied healthcare professionals, nurses, family doctors, specialists) in the Asia Pacific Region.

'United for Men's Health' is the theme for MHWC 2023 as we believe in a comprehensive and holistic approach to promoting men's health, and that this can only be done successfully through inter-sectorial and inter-disciplinary collaborations. Therefore, this Congress will not only cover epidemiology, policies, clinical advances in men's health, it will also explore how gender identity, changing social and cultural norms shape men's behaviours and their health. Exciting topics include: use of ICT to improve men's health, improving men's health in key populations, updates in andrology, social determinants in men's health, delivering men's health services, and the latest WHO European Men's Health Policy.

At the MHWC 2023, you will be able to interact with top international and regional experts and researchers in men's health and related disciplines through plenaries, symposia, and workshops. We would also like to welcome you to submit abstracts to present your research work (oral and poster) and conduct workshops related to men's health. It is our goal to use MHWC 2023 as a platform to unite all men's health stakeholders to discuss, debate, brainstorm, seek solutions and set directions for the future of men's health.

This Congress has received generous support from the State of Sarawak, and together, we assure you of a fruitful and enjoyable experience. We look forward to welcoming you onboard MHWC 2023!

Organising Committee

<i>International Advisors</i>	Prof. Dr. Alan J. Wein Prof. Alan Keith White Prof. Dr. Ridwan Shabsigh Dr. Peter Baker
<i>Advisor</i>	Prof. Dato' Dr. Tan Hui Meng Prof. Dato' Dr. Zulkifli Md Zainuddin
<i>Co-Chairs</i>	Prof. Dr. Christopher Ho Dr. Feisul Idzwan Mustapha
<i>Secretary</i>	Dr. Teo Chin Hai
<i>Treasury</i>	Dr. Navin Kumar A/L Devaraj
<u><i>Scientific Committee:</i></u>	
<i>Chair</i>	A/Prof. Dr. Kamaliah Mohamad Noh
<i>Co-Chair</i>	A/Prof. Stanley Chan
<i>Primary Care</i>	A/Prof. Dr. Sazlina Shariff Ghazali Dr. Tun Firzara
<i>Urology</i>	Prof. Dr. Christopher Ho Dr. Ngoo Kay Seong Prof. Dr. Azad Hassan Abdul Razack Prof. Dr. Ong Teng Aik
<i>Public Health</i>	Dr. Zakiah Mohd Said Dr. Feisul Idzwan Mustapha
<i>Lifestyle (Health Literacy, Nutrition & Sports)</i>	A/Prof. Dr. Hazreen Abd Majid Dr. Hazli Zakaria
<i>Psychology & Behavioural</i>	Prof. Dr. Low Wah Yun
<i>PR & Protocol Liaison</i>	Dr. Joe Ooi Chor Yau Dr. Sally Suriani Ahip

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REFERENCES: 1. SPEDRA[®] Approved Product Information, 2021. 2. Goldstein I *et al.*, *J Sex Med.* 2012; 9 (4): 1122-1133. 3. Belkoff LH *et al.*, *Int J Clin Pract.* 2013;67(4):333-341. 4. Boeri L *et al.*, *Expert Review Clin Pharmacol.* 2016; June 13:1-11.



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Programme – Day 1 – 11 December (Monday)

0745 - 0830	Registration			
0830 - 0930	Plenary 1 (Venue- Great Hall D) The Role of Policy in Driving Men's Health at the Global, Regional, National and Local Levels Speaker: Peter Baker, Global Action on Men's Health Chair: Ng Chirk Jenn, SingHealth Polyclinics			
Venue- Great Hall D				
0930 - 1025	National & Sarawak State Anthem Prayers Recitation: Ustaz Yazid Opening Ceremony Welcome Speech by MHWC Organising Co-Chair: Christopher Ho Chee Kong Welcome Speech by Special Guest: Dato Wee Hong Seng Welcome Speech by ISMH President: Ridwan Shabsigh Opening Speech by Guest of Honour: Dr Mohd Safiee bin Ismail			
1025 - 1045	Tea Break (Venue- Concourse B)			
	Gender Perspective in Health and Social Policy (S1) (Venue- Great Hall D) Chair: Feisul Idzwan Mustapha, Ministry of Health Malaysia	Asian Society for Men's Health & Aging (ASMHA) Symposium (S2) (Venue- Meeting Room 2) Chair: Zulkifli Md Zainuddin, Hospital Canselor Tuanku Muhriz UKM	High Risk Behaviour (S3) (Venue- Meeting Room 4) Chair: Zakiah Md Said, Ministry of Health	
1045 – 1115	Mars vs Venus: Differences in Health Speaker: Low Wah Yun, Universiti Malaya	New TRT for LOH using Leydig cell derived iPS cell Speaker: Masato Fujisawa, Kobe University	Boozing from the Song until the Gate Speaker: Mohd Fadzli Mohamad Isa, Ministry of Health	
1115 – 1145	Men's Health, Women's Health: Why Gender Matters in Public Policy Speaker: Lai Suat Yan, Universiti Malaya	Tips and Tricks in Managing ED Speaker: Park Kwangsung, Chonnam National University Medical School	Men's Intimate Partner Relationships and Mental Health Speaker: John Oliffe (virtual), The University of British Columbia	
1145 – 1215	Role of Masculinity in Health Care Speaker: Hazli Zakaria, Alaminda Healthcare	Sex and Erection problems after Treatment for Prostate Cancer Speaker: Koji Chiba, Kobe University Graduate School of Medicine	Drugs Addiction Speaker: Norliza Chemi, Hospital Kajang	
1215 – 1245	Panel Discussion Moderator: Feisul Idzwan Mustapha, Ministry of Health Malaysia	Sexual Function Preservation Surgeries for BPH Speaker: Run Wang, University of Texas	Internet Addiction Speaker: Ching Siew Mooi, University Putra Malaysia	
1245 – 1330	Lunch Symposium by Menarini (Venue- Great Hall D) Speed Matters: Management of ED with 2nd Generation PDE5i Speaker: George Lee, Gleneagles Hospital Kuala Lumpur Chair: Stanley Chan Chun Wai, International Medical University			
1330 – 1400	Exhibition			
1400 -1500	Plenary 2 (Venue- Great Hall D) Equity in Men's Health Speaker: Derek Griffith, Georgetown University Chair: Ridwan Shabsigh, Cornell University			

	Ageing in the Changing World (S4) (Venue- Great Hall D) Chair: Low Wah Yun, Universiti Malaya	Cancer (S5) (Venue- Meeting Room 2) Chair: Zulkifli Md Zainuddin, Hospital Canselor Tuanku Muhriz UKM	Aesthetics in Men (S6) (Venue- Meeting Room 4) Chair: Ng Chirk Jenn, SingHealth Polyclinics	Oral Presentations (Venue- Meeting Room 1) Judges: Razitasham bt Safii, Joe Ooi Chor Yau, Teo Chin Hai	
1500 – 1530	Korean Centenarian Study Speaker: Park Kwangsung, Chonnam National University Medical School	Improving Men's Cancer Outcomes Speaker: Peter Baker, Global Action on Men's Health	Current Trends of Aesthetics in Men Speaker: Ch'ng Chin Chwen, Subang Jaya Medical Centre	1500 - 1512	N02: Creating Environments That Support Good Mental Health and Wellbeing Within Male Dominated Workplaces in Australia Presenter: Rae Bonney
				1512 - 1524	CE-10009: How Men With Disabilities Create and Reinforce Their Masculinity Presenter: Donna Ritchie
				1524 - 1536	N11: Knowledge and Attitude Towards Emergency Contraception Among Men and Its Associated Factors in Klinik Kesihatan Simee, Kinta, Perak Presenter: Nur Alyza Bt Haji Yusuf
1530 - 1600	Active and Productive Ageing: Opportunities and Challenges Speaker: Tey Nai Peng, Universiti Malaya	Evolving Treatment in Prostate Cancer Speaker: Wei Phin Tan, New York University Langone Health	Skin and Hair Care in Men Speaker: Ch'ng Chin Chwen, Subang Jaya Medical Centre	1536 - 1548	N12: The Prevalence of Intention to Make Preconception Lifestyle Changes Among Married Men in Klinik Kesihatan Kuala Lumpur and Its Associated Factors Presenter: Siti Solehah bt Ahmad Mazlan
				1548 - 1600	N17: Sexually Transmitted Disease (STD) Friendly Clinic in Primary Care, Perak, Malaysia - Focusing on Men's Population, What Does It Cost and Bring? Presenter: Choo Soon Yak
1600 - 1630	Retirement Preparedness Among Malaysians Speaker: Tengku Aizan Abdul Hamid, Universiti Putra Malaysia	Testicular Cancer: Reaching the Young Men Speaker: Ngoo Kay Seong, Tuanku Mizan Armed Forces Hospital	Muscular Man Speaker: Mohamad Shariff Bin A Hamid, Universiti Malaya Medical Centre	1600 - 1612	N21: Sexually Transmitted Infection Healthcare-Seeking Behaviour among Men Who Have Sex with Men in Malaysian Borneo – A Concurrent Mixed Methods Study Presenter: Mardhiyyah Azmi
				1612 - 1624	HRB-10086: A Young Man With Sudden Headache and Vision Loss Presenter: Ahmad Tirmizi Jobli
1630 - 1700	Panel Discussion Moderator: Low Wah Yun, Universiti Malaya	Panel Discussion Moderator: Zulkifli Md Zainuddin, Hospital Canselor Tuanku Muhriz UKM	Panel Discussion Moderator: Ng Chirk Jenn, SingHealth Polyclinics	1624 - 1636	N05: Exploring Supportive Care Needs in Men with Prostate Cancer in New Zealand: A Cross- Sequential Explanatory Mixed- Methods Study Presenter: Hui Xiao
				1636 - 1648	N23: Rezūm® Water Vapour Therapy for Benign Prostate Enlargement (BPE): Experience in Military Hospital Presenter: Lee Ge An
1700 - 1730	Tea Break Exhibition (Venue- Concourse B)				

Programme – Day 2 – 12 December (Tuesday)

0830 -0930	Plenary 3 (Venue- Great Hall D) Engaging the Public in Men's Health Speaker: Zac Seidler, Movember (virtual) Chair: Stanley Chan Chun Wai International Medical University				
0930 – 1000	Tea Break Exhibition (Venue- Concourse B)				
	Men's Health Epidemiology (S7) (Venue- Great Hall D) Chair: Razitasham Safii, Universiti Malaysia Sarawak (UNIMAS)	Health and Innovation (S8) (Venue- Meeting Room 2) Chair: Ridwan Shabsigh, Cornell University	Nutrition & Fitness (S9) (Venue- Meeting Room 4) Chair: Low Wah Yun, Universiti Malaya	Oral Presentations (Venue- Meeting Room 1) Judges: Sazlina Shariff Ghazali, Navin Kumar Devaraj, Azad Hassan Abdul Razack	
1000 – 1030	Men's Health: Report Cards from the World Speaker: Derek Griffith, Georgetown University	Delivering Men's Health: 10 key tips Speaker: Peter Baker, Global Action on Men's Health	Weight Loss Interventions : Are There Differences between Men & Women Speaker: Winnie Chee, International Medical University	1000 - 1012	N08: Ethanol Enhances Mitophagy in Leydig Cells: Ultrastructural Evidence and Molecular Mechanisms Presenter: Nabil Eid
				1012 - 1024	N09: The Impact of Knowledge Translation Tools on ED Discussion and Medication Prescription Among Diabetes Men in Primary Care Presenter: Mohd Redhuan Abdul Muin
				1024 - 1036	N18: Erectile Dysfunction(ED): Prevalence and The Treatment Seeking Behavior (TSB) Presenter: Mohd Haffis Mohd Arsat
1030 – 1100	A Social-determinants Approach to Solving Men's Health Problems Speaker: Andrew Kiyu, University Malaysia Sarawak	ScreenMen: Empowering Men to Screen Speaker: Teo Chin Hai, Universiti Malaya	Diet and Physical Activity Among our Youth: Gender-specific patterns Speaker: Hazreen Abdul Majid (virtual), Universiti Malaya	1036 - 1048	MSCC-10048: Long Term Efficacy of Phosphodiesterase 5 Inhibitor for Lower Urinary Tract Symptoms, Sexual and Endothelial Function in Patients With Benign Prostate Hyperplasia Presenter: Toshiyasu Amano
				1048 - 1100	MSCC-10071: Efficacy and Safety of Transurethral Erbium Laser in the Treatment of Male Urinary Incontinence Presenter: Weilin Fang
				1100 - 1112	MSCC-10097: A Refugee With Penile Carcinoma: What Can We Do? Malaysia Field Hospital Experience. Malaysian Field Hospital, Cox's Bazar, Bangladesh Presenter: Vinodkumar Manogaran
1100 – 1130	Men's Health: Time for A New Approach to Policy and Practice? Speaker: Zakiah Md Said, Ministry of Health	Innovative Approach to Professional Education in Men's Health Speaker: Tun Firzara Abdul Malik Universiti Malaya	Gender - Specific Exercise Interventions Speaker: Mohd Nahar Azmi Bin Mohamed Universiti Malaya	1112 - 1124	N07: Technology Assisted Intervention Strategy for Enhancing Resilient Single Fathers: A Need Analysis Presenter: Mimi Fitriana Zaini
1130 – 1230	Plenary 4 (Venue- Great Hall D) Screening and Advance Diagnostic Procedure for Prostate Cancer Speaker: Wei Phin Tan, New York University Langone Health Chair: Christopher Ho Chee Kong, Oriental Melaka Straits Medical Centre				

1230 – 1315	<p align="center">Lunch Symposium by Zuellig Pharma (Venue- Great Hall D) ED & BPH - Treat One or Treat Both? Speaker: Ong Teng Aik, Universiti Malaya Chair: Christopher Ho Chee Kong, Oriental Melaka Straits Medical Centre</p>				
1315 – 1400	<p align="center">Exhibition</p>				
1400 – 1500	<p align="center">Plenary 5 (Venue- Great Hall D) The Role of Gender Neutral HPV Vaccination Programmes in Improving Men's Health Speaker: Peter Baker, Global Action on Men's Health Chair: Feisul Idzwan Mustapha, Ministry of Health Malaysia</p>				
	<p align="center">Sexual Health (S10) (Venue- Great Hall D) Chair: Christopher Ho, Oriental Melaka Straits Medical Centre Selvalingam Sothilingam, Sunway Medical Centre Velocity</p>	<p align="center">Non-Communicable Diseases in Men (S11) (Venue- Meeting Room 2) Chair: Winnie Chee</p>	<p align="center">Health Literacy (S12) (Venue- Meeting Room 4) Chair: Kamaliah Mohamad Noh</p>	<p align="center">Oral Presentations (Venue- Meeting Room 1) Judges: Noran Naqiah Hairi, Tun Firzara Binti Abdul Malik, Ngoo Kay Seong</p>	
1500 – 1530	<p align="center">1500 – 1525 Lifestyle, sexual health and men's health: Connecting the dots Speaker: Ng Chirk Jenn, SingHealth Polyclinics</p>	<p align="center">Debate: Does Gender Matter? Heart Health for Women Vs Men Speakers: Feisul Idzwan Mustapha, Ministry of Health Malaysia & Wong Ping Foo, Klinik Kesihatan Cheras Baru</p>	<p align="center">Self- Care and Health Literacy in Men Speaker: Affendi Isa, Ministry of Health Malaysia</p>	1500 – 1512	<p>N14: Predictors of Malaysian Men's Willingness to Seek Help from Professional Mental Health Services Presenter: Ng Joo Hou (Joshua)</p>
				1512 - 1524	<p>N01: Male Systemic Lupus Erythematosus: Gender Differences in Clinical Characteristics Presenter: Sharifah Aishah Wan</p>
1530 – 1600	<p align="center">1525 – 1550 Managing UTI in Men Speaker: Azad Hassan Abdul Razack, Universiti Malaya</p>		<p align="center">Gender Difference in Health Literacy and eHealth Literacy Speaker: Hooi Min Lim, Universiti Malaya</p>	1524 - 1536	<p>N06: The Impact of Male Involuntary Childlessness on Men's Health Across The Life Course: Implications for Individuals, Healthcare Providers and Practitioners Presenter: Robin Hadley</p>
				1536 - 1548	<p>OTH-10065: The Perception of Premarital Sex Among Malaysian Young People Presenter: Gul Muhammad Baloch</p>
1600 – 1630	<p align="center">1550 – 1615 Chronic Pelvic Pain Syndrome Speaker: Alan Wein (virtual), University of Pennsylvania</p>	<p align="center">Challenges Facing Young Physicians in Encouraging Men to go for Screening and Adhering to Medications Speaker: Navin Kumar Devaraj, Univesiti Putra Malaysia</p>	<p align="center">Interventions to Improve Health Literacy Speaker: Tin Tin Su, Monash University</p>	1548 - 1600	<p>N15: Prevalence and Predictors of Intimate Partner Violence Victimization in Sarawak Presenter: Siti Romahani Rahman</p>
1630 – 1700	<p align="center">1615 – 1640 ED in Primary Care Speaker: Stanley Chan Chun Wai, International Medical University</p>	<p align="center">Prevent the Threat of NCD Speaker: Feisul Idzwan Mustapha, Ministry of Health Malaysia</p>	<p align="center">Panel Discussion: The Math of Improving Health Literacy in Men Moderator: Kamaliah Mohamad Noh</p>	1600 - 1612	<p>N16: Implementation of Pre-Exposure Prophylaxis (PrEP) for HIV Prevention in Public Primary Healthcare Clinics: Profiling PrEP Users From Two Pilot Sites in Johor, Malaysia Presenter: Muhammad Alimin Bin Mat Reffien</p>
	<p align="center">1640 - 1700 Sex Therapy for Male Sexuality Speaker: Martha Tara Lee, Eros Coaching</p>			1612 - 1624	<p>N22: Assessing Socio Demographic: Predictors of Affect on Sexual and Reproductive Health Factors Among Adolescent Boys in Sarawak Presenter: Nazrie Saini</p>
1700 - 1730	<p align="center">Tea Break (Venue- Concourse B)</p>				

Programme – Day 3 – 13 December (Wednesday)

0830 - 0930	Plenary 6 (Venue- Great Hall D) Men and COVID-19: The Aftermath Speaker: Ridwan Shabsigh, Cornell University Chair: Abdulla Al-Ansari, Hamad Medical Corporation		
0930 - 1000	Tea Break (Venue- Concourse B)		
	Vulnerable Men (S13) (Venue- Great Hall D) Chair: Sazlina Shariff Ghazali, Universiti Putra Malaysia	Men and Mental Health (S14) (Venue- Meeting Room 2) Chair: Hazli Zakaria, Alaminda Specialist Clinic	LUTS and OAB (S15) (Venue- Meeting Room 4) Chair: Tan Hui Meng, Subang Jaya Medical Center
1000 - 1030	Behavioural Trend among MSM & Transgender Speaker: Anita Suleiman, Ministry of Health Malaysia	Male Depression and Suicidality Speaker: John Oliffe (virtual), University of British Columbia	Sleep and Nocturia Speaker: Alan Wein (virtual), University of Pennsylvania
1030 - 1100	Suicide Trend among Men in Asean Countries Speaker: Siau Ching Sin, Universiti Kebangsaan Malaysia	Dementia in Men: Forget Me Not Speaker: Shahrul Bahyah Binti Kamaruzzaman, Universiti Malaya Medical Centre	Non Pharmacological Options for Overactive Bladder Speaker: Ong Teng Aik, Universiti Malaya
1100 - 1130	Approach to Managing MSM with HIV Speaker: Sathya Rao Jogulu, Ministry of Health Malaysia	Protecting Our Elders: Preventing and Addressing Abuse and Neglect in Older Men Speaker: Noran Naqiah Binti Mohd Hairi, Universiti Malaya	LUTS & Men's Health Speaker: Ridwan Shabsigh, Cornell University
1130 - 1200	Panel Discussion Moderator: Sazlina Shariff Ghazali, Universiti Putra Malaysia	Panel Discussion Moderator: Hazli Zakaria, Alaminda Specialist Clinic	Panel Discussion Moderator: Tan Hui Meng, Subang Jaya Medical Center
1200 - 1245	Lunch (Venue- Concourse B)		
1245 - 1400	Exhibition		
1400 - 1500	Plenary 7 (Venue- Great Hall D) Nocturnal Polyuria - Malaysian Perspective Speaker: Clarence Lei, Normah Medical Specialist Centre Chair: Ngoo Kay Seong, Tuanku Mizan Armed Forces Hospital		
	Equity in Men's Health (S16) (Venue- Great Hall D) Chair: Azad Hassan Abdul Razack, Universiti Malaya	Consultation with Men (S17) (Venue- Meeting Room 2) Chair: Sally Suriani Ahip, Klinik Kesihatan Kota Samarahan	Testosterone Deficiency (S18) (Venue- Meeting Room 4) Chair: Tan Hui Meng, Subang Jaya Medical Center
1500 - 1530	Interventions Promoting Men's Health Equity Speaker: Derek Griffith, Georgetown University	Communicating with Men: Can we do Better? Speaker: Joe Ooi Chor Yau, Universiti Malaysia Sarawak	Diabetes Mellitus and Testosterone Deficiency Speaker: Michael Zitzmann, Münster University Hospital (UKM)
1530 - 1600	Gender Differences in Sexual Fluidity Speaker: John Pinto	Motivating the Unmotivated: How to Change Health Behaviour Speaker: Mimi Firriana Zaini, International University of Malaya-Wales	TD: What to do when Testosterone Replacement fails Speaker: Aksam Yassin, Dresden International University
1600 - 1630	Social Connectedness: The Intersectionality of Ethnicity and Religion Speaker: Christine Maryanna Gabriel, Taylor's University Lakeside Campus	Setting Up Men's Health Clinic : Why & Why Not Speaker: George Matthew, Universiti Malaysia Sabah	Teaching HCP on TRT Speaker: Peter Lim, Institute for Men's Health Singapore
1630 - 1700	In the Shadow of the City: Men's Health amongst the Urban Poor Speaker: Ng Chirk Jenn, SingHealth Polyclinics	Disputing Irrational Beliefs of Manhood Speaker: Alvin Ng, Sunway University	I-PASS and Other Important Asian TRT Trials Speaker: Michael Zitzmann, Münster University Hospital (UKM)
1700 - 1730	Closing Ceremony (Venue- Great Hall D)		
1730	~ END ~		

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- Cialis 5mg taken at approximately the same time each day
- With or without food⁴
- Without regard to timing of sexual activity because dosing and sexual activity would no longer need to be temporally linked⁵

REFERENCES

1. Porst et al, European Urology 50 (2006) 351-359
2. EAU-Guidelines-on-Non-Neurogenic-Male-LUTS-2022
3. Ergle et al J Sex Med 2012;9:271-281
4. MY Cialis 5 mg _PI_EUSPC_ 28 Jan 2021_05 May 2021
5. Porst et al, J Sex Med 2008;5:2160-2169



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Faculty



Ridwan Shabsigh

Chairman, Department of Surgery, St. Barnabas Hospital, Professor of clinical urology, Cornell University, USA

Chairman, Department of Surgery, SBH Health System, Bronx; professor of clinical urology, Weill-Cornell Medical School, and affiliate professor of medicine at CUNY School of Medicine, New York, USA. Dr. Shabsigh received his medical degree from Damascus University Medical School and did 2 urology residencies in Germany and the USA. He completed a residency in urology and a fellowship in sexual medicine, urinary incontinence, and urologic prostheses at Baylor College of Medicine in Houston, USA. Dr. Shabsigh is a Fellow of the American College of Surgeons, a Diplomate of the American Board of Urology, and an active member of several professional societies. He is also the past president of the International Society of Men's Health and the editor-in-chief of the Journal of Men's Health. A leading clinician and researcher in urology, sexual medicine and men's health, Dr. Shabsigh has participated in numerous clinical trials on investigational drugs for the treatment of sexual dysfunctions. Over the past 30 years, Dr. Shabsigh provided consulting services to the pharma and medical device industries in a broad scope, ranging from pre-clinical to all phases of clinical research and development, with involvement in strategy, multidisciplinary commercialization teams and internal and external professional affairs. He is a frequent contributor to the medical press and has authored numerous original papers and abstracts in addition to review articles, book chapters, and editorials, in journals such as the New England Journal of Medicine, Lancet, British Medical Journal and the Journal of Urology. Prior to joining SBH Health System 10 years ago, he worked for 16 years as a faculty member at the department of urology of Columbia University and 6 years as director of urology at Maimonides Medical Center in Brooklyn, where he achieved remarkable growth and substantial increase in quality. He took on his position as the chairman of the Department of Surgery at the SBH Health System, with the goals of growth and improvement. Over the past 10 years, he led the development of the department, with 16 surgical specialties, 2 residency programs. The various surgical divisions were restructured and teams were organized. Processes and systems were put in place for quality assurance,

performance improvement and patient safety. Furthermore, growth and improvement were achieved in an efficient and fiscally-responsible fashion. During the COVID19 crisis, Dr. Shabsigh led the multidisciplinary critical care committee coordinating all critical care activities during the crisis. His book “Health Crisis Management in Acute Care Hospitals, Lessons Learned from COVID19 and Beyond” was published in March 2022 both in paper and as ebook by Springer Nature.

Talk: Men and COVID-19: The Aftermath

Objectives: To describe the sex difference in morbidity, severity and mortality of the COVID19 pandemic.

Materials and methods: A comprehensive literature review was conducted of peer reviewed papers and data from registries, with focus on the sex differences in the morbidity, severity and mortality of the COVID19 pandemic with the research hypothesis that men had higher morbidity, severity and mortality.

Results: Publicly available data from the Global Health 50/50 research initiative showed an increased mortality in men, despite similar numbers of COVID19 cases in men and women. In addition to mortality, hospitalizations and admissions to intensive care units (ICU) showed men more affected than women. A review of data in several countries showed that there were 50% more men requiring hospitalization compared to women, with ICU admission being three to fourfold higher in men. A meta-analysis of 15 independent studies found men had an odds ratio of 1.31 to develop a severe COVID19 infection compared to women.

Conclusions: The sex differences in COVID19 morbidity, severity and mortality are multifactorial. They may potentially be caused by the sex-differences in comorbidities and behaviors. There is a need to collect sex and age specific data to better understand disease pathology, study the sex differences and guide clinical care. Furthermore, the consistencies with previous coronavirus pandemics may suggest that the public health policies and risk stratification should take sex into consideration for future pandemics. Additionally, more research is needed to clarify inflammatory and immunity differences to close some knowledge gaps in these concerns. The role of sex hormones in viral disease acute respiratory distress syndrome (ARDS) may be of special research interest.

Talk: LUTS & Men's Health

Objectives: To describe the impact of benign prostatic hyperplasia with lower urinary tract symptoms (BPH/LUTS).

Materials and methods: A comprehensive literature review was conducted of peer reviewed papers and data from registries, with focus on the burden of disease and impact on quality of life

Results: BPH/LUTS has significant burden of disease and a negative impact on the quality of life of affected men. Among other measures, BPH/LUTS has high burden of disease with the measure of years lost to disability. Furthermore, the well-known association of BPH/LUTS with erectile dysfunction (ED) has a compounding negative impact on the quality of life.

Conclusions: Benign prostatic hyperplasia with lower urinary tract symptoms (BPH/LUTS) has a significantly high burden of disease. The aging of the world populations and the increasing life expectancy raise BPH/LUTS to an important public health issue.



George Alan J Wein

**Emeritus Professor of Surgery / Urology,
Emeritus Chief of Urology and
Emeritus Program Director,
Perelman School of Medicine,
University of Pennsylvania
USA**

Alan J Wein MD, PhD(hon), FACS, is Professor with Tenure and Emeritus Chief of Urology and Director of the Residency Program at the University of Pennsylvania. He obtained his MD training in surgery, basic urologic research and clinical urology at Penn. He holds an honorary PhD from the University of Patras, Greece, and was conferred an Honorary Professorship by the Institute of Urology, Russian Ministry of Health. His clinical and research interests include, physiology/pharmacology of the lower urinary tract, evaluation/management of urinary incontinence and all types of lower urinary tract dysfunction, problems with prostate enlargement, evaluation/management of prostate, bladder and kidney cancer. He has received numerous awards for excellence in the field of urology, is recognized nationally and internationally through his many affiliations and professional memberships, which include the American Association of Genitourinary Surgeons, Clinical Society of Genitourinary Surgeons, American Surgical Association, Society of Surgical Oncology, Society of Urologic Oncology, Society of Pelvic Surgeons, Society of Urodynamics, Female Pelvic Medicine and Urogenital Reconstruction, Société Internationale d'Urologie, American Urological Association, and the Royal Society of Medicine. Awards include, the Urodynamics Society Lifetime Achievement Award, F. Brantley Scott Award of the American Foundation for Urologic Diseases, Hugh Hampton Young Award of the AUA, Ferdinand C. Valentine Award of the New York Academy of Medicine and the Keyes Medal by the AAGUS, which is recognized as the greatest

individual citation in the specialty for outstanding contributions in the advancement of urology. He has authored or co-authored over a thousand papers and book chapters, holds multiple editorial positions on scientific journals, has edited or co-edited over 30 books. After years of being editor-in-chief of the gold standard textbook in urology, Dr. Wein was honored by having his name added to the title, now Campbell-Walsh-Wein Urology. He is sought after and continues to lecture at all major urologic conferences held worldwide.

Talk: Chronic Pelvic Pain Syndrome(CPPS)

CPPS is the occurrence of chronic pelvic pain when there is no proven infection or obvious local pathology that may account for the pain. It is a subdivision of chronic pelvic pain and is often associated with negative cognitive, behavioral, sexual or emotional consequences, as well as with symptoms suggestive of lower urinary tract, sexual or bowel dysfunction in men. Primary urological pain syndromes include prostate pain syndrome, bladder pain syndrome, scrotal pain syndrome, testicular pain syndrome, epididymal pain syndrome, penile pain syndrome, urethral pain syndrome, and post vasectomy scrotal pain syndrome. GI pelvic pain syndromes can include irritable bowel syndrome, chronic primary anal pain syndrome and intermittent chronic primary anal pain syndrome. Musculoskeletal pelvic pain syndromes include primary pelvic floor muscle pain syndrome and primary coccyx pain syndrome. Using the 2023 EAU guidelines recommendations for the diagnostic evaluation of men with these problems and recommendations for management will be discussed, recognizing that these recommendations are mostly based on expert opinion and, broadly speaking, consists of a holistic approach with the active involvement of patients. Interventions may include psychology, physiotherapy, drugs and more invasive interventions.

Talk: Sleep and Nocturia

Nocturia, defined as having to arise more than once a night to urinate, is a significant, under studied and under recognized stand-alone problem which is not a natural part of aging, not a disease of the elderly, not just due to OAB in women or benign prostatic obstruction in men, and has significant adverse association and negative effects on the quality and quantity of life. It is a specific symptom in its own right, has a wide ranging set of pathophysiology, and has negative outcomes for sleep and quality of life. There is currently no real consensus on how to identify and manage nocturia for the best possible outcomes. Sleep deprivation can result from nocturia but also be due to other causes. The short term consequences of lack of sleep include increased daytime sleepiness, reduced daytime alertness, longer reaction time, decrease daytime energy, reduced psychomotor performance, decreased memory and cognitive function, poor mood, and reduced quality of life. Long-term consequences

can include depression, increased susceptibility to somatic disease, increased risk of cardiovascular disease, increased risk of car accidents, increased risk of falls and fractures, and increased risk of mortality. The pathophysiology of nocturia will be discussed along with management, both behavioral and pharmacologic.



Peter Baker

**Director
Global Action on Men's Health
Canada**

Peter Baker is Director of Global Action on Men's Health, an international charity based in the United Kingdom that works to ensure that the needs of men and boys are addressed by public health policies. He is also a consultant for the European Cancer Organisation, supporting its work to eliminate the cancers caused by HPV. Previously, he headed up HPV Action, a UK campaign that successfully made the case for HPV vaccination to be extended to boys, and from 2000-2012 was Chief Executive of the Men's Health Forum charity in England and Wales. Peter sits on the editorial boards of the International Journal of Men's Social and Community Health and Trends in Urology and Men's Health and is a Fellow of the Royal Society for Public Health.

Talk: Plenary 1. The Role of Policy in Driving Men's Health at the Global, Regional, National and Local Levels

Sustained and systematic improvements in men's health require health and other policies that specifically take account of gender and men. Men's health advocates must make the case for policy change and ensure that policies are backed by effective governance and funding. Seven countries and one WHO region now have men's health policies, creating an important platform for further policy development.

Talk: Improving Men's Cancer Outcomes

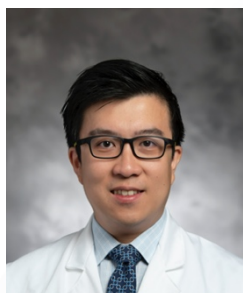
Men carry a significant excess burden of cancer morbidity and mortality. But their outcomes can be significantly improved through greater investment in male-targeted prevention and earlier diagnosis through greater symptom awareness, HPV and HBV vaccination, bowel, lung and prostate cancer screening and improved access to primary care services.

Talk: Delivering Men's Health: 10 key tips

Policymakers and service providers can improve men's health by taking 10 key actions. These include sex-disaggregated data analysis, engaging senior decision-makers in men's health, developing outreach services for men, focusing on those groups of men with the worst health outcomes, recognising the needs of boys and young men, listening to men's voices and taking a 'male-positive' approach.

Talk: Plenary 5: The Role of Gender Neutral HPV Vaccination Programmes in Improving Men's Health

Around 5% of all cancers globally are caused by the human papillomavirus (HPV). An estimated 20-40% of these cancers are in men, including anal, penile and oropharyngeal cancers, and can be prevented by HPV vaccination in adolescence. Vaccinating males also protects more females from cervical and other cancers. But most countries' HPV vaccination programmes are still offered only to girls, an approach that must be changed.

**Wei Phin Tan****Assistant Professor of Urology
New York University Langone Health
USA**

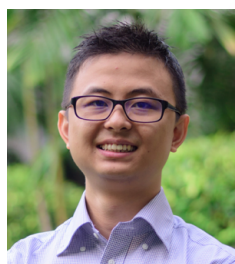
Dr. Wei Phin Tan, M.D. is an Assistant Professor of Urology and a urologic oncologist at New York University Langone Health in New York City. He completed his urology residency in Chicago and his urologic oncology fellowship at Duke University. Dr Tan's research interest focuses on malignancies of the genitourinary system, with a particular emphasis on (i) prostate cancer diagnostics, (ii) focal therapy for prostate cancer, (iii) robotic assisted surgery (prostatectomies, nephrectomies, partial nephrectomies, cystectomies with intracorporeal reservoirs, retroperitoneal lymph node dissection), and (iv) hyperthermia and heat-targeted therapy. Dr Tan has published more than 60 peer reviewed publications and delivered more than 100 international/national presentations to date. He was also previously funded by the Ruth L. Kirschstein National Research Service Award (NRSA) Institutional Research Training Grant from the National Cancer Institute (NCI).

Talk: Evolving treatment in prostate cancer

The talk aims to provide a comprehensive overview of the evolving landscape in the treatment of prostate cancer, focusing on recent advancements and the shift towards personalized therapeutic strategies. The discussion will encompass key developments in both traditional and innovative treatment modalities, emphasizing the importance of tailoring interventions to individual patient profiles.

Talk: Plenary 4 Screening and Advance Diagnostic Procedure for Prostate Cancer

The talk aims to shed light on the critical aspects of screening and advanced diagnostic procedures for prostate cancer, emphasizing the importance of early detection and the integration of cutting-edge technologies. The discussion will cover existing screening methods, delve into the nuances of advanced diagnostic tools, and highlight the role of precision medicine in optimizing prostate cancer management.

**Chin Hai Teo****Senior Lecturer
Faculty of Medicine, Universiti Malaya
Malaysia**

Dr Teo's areas of research include men's health and digital health. His current research work revolves around using ICT and best scientific evidence to innovate effective solutions to change men's health behaviour including improving health screening uptake. He is also involved in the development of e-learning objects for healthcare professionals as well as for patients. Dr Teo has also delved into the epidemiology of men's health and he sees the need of pushing men's health agenda forward. He collaborates with the Malaysian Ministry of Health to develop the national men's health plan of action and promote evidence-based practice. He is also involved in educating the public about men's health including organising men's health awareness campaigns.

Talk: ScreenMen: Empowering Men to Screen

Health screening uptake remains low in men in Malaysia and ScreenMen, a mobile web app, was developed to address this gap. ScreenMen aims to educate men about their health risks, motivating them to stay healthy and empowering them to undergo evidence-based health screening. This presentation will describe the development,

evaluation and implementation of ScreenMen to increase health screening uptake in men.



Kamaliah Mohamad Noh

Malaysia

Dr. Kamaliah Mohamad Noh is a public health medicine specialist and a Fellow of the Public Health Chapter of the Academy of Medicine Malaysia. She is a technical expert in primary health care operational policy development with over 25 years' experience at various levels of the public primary health care delivery system, at the district and subnational levels as well as heading the primary health care section of the Ministry of Health, Malaysia. After her retirement, she took up an academic appointment at University of Cyberjaya for 4 ½ years, teaching public health and community medicine. As an independent consultant, she was involved with the Joint Learning Network for Universal Health Coverage's primary health care technical initiative and the PHC Financing and Payment collaborative.



Sazlina Shariff Ghazali

**Family Physician
Universiti Putra Malaysia (UPM)
Malaysia**

Dr Professor Sazlina Shariff Ghazali is a family physician with Universiti Putra Malaysia (UPM) and an advisory board member for Exercise is Medicine Malaysia. She is a certified exercise prescriber and is also a research associate with the Malaysian Research Institute of Ageing. Her research interest includes supported self-management of non-communicable diseases, patient empowerment, health literacy, medical gerontology and e-health. She has reviewed for national and international academic journals in the areas of family medicine, geriatric health and clinical

research. She is a research partner of the NIHR Global Health Research Unit on Respiratory Health (RESPIRE), University of Edinburgh, United Kingdom. She was also one of the institution leaders of a project that advances co-creation of the Reusable Learning Objects (RLOs) to digitise healthcare curricula in particular the medical curriculum in collaboration with University of Nottingham and with institutions from European Union countries and Malaysia. She has collaborated and received more than 30 research grants at both national and international levels. She has published in various citation indexed journals and conference proceedings and her Scopus H-index is 16 with more than 700 citations. She is an associate editor of the Malaysian Family Physician Journal and a reviewer for Universiti Putra Malaysia Putra Research Grant and Ministry of Higher Education Fundamental Research Grant Scheme.



Christopher Ho Chee Kong

**Consultant Urologist, Oriental Melaka Straits
Medical Centre**
**Adjunct Professor, School of Medicine, Taylor's
University Malaysia**

Prof. Dr. Christopher Ho Chee Kong is an Adjunct Professor in the School of Medicine, Taylor's University and Consultant Urologist at Oriental Melaka Straits Medical Centre. He was previously Professor of Surgery and Urology at Universiti Kebangsaan Malaysia (UKM). He is a member of the International Consultation of Urological Diseases (ICUD), Vice Chair of the International Society of Sexual Medicine (ISSM) Communications Committee, the Vice President for the Malaysian Society of Andrology and the Study of the Aging Male (MSASAM), Secretary of the College of Surgeons Malaysia, Committee Member of the Asian Society of Men's Health and Andrology (AMSHA) and also a Fellow of the Royal College of Surgeons of Edinburgh (FRCSEd), and Glasgow FRCS (Urol)(Glasg), European Committee of Sexual Medicine (FECSM), International College of Surgeons (FICS), European Committee of Sexual Medicine (FECSM), American College of Surgeons (FACS) and Academy of Medicine Malaysia (FAMM). He is also a Member of the Faculty of Surgical Trainers Edinburgh (MFSTEd), Société Internationale d'Urologie (SIU), Examiner for the Membership of the Royal College of Surgeon (MRCS) exam, tutor for the Edinburgh Surgical Sciences Qualification (ESSQ), Director of Andrology Special Interest Group for the Malaysian Urology Association and Communications Committee Member of the International Society of Sexual Medicine. He has published widely with over 140 publications in peer reviewed journals as well as 7 book publications on issues in Men's Health. He

also sits in the Editorial Board of 10 journals (including the Investigative and Clinical Urology journal, SIU journal) and is a reviewer for 24 journals.

Azad Hassan Abdul Razack



Consultant Urologist at KPJ Tawakkal Specialist Hospital
Visiting Professor at University of Malaya Malaysia

Professor Azad Hassan Abdul Razack currently is a Consultant Urologist at the KPJ Tawakkal Specialist Hospital, a Visiting Professor at the Department of Surgery, University of Malaya, an Honorary Consultant at UMMC and a Visiting Professor at UiTM. He has also served as the Deputy Dean, at the Faculty of Medicine, University of Malaya and the Head of Department of Surgery, at the University of Malaya from 2006-2011 and 2017-2019. He is a Member of Malaysian Medical Council 2011-2016 from June 2023 to date, MMC Disciplinary Board (DB1), Examiner for FRCS Urology Glasgow and Examiner for MRCS Edinburgh and Ireland. He is the President of Malaysian Urological Foundation. His publication 167 Web of Science publications.

Talk: Managing UTI in men

UTI in men is generally considered as complicated UTI. The incidence is uncommon in men below 50 and increases in men above 50.

This talk will highlight the following:

1. Epidemiology
 2. Aetiology and risk factors
 3. Common signs and symptoms
 4. The assessment and diagnosis
 5. Discuss the management including managing asymptomatic bacteraemia
 6. Prevention of UTI in men
-

**Zakiah Mohd Said****Public Health Physician, Adult Health Sector
Ministry of Health, Putrajaya
Malaysia**

Dr Zakiah Mohd Said is an accomplished Public Health Physician and currently she heads the Women's and Men's health program in the Ministry of Health . She has more than 10 years' experience in public health program specifically in Family Health . Furthermore, she has extensive experience in formulating and evaluating policies pertaining to primary health care and marginalised health services as well as men's and women's health related programmes. She also plays a crucial role in translating the Men's Health Policy into the establishment of the National Men's Health Plan of Action, Malaysia (2018-2023). Currently she is in the midst of exploring on the possibilities of approaching men's health agenda via the strategies that are already in place for women's health. As cancer is also a priority area for Women's Health Program, Dr Zakiah is also the head of the women cancer prevention and screening program (cervical and breast cancer) for the country.

Talk: Men's Health: Time for A New Approach to Policy and Practice

Studies have shown that men are more susceptible to a variety of behavioural risk factors. The gender gap in life expectancy in Malaysia which is shorter among men than women with an average of five to six years is partly contributed to premature deaths resulting from non-communicable diseases, communicable diseases and injury. It is imperative to address the disparities and gaps in men's health through provision of gendered lens to the delivery health service. The medical fraternity should demonstrate an equity-driven as well as practising a holistic approach in managing the men's health concerns. Efforts must be made to encourage and facilitate more men to go for health screening and necessary intervention. Thus, a development of a more organized and structured policy aimed at ensuring equality in health services provided to men should be formulated and is the way forward.

**Feisul Idzwan Mustapha****Consultant Public Health Physician and Deputy Director (NCD)
Ministry of Health
Malaysia**

Dr. Feisul Mustapha is a consultant public health physician best known for his leadership in the prevention and control of non-communicable diseases (NCDs) in Malaysia. His special areas of interest include diabetes, cardiovascular diseases, cancers and obesity. At the Ministry of Health Malaysia, he is the Deputy Director (NCDs) at the Disease Control Division, responsible for policy and program development, and strategic implementation of interventions for the prevention and control of NCDs. In addition, Dr Feisul has special interest in leveraging on technology in catalysing behavioural modification to reduce the exposure to NCD risk factors. He combines his high-level experiences in the government with active engagement of civil society and multilateral institutions. Dr Feisul is currently Chair of the Scientific Advisory Group for the Monash University South East Asia Community Observatory (SEACO). In addition, he is a Board Member for the International Advisory Board of the United Nations University - International Institute for Global Health (UNU-IIGH), a Member of the Strategic and Technical Advisory Group on the Prevention and Control of NCDs (STAG-NCD) for WHO Geneva, and also a Member of the Policy Advisory Group of the World Cancer Research Fund International (WCRF).

**Talk: Debate: Does Gender Matter? Heart Health for Women versus Men
Dr Wong Ping Foo (For) versus Dr Feisul Idzwan Mustapha (Against)**

Heart disease is the leading cause of death worldwide, and although it affects both men and women, there are significant differences in how it manifests and how it is treated. In recent years, there has been growing concern about the impact of gender on heart health and the need for gender-specific approaches to prevention and treatment. This debate session aims to explore the question of whether gender matters when it comes to heart health. The two experts will debate the similarities and differences between heart disease in women and men, the impact of gender on risk factors, and the effectiveness of gender-specific prevention and treatment strategies. The experts will also debate whether heart disease in women should be considered a different disease than in men, or if it is just a matter of differences in presentation and diagnosis. Overall, this debate aims to raise awareness and foster discussion about the importance of gender in heart health and to promote equitable and evidence-based care for all individuals.

Talk: Navigating the Intersection of Non-Communicable Diseases and Holistic Well-being

In the ever-evolving landscape of men's health, the relationship between non-communicable diseases (NCDs) and holistic well-being has emerged as an important public health issue. NCDs, such as cardiovascular diseases, diabetes, and cancer, continue to impose a substantial burden on global health, affecting men disproportionately. However, health outcomes are not solely determined by medical interventions. Factors such as health-related behaviours, psychosocial stressors, and the lived environment all play important roles in shaping the overall health trajectory of individuals. This presentation will explore the pathways through which NCDs impact various facets of Men's lives. From physiological changes to psychological well-being, it will address the ripple effects of NCDs, recognizing the need for a comprehensive approach that extends beyond traditional medical paradigms. Attention will be given to understanding how behavioural factors, including diet, physical activity, and stress management, contribute to both the onset and management of NCDs. This presentation will draw upon interdisciplinary research, clinical insights, and public health perspectives to unravel the complexities of this relationship. The broader aspects of holistic well-being, as a counterpoint to disease-centric models, will also be explored further, emphasizing the importance of personalized and patient-centered care. Lastly, several innovative strategies and interventions that navigate the intersection of NCDs and holistic well-being will be presented and discussed as use cases. This includes digital health solutions to community-based initiatives. At the end of the presentation, attendees will gain a nuanced understanding of how a broad perspective can inform preventive measures, therapeutic interventions, and policy frameworks, ultimately shaping the future of men's health on a global scale.



Anita Suleiman

**Consultant Public Health Medicine Specialist
Head of Sector (HIV/STI/Hepatitis C)
Ministry of Health Malaysia**

Dr Anita Suleiman has more than two decades of experience in HIV, from providing primary care services at the implementation unit to crafting innovative strategic plans, guidelines, policies and national investment cases for HIV in the country. Currently leading the National HIV/STI/Hepatitis C Programme at the Ministry of Health Malaysia, her involvement in getting the country validated for the elimination of mother-to-child transmission (eMTCT) of HIV and syphilis is instrumental. She also

has vast experience leading the country's HIV estimations and projections core team, Integrated Bio-Behavioural Surveillance (IBBS) survey, and Population Size Estimations (PSE) for key populations in the country. Her latest addition to HIV work includes the elimination of stigma and discrimination in government health care settings, piloting PrEP services delivery at primary care settings, and comprehensive screening and management of HIV, Hepatitis C and Methadone treatment in close settings.

Talk: Vulnerable Men: Behavioural Trend Among MSM and Transgender

Malaysia is a country with a concentrated HIV epidemic with infection rates and transmission probability higher among key populations due to their behaviours, such as unprotected sex and unsafe injecting practices. Hence, understanding behaviours, risks and exposures is crucial to assist in targeting appropriate public health measures. Integrated Biological and Behavioural Surveillance (IBBS) survey was introduced to inform the trend of behaviour and HIV infection and the impact of the services to key populations, including MSM and TG populations.



Hazreen B Abdul Majid

**Professor of Dietetics and Public Health Nutrition
University of Malaya,
Malaysia**

Hazreen Abdul Majid is a Professor at the Department of Social and Preventive Medicine, University of Malaya. He studied at the National University of Malaysia for his Bachelor in Dietetics (Hons), Deakin University Melbourne for his masters and obtained PhD from King's College London. As a trained dietitian, he had worked in both clinical and community nutrition. In addition to some clinical work and research, he had experience in developing collaborative partnerships at the local and state levels for nationally and internationally funded cohort and community-based studies. He was the Head for Centre for Population Health, Dept of Social and Preventive Medicine, Faculty of Medicine, University of Malaya and a faculty member there. He is one of the recipients of the Kavli trust grant, Newton Ungku Omar (Medical Research Council UK and Academy Science of Malaysia) award, Nutricia Research Grant, Friesland Campina collaborative grant and World Obesity Foundation travel grant. He runs low fodmaps dietary clinic at UMMC since 2015 and had learned this whilst working at St

Mary's Hospital, London in 2012. He is a member of numerous scientific and professional associations with research interest including prebiotics and probiotics in clinical nutrition, adolescent cohort and public health nutrition. He has published about 100 original articles, several chapters in books. He had served as Malaysian Dietitians' Association Vice President from 2011-2013 and now until June 2023. He is also an associate editor for three journals namely Clinical Nutrition ESPEN, Asia Pacific Journal of Public Health and Frontiers in Public Health.



Wah Yun Low

**Professor, Dean's office, Faculty of Medicine
Universiti Malaya
Malaysia**

Wah Yun LOW is Honorary Professor of Psychology at the Faculty of Medicine, Universiti Malaya, Kuala Lumpur. She was the former Deputy Executive Director of Research & Internationalisation, Asia-Europe Institute, Universiti Malaya. She was the Immediate Past President, Asia Pacific Academic Consortium for Public Health. Currently, she is the Editor-in-Chief of the Asia-Pacific Journal of Public Health and a Fellow of the Academy of Sciences Malaysia. Her research interests include behavioural medicine, sexual and reproductive health, social epidemiology and men's health.

Talk: Mars vs Venus: Differences in Health

Who is the stronger sex? The answer is obvious in terms of physical strength and speed. But, when it comes to health, men are the weaker sex due to the complexity of biological, social and behavioural factors. Due to the advancement in medical technology and improvement in health lifestyle, life expectancy is changing in both sexes, but not the gender gap, where women continue to outdo men that causes the gender gap to widen. Life expectancy at birth is often used as a marker to demonstrate men's poor health status. There are some basic differences in health between men and women. Based on the World Health Statistics 2019 report, men have higher mortality and morbidity rates than women in coronary heart disease, hypertension, diabetes, cancer, tuberculosis and HIV/AIDS. Mortality attributable to violence and road injuries is higher in men than in women. Men are also highly represented in higher risk occupations, thus leading to a higher workplace fatalities and injuries. Strong beliefs, norms, attitudes and stereotypes of masculinity are prevalent and harmful for men's health. We need to close the gender gap between men and women. Men have

different approaches to prevention, treatment and coping with the disease. Public health system too needs to be more accessible to men as well.



Mimi Fitriana Zaini

**Associate Professor, Faculty of Arts & Science
International University of Malaya-Wales
Malaysia**

Dr Mimi Fitriana Zaini is an associate professor at the International University of Malaya-Wales Kuala Lumpur. She has been in the research and teaching experience for the past 18 years. Dr Mimi's expertise includes Cognitive and behavioural assessment, Trauma recovery & resiliency, Mental health and well-being, Family Functioning, Addictive behaviours, ASD, and Cyber Psychology. Her contribution in teaching includes Clinical Psychology, Cognitive & Behavioural Assessment, Neuropsychology and Psychological Testing to name a few. Dr Mimi has been active in research grants collaboration with international and local universities as the principal investigator as well as the co-researcher. Dr Mimi and the research teams has succeeded a total of FOURTEEN RESEARCH GRANT, Local and International. They received TWO International Grants collaboration with Arizona State University, USA, One International grant collaboration in Global South COVID-19 research, and Two International Matching Grants with Mercu Buana University, Indonesia. Dr Mimi has also succeeded TWO Malaysian Government Research Grant by LPPKN 2021 in Intervention development for Family Resilient, as the co-researcher, and Fundamental Research Grant Scheme (FRGS) 2022 in Technology Assisted Intervention for Single Parents, as Principal Investigator. She also succeeded TEN other University Grants and Internal Grants with the research teams for the past 4 years. Dr Mimi involved in JICA Youth Program invited by the Japanese Government for South East Asia and Africa region as the Psychologist for the MHPSS. Dr Mimi has been an active speaker at Wacana Sinar Harian for a few discussions live on air, along with Astro Awani's session on Mental Health during the COVID-19 Pandemic. She was also invited by the Maldivian TV station on a few talks in Psychology. Dr Mimi is also the volunteer in Malaysian Relief Agency as the lead MHPSS program during the COVID-19, as the clinical psychologist to join the KKM frontliners. With this, Dr Mimi received Penghargaan Pasukan Bertindak Khas Greater Klang Valley (Frontliners and Social Support System) in 2021, by the Malaysia Government. Dr Mimi has also been active as the keynote speaker for a few International and Local conferences as well as been active in providing training and development programs for corporates, industries, and

institutions as well as for the UG and PG students. Among those training provided is in MHPSS for the NGOs and Universities lecturers and students, EQ and Leadership training for the corporates, Research Methodology and other training in Psychology for UG and PG students.

Talk: Motivating the Unmotivated: How to Change Health Behaviour

Changing health behaviour is the motivational and action-based process for improved health and preventing illnesses or diseases. Health behaviour is motivated to increase well-being and to actualize human health potentials. As health motivation is one of the most important drives of health behaviours, it demands personal and communal efforts to support health-related goals and to maintain overall health. Studies showed that the increased health motivation elevates health behaviours and enhances people's physical and mental well-being. Studies also found that seeking information on health care indicated personal effort to improve better lifestyle and to identify early detection of any diseases. Some prominent factors are purported to be powerful motivators to change health behaviours. However, motivating people to engage in health behaviour presents a significant challenge to public health practitioners. Although there have been advances in interventions to increase individuals' motivation to engage in health-related behaviours, gaps in knowledge exist. In particular, effective strategies to promote behaviour change in individuals with little or no motivation to change are relatively scarce. In Malaysia, health promoting behaviour and awareness to health behaviour change are reported low. Unhealthy eating attitude is reported to increase, witnessing high influx of obesity and overweight with 54.2% in 2020. Low physical activities among the Malaysians have also been highlighted by numerous research findings which increase problems in physical and mental health. National Health Morbidity Survey (NHMS) conducted in 2019, showed that 25.1% of Malaysians were physically inactive and contributed to 16.4% of all mortality in the country, and the top reported barriers to being physically active were lack of energy (23%), lack of time (19%) and lack of motivation (19%). The inactivity epidemic has also been termed due to the consistency in poor grades of overall physical activity among Malaysian children and adolescents in 2022 Report Card. The tremendous impact in mental health issues is also reported to increase with 59% of adolescents and half of the adult's experience stress, anxiety and depression. Others were reported to develop significant mental disorders due to poor health behaviours. This current article therefore aims to analyse the critical concept of health motivation and health behaviour change. The article also focuses on the theoretical model of health motivation which predicts health behaviours, and how they link to people's ability to promote health behaviours. The salient key determinant factors of health behaviours, and issues and challenges to health motivation promoting health behaviours change are also discussed.



George G. Mathew

**Consultant Family Physician.
Sexual Health Physician, Retired from Ministry of
Health, Malaysia (October 2023),
Universiti Malaysia Sabah
Malaysia**

Dr. George G. Mathew has been a Consultant Family Physician since 2015. He completed his basic M.B.B.S. degree at Kasturba Medical College, Manipal, South India in the year 1990. Following this, he started practising as a young doctor at Queen Elizabeth Hospital, Kota Kinabalu, Sabah. He completed his Master in Medicine (Family Medicine) at University of Malaya in the year 1999. He proceeded to do “Sexual & Reproductive Health in General Practice” as his Area of Special Interest at Monash University, Melbourne in the year 2009. He was elected as State Head of Family Medicine Specialists in Sabah from the year 2016 till June 2019. He was further elected as Adjunct Professor for the Faculty of Medical and Health Sciences, Universiti Malaysia Sabah (UMS) since 1/10/2018 until now. His other achievements included being the National Course Director for “Integrated Management of Childhood Illness (IMCI), a program under World Health Organization (W.H.O.), Short-Term Consultant under W.H.O. for the Western Pacific Region for IMCI, Chairperson & Core Working Group for Sabah Obstetrics Shared Care Guidelines (SOSCG)-3 rd Edition. Dr. George has also been involved in publishing several studies and research articles. Besides the medical field, Dr. George is also very active in extra-curricular activities. He has been the State Medical Team Manager for Sabah in the international sports arena for adventure, triathlons, extreme sports and mountain climbathons since 2005. He has been the Chairperson for Social & Welfare Society of Tuaran Health Area (PEKSO) since 2002, a society that he formed to help the poor and the needy, as well as to integrate health activities into the lives of the people of Sabah. His latest appointment is being the Chairperson of the Anglican Retirement Kampung (ARK), Kota Kinabalu looking after the elderly since January 2023.

Talk: Setting Up Men’s Health Clinic : Why & Why Not

Men’s health clinics need to encompass physicians who are comfortable managing male endocrine, sexual, reproductive, surgical, urologic, physical performance and psychological issues. In view of this, setting up a Men’s Health Clinic will depend very much if it is going to be done on a small or large scale basis. A small scale would be with minimal expense and expansion of services. On the other hand, a large scale

would include dedicated physical space, hospital collaboration, multi-specialty physician network, up-to-date therapy and outreach plus marketing, with commitment from the health authorities within that country. There is a definite role of telemedicine, having personalized healthcare exclusively available at the touch of a button. The role of telemedicine in men's health continues to expand with the diffusion of healthcare worldwide.



Andrew Kiyu

Professor of Public Health, Faculty of Medicine and Health Sciences, University Malaysia Sarawak, Malaysia

Professor Dr Andrew Kiyu is currently a Professor of Public Health in the Faculty of Medicine and Health Sciences, University Malaysia Sarawak. He joined UNIMAS in 2017. He obtained his MBBS and MPH degrees from University Malaya and Doctor of Public Health in Epidemiology from Tulane University, New Orleans, USA. He is a Life Member of the Malaysian Medical Association, Fellow of the American College of Epidemiology, and a member of the Academy of Medicine, Malaysia. He has over his 40 years' experience in public health, initially as a district medical-officer-of-health, then as an epidemiologist, Deputy Director for Public Health in Sarawak, and finally as Sarawak State Health Director. His core interest has been the management of diseases outbreak, notably the Hand Foot and Mouth Diseases outbreak in 1997, SARS in 2003, Nipah in 1998, and now COVID-19. In addition, he has expanded his interest to include elderly health as well as men's health. He is an honorary consultant epidemiologist as well as honorary advisor for healthy cities for Sarawak government.

Talk: A Social Determinants of Health Approach to Men's Health

"Unless commitment is made, there are only promises and hopes; but no plans." – Peter F. Drucker

Men's health status and men's health services are poor, no matter how they are measured and assessed. The causes of these are multifactorial and multi- sectoral, worsened by years of neglect. Only relatively recently (2018) have the WHO European Region published the "Strategy on the health and well-being of men in the WHO European Region". In Malaysia, the Malaysia Men's Health Action Plan 2018-2023 was published in 2018. That plan focused on six priority areas and seven main strategies. However, it appears that the Malaysian Men's Health Action Plan has yet to be translated into an implementable plan of action. This is the stage where the social

determinants of health (SDH) approach will be useful. The SDH include forces and systems such as economic policies and systems, development agendas, social norms, social policies and political systems. The SDH approach is needed in the initial phase to give an overview of the forces that affect the provision, access, and utilisation of men's health services (beyond andrology) and resultant health status. When the actual public health programmes are being developed the PRECEDE-PROCEED model or the PATCH model would be appropriate. And finally, to develop the actual project, the logic model would be the most appropriate. The move to the implementation stage of the plan will not happen unless the top decision-makers and stakeholders are convinced that improving men's health services and health status is of value, and having recognised that, grant the responsibility, authority, power and support to the Unit and the association entrusted with improving men's health.

“Have a bias towards action – let's see something happen now. You can break that big plan into small steps and take the first step right away.” –Indira Gandhi



Ch'ng Chin Chwen

**Consultant Dermatologist
Subang Jaya Medical Centre
Malaysia**

Dr. Ch'ng Chin Chwen is a consultant dermatologist in Subang Jaya Medical Centre. She graduated as a gold medalist from University Malaya in 2006, obtained Membership of Royal Colleges of Physician of UK in 2010, joined dermatology team on the same year in University Malaya to continue her training in dermatology subspecialty. She completed Advanced Master in Dermatology in 2014, on the same year she was appointed as the Head of Division of Dermatology in University Malaya. She also did a visiting fellowship in cutaneous laser surgery in Mahidol University in 2017. Dr. Ch'ng authored a few book chapters and books including <Dermatology Short Notes> for medical and master students, Dermatology 365 in Mandarin and English for general public. She has published articles in numerous international journals and is an expert reviewer for several reputable international dermatology journals. She has been invited to speak at numerous forums, workshops, radios and TV programs.

Talk: Skin and Hair Care in Men

The skin of men differs from that of women. Men's skin is thicker and produces more sebum, for starters. Men spend more time outdoors and have wider pores. Fortunately,

most men more collagen during the course of their lifespan. Everyone should practise good consistency and regular skin and hair maintenance. For cultural reasons, men's skin and hair care has historically been kept straightforward and basic. However, more and more men are well-groomed and seek out hair and skin that look healthier. Starting to take proper care of your skin and hair is never too early or late. The journey of skin care is about compassion and self-love. Having healthy skin can have a significant impact on one's relationships, career, and self-image.

Talk: Current Trends of Aesthetics in Men

In this modern century, men delve into the fascinating world of aesthetics to enhance their appearance and boost their self-confidence. We are now more open about beauty standards and self-expression. The current trends in hair growth, body sculpting, and face enhancement with energy device, botulinum toxin and dermal fillers will be discussed. Understanding these procedures, the psychological aspects, the risk and safety promote informed decision making to boost confidence when pursuing desired appearance.

**John Oliffe****Professor and Canada Research Chair in Men's Health Promotion at The University of British Columbia Canada**

Dr. John Oliffe is a Professor and Tier 1 Canada Research Chair at the School of Nursing at the University of British Columbia, Canada. As founder and lead investigator of UBC's Men's Health Research program, his work focuses on masculinities as it influences men's health behaviours and illness management, and its impact on partners, families and overall life quality. Findings drawn from his research offer guidance to clinicians, researchers and policymakers.



Kwangsung Park

**Director, Advanced Institute of Aging Science,
Chonnam National University
Professor of Urology, Chonnam National
University Medical School, Gwangju,
Republic of Korea**

Dr. Kwangsung Park is a Professor of Urology at Chonnam National University Medical School and Director of the Advanced Institute of Aging Science at Chonnam National University, Gwangju, South Korea. He received his medical degree (1983) and Ph.D. (1993) at Chonnam National University and Urology Board certification in Korea. He also did a fellowship in male erectile dysfunction (1995-1997) at Boston University School of Medicine, USA. Dr. Park is currently the Secretary-General of the ISSM and EIC of Investigative and Clinical Urology. He served as an EIC of Sexual Medicine (2015-2020).

Talk: Korean Centenarian Study: Exploring the Secrets of Longevity

As human life expectancy continues to rise globally, understanding the factors contributing to longevity has become a subject of great interest. To uncover the secrets of longevity among Koreans, the Korean Centenarian Study was conducted. Several notable findings from the study will be presented.

Talk: Tips and Tricks in Managing ED

Erectile dysfunction (ED) is a prevalent and distressing condition that profoundly influences the life quality of millions globally. This lecture will begin by revisiting the basic mechanism of erectile function and will cover practical management strategies, therapeutic interventions, and lifestyle modifications for managing erectile dysfunction.



Michael Zitzmann

**Senior Researcher and Co-Director
Center for Reproductive Medicine and Andrology
University Clinics and Hospital, Muenster
Germany**

Professor Michael Zitzmann, born in 1964, is specialised the fields of andrology, endocrinology, diabetology and sexual medicine at the University Clinics of Muenster, Germany. Regarding patient care, he focusses on endocrinological andrology: boys with pubertal disorders up to aging men with a variety of sexual and metabolic problems seek his advice. Couples with fertility problems form a major part of the patient clientele, as well as men with chronic inherited hormone disorders requiring life-time attention, especially Klinefelter Syndrome. Prof. Zitzmann has developed treatment programs for the induction of fertility in hypogonadal men. He is largely involved in the research of the interplay of genetics, hormones, psychological characteristics and metabolism/obesity and has received several international awards and grants in recognition of his work. Michael Zitzmann is a member of international committees, journal editorial boards and is on the Educational Board of the European Association of Andrology (EAA) and the German Adiposity Foundation. He is author of several guidelines, including the EAA guideline on functional or late-onset hypogonadism and the EAA guideline on Klinefelter Syndrome. He was recently elected Honorary Member of the Royal Society of Medicine of the United Kingdom. Michael Zitzmann is Editor in Chief of the journal The Aging Male.

Talk: Diabetes Mellitus (DM) and Testosterone Deficiency

DM is a metabolic disorder characterized by high blood sugar levels and mostly adiposity Testosterone Deficiency is a condition where the body produces inadequate levels of testosterone. There is a link between the two conditions, as low testosterone levels have been observed in men with DM and adiposity, as these conditions can lead to functional hypogonadism. Testosterone therapy has been shown to be of benefit in obese men with DM.

Talk: IPASS and other important Asian TRT Trials

IPASS one of the largest international studies about the benefits of testosterone therapy. It focusses on the use of intramuscular testosterone in hypogonadal men and showed for the first time in more than 1000 patients relevant changes in mood and glucose metabolism. Other important Asian TRT corroborate these findings, mainly

regarding sexual function, general wellbeing, but also bone density, glycemic control and body composition. They expand knowledge on the diagnosis involving genetics. There also studies involving plant based medicines in men.



Mohd Nahar Azmi Mohamed

**Associate Professor
Universiti Malaya
Malaysia**

Assoc. Prof Dr. Mohd Nahar Azmi Mohamed is the Head of Sports Medicine, Senior Medical Lecturer and Senior Consultant Sports Physician in the Department of Sports Medicine, Faculty of Medicine, Universiti Malaya / UMMC. Head of Department of Sports Medicine since June 2012. He is a visiting Consultant Sports Physician at National Heart Institute, Advisory board members for National Coach Academy, Head National Sports Medicine Specialist Board since 2016 till to date, Chairman of MMC Sub Education Committee for Sports Medicine 2020-2024 and Certified Aerobics Instructor under Ministry Sports and Youth, A Licenced Zumba & Strong Nation Instructor. His 12 years of research experience has focus on Sports Injuries, Wellness, Exercise and NCD's, Endothelial dysfunction in cardiovascular related diseases. Published more than 37 peer reviewed articles in reputed journals and H-index 12. His current collaborative work includes Colorectal + Vascular Sub-specialty and Department of Anaesthesiology in Cardiopulmonary Exercise Testing for preoperative risk stratification and pre-operative exercise conditioning, Sarcopenia MDT; Colorectal Subspecialty, Geriatric Subspecialty and Dietetic and MDT for Paediatrics Obesity and Diabetes with Paediatric Endocrine and Department of Dietetics.

Talk: Gender - specific Exercise Interventions

Gender-specific exercise interventions have gained attention in recognizing the physiological and anatomical differences between males and females. Research suggests that men and women exhibit variations in body composition, hormonal profiles, muscle fiber distribution, and cardiovascular responses to exercise. These inherent differences have led to the development of exercise programs tailored to each gender, acknowledging their unique physiological characteristics.

**Wong Ping Foo****Family medicine specialist and Head of Clinic
Klinik Kesihatan Cheras Baru
Malaysia**

Dr Wong Ping Foo is a Family Medicine Specialist and Head of Clinic at Klinik Kesihatan Cheras Baru, Kuala Lumpur. He obtained his postgraduate qualifications in Family Medicine from Universiti Kebangsaan Malaysia, Academy of Family Physicians of Malaysia and Fellowship from Royal Australian College of General Practitioners. He completed his subspecialty training in Primary Care Non-Communicable Diseases and area of interest in Primary Care for Elderly. He holds many positions in many organizations and expert committees in Primary Care. He has been actively involved with audit, research, and training.

Talk: Debate: Does Gender Matter? Heart Health for Women Vs Men

Heart disease is the leading cause of death worldwide, and although it affects both men and women, there are significant differences in how it manifests and how it is treated. In recent years, there has been growing concern about the impact of gender on heart health and the need for gender-specific approaches to prevention and treatment. This debate session aims to explore the question of whether gender matters when it comes to heart health. The two experts will debate the similarities and differences between heart disease in women and men, the impact of gender on risk factors, and the effectiveness of gender-specific prevention and treatment strategies. The experts will also debate whether heart disease in women should be considered a different disease than in men, or if it is just a matter of differences in presentation and diagnosis. Overall, this debate aims to raise awareness and foster discussion about the importance of gender in heart health and to promote equitable and evidence-based care for all individuals.

**Noran Naqiah Hairi****Professor of Epidemiology and Public Health
University Malaya
Malaysia**

Noran Hairi is a Professor of Epidemiology and Public Health in the Department of Social and Preventive Medicine, Faculty of Medicine, University Malaya. She has gained recognition for her work on Elder Abuse and Neglect (EAN). As the Principal Investigator for University Malaya Grand Challenge, she led the "Prevent Elder Abuse and Neglect Initiative (PEACE 1.0)" from 2016-2020. PEACE tackled elder abuse from a holistic perspective, using a multi-disciplinary approach to engage with healthcare professionals, caregivers, legislators, and policymakers to address the issue. The project generated awareness among policymakers, leading Malaysia to announce the need for a new Elder Act. Based on PEACE's findings, Noran led a consultancy work under the Ministry of Women, Family and Community Development to develop this specific act. Findings from PEACE 1.0 revealed that financial abuse and exploitation is by far among the most common EAN experienced by older adults. This has led to another PEACE 2.0 project - Prevent Elder Financial Exploitation 2.0, a co-creation research work together with Agensi Kaunseling dan Pengurusan Kredit (AKPK), Bank Negara Malaysia. Currently, Noran and her team are working with the World Health Organization (WHO) in looking at all available EAN assessment tools - PEACE 3.0. Overall, the PEACE initiative demonstrates the importance of addressing complex health problems through multiple levels and collaboration across disciplines. Administratively, Noran is the Dean for Health and Well-being Research Cluster, University of Malaya.

Talk: Protecting Our Elders: Preventing and Addressing Abuse and Neglect in Older Men

Towards a World Free of Elder Abuse: Prioritizing Action in the Decade of Healthy Ageing. The global population is ageing, with every country experiencing growth in both the size and proportion of older persons. This demographic transition presents new challenges, such as the possibility of elder abuse and neglect (EAN). As we enter the Decade of Healthy Aging (2021-2030), it is crucial that we prioritise efforts to address elder maltreatment or elder abuse and neglect. Malaysia, like many other nations, is an ageing nation that must take proactive measures to resolve this issue. It is reported that 1 in every 10 Malaysian older adults have experience some form of elder abuse and neglect – psychological abuse, neglect, financial abuse, sexual abuse and physical abuse. This presentation will emphasise the significance of addressing

elder abuse and neglect (EAN) through cross-sector partnerships and holistic approaches. It will emphasize the need for better policy and legal frameworks, comprehensive health and social care systems that place an emphasis on the well-being of Malaysian older adults. A road map for establishing a world without elder abuse, in which older adults can age with dignity and respect will be shared.



Run Wang

**Professor of Surgery (Urology)
University of Texas
USA**

Dr. Run Wang is a Professor of Surgery (Urology), the Cecil M. Crigler, MD endowed Chair in Urology and the Director of Sexual Medicine Fellowship Program at the University of Texas McGovern Medical School and a Professor of Urology in the Department of Urology at the MD Anderson Cancer Center, Houston, Texas. He is the Past President for the Sexual Medicine Society of North America (SMSNA) and the President-elect for the International Society for Sexual Medicine (ISSM). Dr. Wang received his medical degree from the Southeast University Medical College in China. He completed his urology residency at the Medical College of Georgia in Augusta, Georgia, USA and Andrology/Sexual Dysfunction Fellowship at Tulane University in New Orleans, Louisiana, USA. He is a fellow in the American College of Surgeons and board certified in Urology. Dr. Wang has authored more than 200 articles and chapters in peer-reviewed journals and books. He served as a co-editor, guest editor, associate editor, deputy editor, editorial member and reviewer for many medical and research journals. He was elected as the board member, committee chair and congress president/chair in various societies and scientific meetings. Dr. Wang has been named the top doctor in Houston and Texas for many years. He received numerous awards in the fields of urological andrology and sexual medicine. Dr. Wang's clinical practice and research interests focus on sexual medicine including male sexual function, particularly erectile function after cancer treatment, Peyronie's disease, and sexual function preservation procedures for BPH.

Talk: Sexual Function Preservation Surgeries for BPH

This presentation will cover current minimally invasive surgeries that have no or minimal side effects on male sexual functions.



Shahrul Bahyah Kamaruzzaman

Deputy Dean of Postgraduate Studies at the Faculty of Medicine, Universiti Malaya Malaysia

Professor Dr Shahrul Bahyah Kamaruzzaman is a Consultant Geriatrician at both UMMC AND UMSC. She returned to Malaysia in 2002 after her geriatric training in Cardiff, Wales, UK. Dr Shahrul served as Senior Lecturer in the geriatric unit and played a key role in the training and refining of the geriatric multidisciplinary team as well as the acute geriatric care services at UMMC. She embarked on her PhD 2006 and was awarded a PhD in Epidemiology and Population Health in July 2010. Both her training in geriatrics and epidemiology has been useful in her research activities namely in the areas of frailty, dementia, sarcopenia and falls affecting older people. Her national postgraduate medical curricula activities in medical education has led to her current post as Deputy Dean of Postgraduate Studies at the Faculty of Medicine, Universiti Malaya. All these various clinical, teaching and academic roles has helped cement her commitment to the development of clinical services, ageing research and medical education in Malaysia.

Talk: Dementia in Men: Forget Me Not

Men and women are not created equal as they enter old age. Differences in late-life memory decline between men and women may be explained by sex differences in dementia risk factors. Relative to the sex differences in memory, the sex differences in dementia risk factors are larger. This talk will highlight that men have more modifiable dementia risk factors than women and provide insights into sex differences in dementia risk. A broader understanding of overall patterns of risk factors for cardio metabolic disease and neurodegeneration would be important to inform tailored (potentially sex specific) interventions. The use of multi-domain risk reduction approaches will be highlighted to promote cognitive health.



Sathya Rao Jogulu

Family Medicine Specialist Malaysian Ministry of Health Malaysia

Dr Sathya Rao Jogulu is a Medical Specialist in the field of Family Medicine. He completed his MBBS degree in the prestigious International Medical University in Kuala Lumpur and Doctor of Family Medicine from the National University of Malaysia. He is currently doing his subspecialty training in "Communicable Diseases in Primary Care". He is serving as the Family Medicine Specialist in Klinik kesihatan Ampang, Selangor which is the busiest clinic in the state of Selangor with an average daily attendance of 1700 patients. In 2019, Dr Sathya established the one stop STI friendly Clinic named ID Center in KK Ampang and he has been actively involved in managing the key population in this clinic which includes MSM clients. KK Ampang's ID Center records an average 1000 STI related consultations annually. Currently, the center serves an average of 500 HIV clients, more than 250 PrEP clients, about 100 clients who have completed Hepatitis C treatment and many more clients who seek men health services.

Talk: Approach to Managing MSM with HIV

Men who have sex with men (MSM) are at increased risk for HIV infection compared to the general population. Therefore, managing HIV in MSM requires a comprehensive bio-psycho-social care approach that addresses both prevention and treatment. ART is recommended for all individuals with HIV, regardless of their CD4 count, to suppress viral replication, prevent disease progression, and reduce the risk of transmission to others. Additionally, ART can improve overall health outcomes for individuals with HIV. Hence, adherence counseling is critical to ensuring that patients are taking their medications as prescribed, which is essential for achieving and maintaining viral suppression. Counseling can also address any concerns or barriers to adherence that patients may be experiencing. In addition to medical interventions, managing HIV in MSM requires a multidisciplinary approach that addresses the social and structural factors that contribute to HIV risk and poor health outcomes. This may include providing access to mental health and substance abuse services, addressing stigma and discrimination, and promoting HIV education and awareness. Ultimately, effective management of HIV in MSM requires a combination of prevention, treatment, and support services that are tailored to the unique needs of this high-risk population. By addressing the multiple factors that contribute to HIV risk and poor health outcomes

in MSM, it is possible to improve the health and well-being of this population and reduce the burden of HIV in the broader community.



Tin Tin Su

**Professor of Global Public Health & Deputy Director
SEACO
Monash University (Malaysia Campus)
Malaysia**

Professor Tin Tin Su is a clinically qualified public health physician and researcher. She is passionate about improving population health via community capacity building, social epidemiology, and implementation science research. She is a professor of Global Public Health at Jeffery Cheah School of Medicine and Health Science and director of the South East Asia Community Observatory (SEACO) Health & Demographic Surveillance System (HDSS) at Monash University Malaysia. Professor Su is one of the founding members of the Asia Health Literacy Association (AHLA) and was elected vice president of 2014–2016. She obtained the Yufong International Health Literacy Award (2017) and Health Literacy Leadership Award (2018). Professor Su was an executive board member of the International Health Literacy Association (IHLA) and director of the Asian region until 2022. She integrated the concept of health literacy into population-based research and interventions in HDSS. Professor Su is actively involved in research projects focus on digital health and is appointed as an advisory group member of the Monash University NETwork for Equity through Digital Health (NEED).

Talk: Interventions to improve health literacy

Health literacy is vital to good health and well-being and fundamental to delivering universal health coverage and achieving the Sustainable Development Goals by 2030. Health literacy is a multidimensional, relational, and modifiable determinant of health that focuses on the skills of individuals and communities. People need to know how to prevent disease and navigate health systems for better health outcomes. Health literacy interventions that include skills-building in communication and self-management techniques can increase patient satisfaction and improve chronic disease management. The talk will focus on designing and implementing of health literacy-informed interventions and evaluating of their effectiveness.

**Norliza Chemi****Consultant Addiction Psychiatrist
Dept. of Psychiatry and Mental Health
Hospital Kajang
Malaysia**

Dr. Norliza Chemi is a Consultant Addiction Psychiatrist working at Hospital Kajang, Selangor. She received her MBBCH.BAO.BA (medical degree) from Trinity College Dublin in 1997 and completed her training in specialty of Psychiatry (Master in Psychiatry) from Universiti Kebangsaan Malaysia in 2004. She acquired her training and had worked in Sydney from 2007-2009 for her subspecialty training in Addiction Psychiatry. She then received her short training in Treatment of Amphetamine Abuse in University of Adelaide in 2014. She had worked in Hospital Kuala Lumpur for 16 years and was the Head of Addiction Unit before transferred to Hospital Kajang. Besides her clinical works, she is also actively involved in research covering addiction and mental health topics. She is working closely and collaborating with other agencies. Apart from actively contributing in area of addiction she is also actively support other activities in area of mental health e.g. coordinated the services for the psychological trauma support team for the families of victims of tragedies of MH17 and MH 370, conducting training for professional mental health workers in hostage negotiation and also some other areas. She was recognized nationally for her work in her area of specialty.

Talk: Drugs Addiction

Addiction affects individuals of all genders, and research suggests that men may be more vulnerable to certain types of addiction, such as substance abuse and gambling addiction. Some factors have been identified that may contribute to addiction among men such as social and cultural factors, genetic factors, mental health issues and high-risk behaviours among men. There has been new shift in addiction problems. The focus into substance abuse now has involved behavioural addiction too. This lecture will cover the overview of addiction among men, the challenges and treatments available.

**Ching Siew Mooi****Professor of Family Medicine Department & Consultant Clinical Specialist at University Putra Malaysia**

As a researcher, choosing the right journal to distribute your research work is one of the important tasks to disseminate the findings of your hard work. Which journal you choose to present your work can make a huge impact on the span and effect of your research work. Considering this merit, it's worth taking your time to consider your choices cautiously and examine each aspect of journal submission. This talk covers what you should do before you start to write your manuscript, how to build a shortlist, how to refine the shortlist, choosing Open Access and what you should do next in the world of academia. Professor Siew Mooi is a Professor of Family Medicine Department and a Consultant Clinical Specialist at the University Putra Malaysia (Malaysia). Her research interests are hypertension, stroke, gestational diabetes, addiction and complementary alternative medicine. She has over 103 publications with scopus h-index of 19 and has been involved in many research projects, grants and awards at national and international levels. She has multiple joint publications with collaborators from Asia, Europe, and the UK. She is the committee member of the International Society of Hypertension under division women and hypertension and Hypertension core group of The Indian Association for Parenteral and Enteral Nutrition. She is listed as one of the top 2% Scientists in the World based on Stanford Report 2021 (Career-Long Citation Impact Until End – 2020).

Talk: Internet addiction- Are there any Gender differences in smartphone and internet addiction among adolescent in Malaysia?

Smartphone addiction is defined as problematic smartphone usage. Internet addiction is defined as maladaptive patterns of internet use that constitute a behavioural addiction. Smartphone and internet addiction could be differed between genders, but studies examining gender differences in the Malaysian population are lacking. Therefore, the objective of this study was to determine the gender difference in prevalence and factors associated with smartphone and internet addiction among adolescents in Malaysia. This was a nationwide cross-sectional study involving adolescents aged between 10 to 19 years old recruited from 15 selected community polyclinics using systematic random sampling method. We used Smartphone addiction Scale Malay short version (SAS-M-SV) - 10 item and (SAS-M) - 33 items to assess smartphone addiction. We used the Internet Addiction Test – Malay version (IAT-M) - 20 items to assess risk of internet addiction. SPSSv27 was used for analysis.

SPSS v27 was used for analysis. Multivariate logistic regression was used to determine the predictor for smartphone and internet smartphone. Based on data of 921 adolescents, the prevalence of smartphone addiction was 37.1% (using SAS-M-SV) and 59.8% (using SAS-M), respectively. While, the prevalence of internet addiction was 53.9% using the IAT-M. There was no gender difference in the prevalence of smartphone and internet addiction. Adolescents with older age were predictor for smartphone addiction assessed using SAS-M. They are also one of the predictors for internet addiction together with smartphone ownership. Older adolescents might spend longer periods in using smartphone and less monitored by their parents, making them more vulnerable to smartphone and internet addiction.



Navin Kumar Devaraj

**Family medicine specialist and medical lecturer
Universiti Putra Malaysia (UPM)
Malaysia**

Dr Navin Kumar Devaraj holds a Master of Medicine in Family Medicine from University of Malaya since 2016. He is a family medicine specialist and medical lecturer with the Faculty of Medicine and Health Sciences, Universiti Putra Malaysia (UPM). He has been a physician for 20 years. He has published more than 50 papers in reputable journals worldwide and has been actively involved in both academic and community level events, especially as advisor of Asian Medical Student Association, UPM chapter and a committee member of various bodies under Malaysian Medical Association. His area of interest include hypertension, men's health, anti-smoking and hyperlipidaemia.

Talk: Challenges Facing Young Physicians in Encouraging Men to go for Screening and Adhering to Medications

In this talk, the speaker will discuss the epidemiological data and research findings to explore the prevalence of screening and adherence to medication among men. It will also explore what challenges are facing young physicians (< 5 years' experience) in persuading men to go for health screening and also adhering to their long-term medications.

**Hazli Zakaria****Founder & Chairman of Alaminda Healthcare Berhad
and Clinical Director of Alaminda Specialist Clinic
Shah Alam
Malaysia**

Hazli Zakaria currently is the founder & chairman of Alaminda Healthcare Berhad and Clinical Director of Alaminda Specialist Clinic Shah Alam. Previously held a post of senior lecturer and consultant Psychiatrist at the Community and Psychosocial Rehabilitation Unit at Universiti Kebangsaan Malaysia Medical Centre (UKMMC), Cheras, Malaysia. He received his medical degree from the University of Adelaide, Australia and Postgraduate Psychiatry Training from the Universiti Kebangsaan Malaysia (UKM). His main clinical interest is adult psychiatry particularly on the prevention and recovery aspect of major psychiatric disorders mainly mood disorder, adult ADHD, substance abuse and psychodynamic psychotherapy. He is actively involved in mental health professional programs, participates in patients' support groups, media appearance and public forums. He has been conducting regular workshops for primary care doctors, mental health staff, dialysis paramedics and general public to improve knowledge on mental illness and mental literacy in the country. He is a Fellow of Yongin WHO Collaborating Centre in psychosocial rehabilitation. He is a member of the development group of Malaysian Clinical Practice Guidelines on bipolar disorder. Dr. Hazli has been actively involved with Malaysian Psychiatric Association (MPA) since 2009 and he is the President since 2018 until September 2022. He is one of the co-teacher and coordinator for the Advanced Training Psychodynamic Psychotherapy Program. He is a past Board Member of Psychotherapy Section of The World Psychiatric Association (WPA) Section (2017-2019). He is also a regular panelist on Kembara Syifa' program in radio IKIM and used to be the host of "Jiwa" talk show at TV Al-Hijrah. Dr Hazli also a regular psychiatric panel for KWSP. Dr Hazli also actively represent as clinical advisor and son digital platform for manshalf. He is currently the international editorial board member of World Social Psychiatry Journal. His current project is empowering mental illness patients and their family members to fight for their rights and to improve the quality service to patients with mental illness.

Talk: Role of Masculinity in Health Care

Similar to sex, gender role specifically masculinity has a significant impact on the individual's health. Hegemonic masculinity, which characterized men by dominance, subordination, and oppression, has been proven to encourage men to jeopardize their health and discourage them from engaging in preventative health activities. Some men

believe that discussing about their health is unmasculine. The traditional aspect of masculinity such as stoicism has been blamed for lack of help seeking behaviour among men. The term “toxic masculinity” which carries a negative connotation, makes men are more hesitant to discuss masculinity in general, despite its importance to their health. It is time to refine masculinity as there are also positive aspects about male-typical traits. This presentation will highlight the different views of masculinity, focusing on more realistic and holistic constructs, with more humanistic approach. The strategies to develop a complementary balance of opposite forces; yin and yang, masculinity and femininity of the individuals together with their environment and the relationship to health care will be discussed as well. A brief description of a newly established psychiatric clinic emphasizing the elements of male-friendly service facilities, including a “safe space” for men, is included to illustrate the role of masculinity in facilitating help-seeking behavior, the recovery journey, and sustainability in health care. This would be a small step towards the future policy for men’s mental health services in Malaysia.



Mohamad Shariff Bin A Hamid

**Unit of Sports Medicine, Deans Office
Faculty of Medicine
Universiti Malaya (UM)Malaysia**

Assoc. Prof. Dr Mohamad Shariff Bin A Hamid, is a Consultant Sports Medicine Specialist under the Sports Medicine Department, University Malaya Medical Centre and an academician at the Sports Medicine Unit, Faculty of Medicine, University Malaya. Dr Shariff completed his undergraduate MBBS training at the University of Adelaide in 1996. He later obtained the Master Sports Medicine in 2004 and PhD in 2014. Dr Shariff is also a visiting consultant at the National Sports Medicine Centre. Currently, he is a member of the Malaysia Association of Sports Medicine and the Malaysian Society of Exercise is Medicine. His research interests include sports injury prevention and management and exercise prescription for health.

Talk: Muscular Men

Muscular men have long been associated with strength and athleticism. However, there is more to a muscular physique than just aesthetics. The scientific evidence behind the benefits of muscle hypertrophy, including improved metabolic health, decreased risk of chronic disease, improved physical performance and risk associated will be discussed.

**TEY Nai Peng**

**Specialist at the Faculty of Business and Economics
University of Malaya (UM)
Malaysia**

TEY Nai Peng began his career in 1974 as a statistician at the National Family Planning Board (renamed as National Population and Family Development Board, LPPKN in 1984), and rose to become the director of the Population Studies Centre of the Board in 1988. He left LPPKN in 1992 to join University of Malaya as an associate professor of applied statistics at the Faculty of Economics and Administration, where and he also served as the coordinator of the Population Studies Unit until 2018. Since his retirement in 2005, he has served as senior research fellow, and he is now a specialist at UM. He is an adjunct professor at the Institute of Population and Social Research, Mahidol University, Thailand. He has been a Board member and chairman of the research committee of LPPKN since 2000. He was the project director to 30 national and sub-national demographic surveys Besides, he also participated as researchers in 35 research projects. He served as consultant to various government and international agencies and companies. He has published 80 articles in international reviewed journals and 50 book chapters, in addition to 10 edited books. He has presented papers at 130 local and international conferences. He has also organized many national conferences, seminars and training workshops He has trained more than 4,000 students including supervising 52 Master theses and 5 PhD theses Many of his students have followed his footsteps to train more statisticians and demographers, and many are occupying senior positions in government services and in the private sector. He was a founder member of the Asian Population Association (and member of the third council and the convenor of the third international conferences of APA), Gerontology Society Malaysia, and Community Support Network. He is an international council member (Asia- Pacific Region) of IPUMS, member of evaluation committee of FHRAM and associate editors of Frontiers (Aging and Public Health), Institutions and Economies, and Pertanika Journal of Social Sciences and Humanities.

Talk: Active and Productive Ageing: Opportunities and Challenges Introduction

Over the last fifty years, the demographic transition from high mortality and fertility to a low level has resulted in labour shortage and population ageing in many developing countries, including Malaysia. While Malaysian life expectancy has increased from about 64 years in 1970 to 75 years in 2020, the retirement age was revised upwards by only five years over the same period. With the shift from informal and agricultural

employment to formal and modern sector employment, more and more older adults must withdraw from the labour market. The labour force participation rate (LFPR) of individuals aged 60-64 ranged from 32% in urban areas to 50% in rural areas (2018, DOSM). The 2020 Malaysian Aging and Retirement Survey found that the LFPR declined from 57% among those 50-59 to 28% among those aged 60-69 and 16% in their 70s. With the rising cost of living, many older adults have insufficient savings and must continue working to support themselves and their dependents. Older people also play vital roles in civil societies and communities. Many studies have shown a strong positive association between active engagement and health.

Opportunities

As Malaysia faces a severe labour shortage and depends heavily on foreign labour, there are ample opportunities for older people to continue working. With rising education and a shift from agriculture to services employment, especially with the rise in the digital economy, the large number of older people represents a vast pool of human resources to meet the needs of the industry. As Malaysia aspires to be the regional hub in education, the teaching profession offers vast opportunities for academicians to continue working past retirement age. Due to rising chronic diseases, there is also a growing demand for long-term care services. Retirees can even take up jobs in agriculture with the aid of technology. Besides paid jobs, seniors are active in social activities. Taking care of grandchildren enables their adult children to concentrate on their work. Older adults play crucial roles in nongovernmental organizations (NGOs), societies, clubs and associations (including resident associations), religious organizations, and political parties.

Challenges

Older Malaysians' LFPR is relatively low due to various barriers such as age-discriminatory practices, deteriorating health, and incompetency in using new technology. The general perception is that older workers are less adaptive to technological changes, costlier (in terms of higher salary), more prone to fall sick, and less productive. The seniors must demonstrate their capability to dispel such misconceptions. Many retirees from the formal sector must stop working upon reaching the mandatory retirement age.

Recommendations

A development approach should be adopted to alleviate the negative impact of population ageing on the economy by encouraging and facilitating older adults to continue working if they choose to do so. Older workers can be just as productive or even more productive than younger ones, especially in work tasks where experience and verbal abilities matter more. Furthermore, the government must consider revising the retirement age because of the labour shortage, rising life expectancy and skill level, and the need for older people to support themselves. The government and the private sector must work hand in hand to create job opportunities for older people, in line with the goals of the National Policy for Older Persons. Under the 2021 budget, the

government provided tax relief on remuneration for employers who hire senior citizens. However, there was no such provision in the 2023 federal budget. The government and employers should provide on-the-job training and pre-retirement courses for workers to enhance their skills to remain productive. Moreover, the internet can connect retirees to companies needing experienced and skilled resources, ranging from senior management professionals with many years of experience to managing general administrative and business support and general workers. There is a need for a more flexible employment structure for older workers, who can work hand in hand with younger workers.



Tengku Aizan Hamid

**Director, Public Pension Administration
Universiti Putra Malaysia
Malaysia**

Prof. Dato' Dr. Tengku Aizan Hamid is a professor in Gerontology and Social Policy. As the founding Director of the Institute of Gerontology in 2002, which was rebranded to the Malaysian Research Institute on Ageing in 2015, she pioneers the development of gerontological research and education in Malaysia. She is a prolific leader and co-researcher of internationally and nationally funded projects totalling more than 70 projects which included two retirement research projects on public sector employees and retirees. Her work is published in many forms, journals, book, book chapters, seminar papers and keynote addresses. She initiated a Research Network on Ageing among ASEAN-member states' researchers and a member of the World National Transfer Account Network. She was the designated consultant for the Kuala Lumpur Declaration on Ageing: Empowering the Older Persons in ASEAN, 2015. She sits in the National Advisory and Consultative Council for Older Persons, Ministry of Women, Family and Community Development and the Technical Committee on the Health of Older Persons, Ministry of Health, Malaysia since their inception in 1996 and 1997 respectively, until her retirement in 2020. She is an independent director of the Private Pension Administration and a fellow of Academy Science Malaysia since 2019.

Talk: The Retirement Preparedness Among Malaysians

Malaysia is experiencing a significant demographic shift, with a growing ageing population and increased life expectancy. Malaysians are now expected to live on average another 17 to 20 years in retirement. As individuals face this extended period of retirement, it becomes crucial to examine their preparedness and readiness for this

life stage. The content of this presentation provides an overview of the local literature on retirement preparedness and sheds light on the factors that influence preparedness levels. Retirement preparedness refers to the state of readiness for retirement and encompasses the actions and processes involved in preparing for retirement. Existing research suggests that retirement preparedness, particularly among public sector employees, is influenced by factors such as age, the presence of a working spouse, debt levels, and financial well-being. Gender differences have also been observed, with females displaying lower levels of preparedness due to differences in financial behaviours, such as risk-taking and retirement savings intentions and behaviours. While financial aspects are commonly addressed in retirement preparedness literature, it is crucial to highlight the need to consider other essential aspects of retirement planning. These include health, social participation and relationships, leisure activities, and lifelong learning. These factors play a significant role in shaping a meaningful and fulfilling retirement experience while promoting overall well-being. Furthermore, it is evident that there is a lack of comprehensive training programs and support from workplaces to assist employees in preparing for retirement. Human resource personnel must possess the necessary knowledge and understanding of retirement preparation, considering Malaysia's rapid transition towards an aged society. Additionally, there is a pressing need for the development of national panel longitudinal studies on work and retirement, providing evidence-based insights to inform policymaking in this domain. By addressing these findings and adopting a holistic approach to retirement preparedness, Malaysia can navigate the challenges of an ageing population and empower individuals to enjoy a secure and enriching retirement. Proactive measures, policy interventions, and a collaborative effort between stakeholders are crucial in creating a society that supports individuals throughout their retirement journey.



Zulkifli Md Zainuddin

**Consultant Urologist and Head of Urology Unit
University Kebangsaan Malaysia Medical Centre
Malaysia**

Prof. Dato' Dr. Zulkifli Md Zainuddin, a consultant urologist and Head of Urology Unit, University Kebangsaan Malaysia Medical Centre. He received both his medical degree and Postgraduate Surgery from the University Kebangsaan Malaysia (UKM). He completed his Fellowship in Urology from the Department

of Urology, Royal Adelaide Hospital, Adelaide, South Australia followed by Fellow Royal College of Surgeons (Uro) Glasgow in 2015



Winnie Chee Siew

**Professor of Nutrition and Dietetics
International Medical University
Malaysia**

Prof Winnie Chee is Professor of Nutrition and Dietetics at the International Medical University (IMU) and she also assumes the role of Pro-Vice Chancellor Academic. Prof Chee is a Council Member with the Malaysian Allied Health Professions Council, where she works on regulation of allied health with the Ministry of Health. She is President of the Malaysian Dietitians' Association, having been appointed to the position since 2014 and serves on national committees including setting medical nutrition therapy in clinical practice guidelines for Type 2 diabetes (2020) and Osteoporosis (2021). She is also a member of the writing group for Recommended Nutrient Intakes (2017), Malaysian Dietary Guidelines (2020) and chaired the development of the Healthy Plate Model for Malaysia (2019). Prof Chee plays an active role in representing dietitians on national and international platforms. She has held international appointments which saw her serve as the Secretary-General of the Asian Federation of Dietetics Association (AFDA) (2014-2022), International Confederation of Dietetics Association (ICDA) Commission for Dietitian-Nutritionist Education and Accreditation (I-CDEA) (2017-2019). She was also appointed to a conjoint faculty position with the University of Newcastle, Australia from 2018 to 2020 and an international guest professor by Jumonji University, Saitama, Japan in 2018. In 2015, Prof Chee was awarded the Wimpfheimer-Guggenheim International Lecture Award from the Academy of Nutrition & Dietetics, USA. Prof Chee is active in research and publications with over 89 peer-reviewed publications and has led several research grants on dietary/lifestyle interventions for the prevention and management of Type 2 diabetes, obesity and bone health. She contributes medical nutrition therapy expertise for several diabetes lifestyle related programmes in the country. Prof Chee also speaks at national and international workshops and conferences and featured in news media to promote healthy diet and lifestyle to the public. Prof Chee is a practicing dietitian at the IMU Healthcare.

Talk: Weight Loss Interventions: Are there differences between men and women?

Lifestyle interventions are the first-line treatment option for body weight and cardio metabolic health management. Weight reduction is best achieved and maintained with the combination of a reducing diet, physical activity advice or a physical activity programme, and behaviour change techniques. Current indicators suggest that there are gender differences in the prevalence of obesity globally and there is a debate whether personalized intervention is needed according to gender. Biological and social factors influence the gender differences observed in the prevalence of obesity - variation in adipose tissue storage, fat distribution and metabolism between men and women. Gender differences in eating habits have been documented with reports of men preferring to eat more meat and poultry, less tendency to eat comfort foods such as ice cream and chocolates but also less likely to eat fruits and vegetables. Nevertheless, men struggle emotionally, socially, and physically with obesity just as women do. While there is evidence that the effectiveness of weight loss interventions differs between men and women, limited evidence is available to argue whether weight loss strategies should differ between gender.

**Razitasham Safii****Public Health Medicine Specialist
Universiti Malaysia Sarawak (UNIMAS)
Malaysia**

Professor Razitasham Safii is a Public Health Medicine Specialist, with special field in family health and field Epidemiology. She graduated with MBBS from University Malaya in 1990, obtained Master in Community Health (Family Health) in 2003 and graduated from epidemic intelligence program (EIP) Malaysia in 2012. She served Sarawak State Health Department in Family Health Development Unit and Communicable Disease Unit from 2003 till 2013. Currently, she is a medical professor in Community Medicine and Public Health Department, University Malaysia Sarawak. She is also a member in curriculum development for sub-speciality program for Family Health, under Malaysia Ministry of Health. Her research interests are in zoonotic and tropical diseases, current family health issues, primary care and One Health. Her consultation works include projects with Malaysia One Health University Network (MyOHUN), Thailand One Health University Network (THOHUN) and South-East Asia One Health University Network (SEAOHUN).

**Ngoo Kay Seong****Consultant Urologist
Hospital Angkatan Tentera Tuanku Mizan
Malaysia**

Dr Ngoo Kay Seong is a Consultant Urologist at the Tuanku Mizan Armed Forces Hospital, Kuala Lumpur. He graduated MBChB with Commendation from the University of Aberdeen, Scotland, United Kingdom and obtained the Master of Surgery degree from the National University of Malaysia. Dr Ngoo is a Malaysian Board of Urology-certified specialist, and he was also awarded the Diploma of Fellowship of the Royal College of Physicians and Surgeons of Glasgow (Urology). Apart from clinical work, Dr Ngoo has previously co-organised the 30th Malaysian Urological Conference, the Asian Prostate Foundation-Malaysian Urological Association Webinar on Prostate Disease, and other loco-regional meetings. He has held various positions including as the Societe Internationale d'Urologie Innovators member and as an Executive Committee member of the Malaysia Urological Association (2020-2022). Dr Ngoo's interest includes Endourology, Uro-oncology and Men's Health.

Talk: Testicular Cancer: Reaching the young men

Testicular cancer (TCa) incidence is on the rise, but survival rate has also improved. Globally, the awareness regarding TCa and testicular self-examination (TSE) is low among young men. There is still no consensus to advocate for TCa screening or regular TSE. Men confronting TCa also face challenges in onco-fertility preservation, and survivorship issues.

**Teng Aik Ong****Deputy Dean (Value Creation & Enterprise)
University of Malaya
Malaysia**

Prof Teng Aik Ong served as the President of the Malaysian Urological Association (MUA) from 2021-2022. He is currently the Deputy Dean (Value Creation & Enterprise) of the Faculty of Medicine, University of Malaya, Kuala Lumpur. Prof Ong was the BJUI Scholar in 2005-2007 during his training period in urology. Since then, he has been

active in promoting international collaboration in education and research. He served as a board member of the Urological Association of Asia (UAA) and Societe Internationale d'Urologie (SIU). Uro-oncology is the focus of the clinical and research activities of Prof Ong. He was instrumental in establishing the first uro-onco clinic in Malaysia, in collaboration with the oncologists. He championed the M-CaP prostate cancer registry for Malaysia (working together with the A-CaP group). His group had recently published the survival data of patients with prostate cancer in Malaysia.

Talk: Non- pharmacological Options for overactive bladder

Overactive bladder (OAB) is a condition that causes a sudden and uncontrollable urge to urinate. It could be related to urge urinary incontinence. Medical therapy with anticholinergic/antimuscarinic or beta-3 agonist is often used to address OAB. However, there are also non-pharmacological options that can help alleviate the symptoms. Some of these options include:

- Bladder training: This involves gradually increasing the time between bathroom visits to help the bladder hold more urine.
- Pelvic floor exercises: These exercises can help strengthen the muscles that control urination.
- Behavioral interventions: These include timed voiding, which involves scheduling bathroom visits at regular intervals, and fluid management, which involves limiting fluids at certain times of the day.
- Electrical stimulation: This involves using a small electrical current to stimulate the nerves that control the bladder.
- Biofeedback: This technique uses sensors to monitor muscle activity and provides feedback to help patients learn how to control their bladder.

In addition, lifestyle changes such as quitting smoking, avoiding caffeine and alcohol, and maintaining a healthy weight can also help alleviate symptoms. The physician and patient should work together to explore the best solution for OAB in an individualized approach.

Talk: ED & BPH - Treat One or Treat Both?

This lecture delves into the intricate landscape of male sexual health, focusing on the dual challenges of Erectile Dysfunction (ED) and Benign Prostatic Hyperplasia (BPH), and their management through the innovative use of long acting phosphodiesterase-5 inhibitor (PDE5I). We begin by exploring the fundamental aspects of these conditions, unraveling the physiological and psychological factors that contribute to their onset. Assessment techniques play a pivotal role in diagnosing ED and BPH, and the lecture elucidates comprehensive methodologies for healthcare practitioners. From patient history and physical examinations to appropriate investigations, attendees will gain insights into a holistic approach for accurate diagnosis. The core of the lecture centers around the management of ED and BPH with tadalafil, a long

acting PDE5I. As a PDE5I, Tadalafil has emerged as a versatile therapeutic option. The lecture elucidates the pharmacological mechanisms behind tadalafil's efficacy, its dosage considerations, and potential side effects. Moreover, the lecture addresses the psychological dimensions associated with these conditions, emphasizing the importance of patient education and communication. Practical case studies will be presented to provide real-world insights into the integration of tadalafil in managing ED and BPH, showcasing its role in enhancing both sexual function and quality of life.



Ooi Chor Yau

**Senior Medical Lecturer and Family Medicine Specialist
Universiti Malaysia Sarawak (UNIMAS)
Malaysia**

Dr. Ooi completed his medical degree, receiving his M.D., at the Universiti Malaysia Sarawak. Recognizing the importance of primary care and its impact on communities, he went on to pursue a master's degree in Family Medicine at the University of Malaya. His specialization in family medicine equipped him with a comprehensive understanding of holistic patient care, emphasizing the importance of preventive medicine and patient education. Driven by a desire to make a lasting impact on healthcare practices, Dr. Ooi is currently undertaking a Ph.D. in Implementation Science. His research specifically focuses on men's health screening, exploring effective strategies for implementing screening programs and identifying barriers to participation. Through his doctoral studies, Dr. Ooi aims to bridge the gap between research and practical healthcare delivery, ensuring that evidence-based recommendations are effectively incorporated into clinical practice. Beyond his academic pursuits, Dr. Ooi is married and a proud father of two boys. He is also passionate about reading and hiking. He believes that reading broadens his perspective and keeps him updated with the latest advancements in his field. Hiking provides him with a much-needed break from his rigorous academic and professional commitments, allowing him to reconnect with nature and rejuvenate his mind and body.

Talk: Communicating with men: can we do better?

Effective communication is paramount to providing quality patient care. When it comes to communicating with men as patients, it becomes essential to understand and address their unique needs, perspectives, and concerns. By recognizing and adapting

to these qualities, healthcare providers can foster trust, enhance engagement, and facilitate open dialogue with male patients. In this talk, we will explore key considerations for communicating with men, highlighting strategies to promote effective and patient-centred care.



Tun Firzara

**Senior lecturer and Family Medicine Specialist
University of Malaya
Malaysia**

Dr. Tun Firzara Abdul Malik is a Senior Lecturer and Family Medicine Specialist at the Department of Primary Care Medicine, Universiti Malaya. She completed her MBBS degree from Monash University, Australia, and holds a Master's degree in Family Medicine Specialist from Universiti Malaya. Passionate about advancing healthcare, Dr Zara focuses on e-health, cancer screening, men's health, and genetics. She was actively involved in the creation of e-learning modules for prostate cancer screening, clinical audit, and manuscript writing. During the COVID-19 pandemic, she served on the steering committee for the establishment of a teleconsultation service and devised a clinical decision support system that was integrated into the electronic medical record at Universiti Malaya Medical Centre. Currently, Dr. Zara is engaged in developing an intervention to promote colorectal cancer screening in individuals with a family history of the disease.

Talk: Innovative approach to Professional Education in Men's Health

An innovative approach to professional education in men's health empowers healthcare professionals and revolutionizes knowledge acquisition, which ultimately enhances patient outcomes. This presentation will be a sharing session of our experience in developing an e-learning module on prostate cancer screening targeting healthcare providers. The development process and key features of the module will be highlighted.



Stanley Chan Chun Wai

**Associate Professor
Department of Family Medicine, International
Medical University (IMU),
Malaysia**

Prof Stanley Chan is an Associate Professor in the Department of Family Medicine of International Medical University (IMU), Malaysia. He runs a successful men's health clinic in Kuala Lumpur. Prof Chan specializes in treating different men's related conditions or diseases. He was the pioneer in Malaysia who first introduced cut-edge Shock Wave technology (EDSWT) in treating patients with Erectile Dysfunction with great success. Prof Chan first obtained his Doctor of Medicine (MD) degree from the University of Calgary, Canada then moved to America for his residency training. With great passion for teaching, he took up the highly competitive Faculty Development Fellowship from the University of Pittsburgh, USA. He is a committee member of the International Society for Sexual Medicine (ISSM) and the Malaysian Society of Andrology and the Study of the Aging Male (MSASAM). Prof Stanley Chan was the director for the Advanced Training in Family Medicine (ATFM) programme and served as the chairman for ATFM Board. Besides having exemplary leadership, he is also active in publication. He was invited by a world reputable journal to write guidance for specialists world-wide. Prof Chan was also invited to speak at international conferences alongside with other academicians and experts from around the world. He co-authored a well-received examination preparation book for both the local and Australian doctors who are sitting for the Fellowship of the Royal Australian College of General Practitioners (FRACGP) Examination.

Talk: ED in primary care

Erectile dysfunction (ED) is a common primary care complaint. This talk will give simple guidance to primary care doctors or general practitioners to enable them to manage most uncomplicated ED cases. Low intensity extracorporeal shock wave therapy and Priapus Shot have been used in primary care settings for treating ED, what is the evidence behind?

**Mohd. Fadzli Bin Mohamad Isa****Psychiatrist and Addiction Psychiatrist
Department of Psychiatry & Mental Health Hospital
Kuala Lumpur
Ministry of Health, Malaysia**

Dr. Mohd. Fadzli Bin Mohamad Isa received his Doctor of Medicine (MD) degree from Universiti Putra Malaysia (UPM) in 2004. Prior to that, he had already received a degree in Bachelor of Science (Medical Science) in 2001 from the same university. He later completed his specialist training and graduated with a Master of Psychological Medicine (MPM) from Universiti Malaya (UM) in 2012. Two years later, he was accepted into the addiction psychiatry sub-specialty programme under the Ministry of Health, Malaysia and became a Visiting Clinical Fellow at Turning Point, Melbourne for one year to complete his sub-specialty training in 2017. He is currently practicing as a psychiatrist, and also as an addiction psychiatrist in Hospital Kuala Lumpur (HKL). He is the head of the Psychiatry Addiction Unit (PAU), Department of Psychiatry and Mental Health, HKL. Dr. Mohd Fadzli is a visiting consultant psychiatrist and addiction psychiatrist at Alaminda Specialist Clinic. He is also the head of programme for the Addiction Psychiatry Sub-specialty Programme, Ministry of Health Malaysia. Dr. Mohd. Fadzli has been appointed as a supervisor to oversee psychiatry specialist trainee for general and addiction psychiatry. He is also a supervisor for addiction psychiatry sub-specialist training programme. For undergraduate level, he has been appointed by Universiti Kebangsaan Malaysia and Universiti Putra Malaysia (UPM) as a part-time lecturer in (addiction) psychiatry. He is also an honorary lecturer in psychiatry at the undergraduate level for Universiti Tuanku Abdul Rahman (UTAR) dan Perdana University Royal College of Surgeon Ireland (PURCSI). Dr. Mohd. Fadzli is a Life Member of Malaysian Medical Association (MMA) and Malaysian Psychiatric Association (MPA). He is a President (Elect) for MPA for 2022/2024. He is also an Associate Member of Universiti Malaya Centre of Addiction Sciences (UMCAS) and an Ordinary Member of Australian and New Zealand Mental Health Association (ANZMHA) and Australasian Professional Society of Drugs and Alcohol (APSAD).

Talk: Boozing from the Song until the Gate

Men struggle with lots of expectations and emotions. Lots of men have their own good ways to handle these challenges. Unfortunately, there is a group of men who decided that they can cope chemically. Alcohol is a very ancient depressive agent to manage unfavourable physical and psychological distress. It is a well-known sedative/hypnotic and anxiolytic agent that can help boost social confidence at a lower dose, while causing discomfort during intoxication and withdrawal. Unfortunately, alcohol

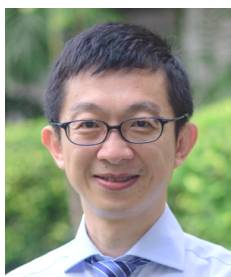
can also cause physical and psychological impairments, including dependency when taken chronically or in binges. Alcohol can impair almost all the organs in the body, particularly the liver and the brain. Although it was believed that alcohol helps boost sexual performance, long-term alcohol intake causes a number of sexual impairments. Psychologically, alcohol intoxication had caused several unwanted and high-profile incidents. Other alcohol-induced mental disorders led its users to be involuntary admitted into the psychiatric or medical ward for stabilization. Lots of men walked into alcohol treatment service and those with complicated alcohol-related problems need to be seen by specialized drugs and alcohol service. It is imperative that issues related to alcohol use, especially among men be addressed as thorough as possible so that men will not dance to the broken tune of a song and ended up behind unwanted gates.



Selvalingam Sothilingam

**Consultant Urologist
Sunway Medical Centre Velocity
Malaysia**

Dr Selvalingam Sothilingam graduated from University of Malaya, in 1992 and obtained Fellowship in General Surgery from the Royal College of Surgeons (UK) and MMed Surg (S'pore) in 1998. He went on to pursue Urology in 2002 and obtained Malaysian Board Certification in Urology in 2004. He then spent a year and half in Melbourne, Australia doing a fellowship in Uro Oncology which included training in prostate brachytherapy from 2006-2007. His interest includes Uro Oncology, Endourology and Robotic Assisted surgery and Reconstructive Urology. Dr Selva also served in the Malaysian Armed Forces from 1993-2014 and left the service with a rank of Brigeder General. He also received an award from His Royal Highness King of Malaysia for his service in the military in 2010. He has been involved in community work and has been the co-founder of the Blue Cap Movement in championing Mens' Health in Malaysia. Dr Selva initiated the Blue Cap Relay run for Prostate Cancer in 2015 and has worked closely with prostate cancer survivors in the community. He has been involved in research especially between 2014-2016 as a Consultant Urologist and Lecturer in University Malaya. He has published on Prostate Epidemiology in Malaysia and in 2015 initiated a large multicenter Stone study. Dr Selva is now a consultant urologist with Sunway Medical Centre Velocity and the Past President of the Malaysian Urological Association. He is an international member of the American Urology Association and SIU.

**Ng Chirk Jenn****Senior Consultant at SingHealth Polyclinics
Clinical Professor at Duke-NUS Medical School
Singapore**

Prof Ng is a Senior Consultant at SingHealth Polyclinics and a Clinical Professor at Duke-NUS Medical School in Singapore. He is also an Honorary Professor at the Faculty of Medicine, University of Malaya, Malaysia. His research expertise is in the field of men's health, shared decision making, digital health and implementation science. He has published 191 ISI-indexed papers in peer-reviewed journals, which received more than 2000 citations, including the Asian Men's Health Report and Malaysia National Men's Health Action Plan. He is the advisor to the Malaysian Family Physician. He currently leads the EmPaTHy research programme which aims to transform primary health care through patient empowerment using digital health, specifically looking at translating research evidence into real-world practice.

Talk: Lifestyle, sexual health and men's health: Connecting the dots

To achieve and maintain good health and quality of life, men need to adopt a healthy lifestyle and seek medical help in a timely and appropriate manner. However, epidemiological data has persistently shown that men, compared to women, have higher risk-taking behaviours (e.g. smoking, alcohol consumption, reckless driving) and tend to avoid screening and delay in seeking help when ill. In the context of male sexual health, sexual performance and dysfunctions are known to be the tickets to men's health; it creates unique opportunities for healthcare professionals to explore and address men's health holistically. For instance, although studies have repeatedly shown a close relationship between erectile dysfunction and cardiovascular diseases, it remains uncertain how this important piece of clinical evidence translates into counselling men in clinical practice to improve their cardiovascular health. This is but just an example how opportunities to improve men's health are missed, especially in a busy clinical setting where there are many competing health agenda. It is time for us to 'connect the dots' to link men's sexual function with lifestyle and health-seeking behaviour, and expand it beyond sexual health to improve men's health. This requires us to: understand men's health behaviour and support change in their behaviour; challenge our traditional practice to make clinical consultations more people-centred and gender-sensitive; and redesign the health service delivery to implement clinical evidence more efficiently and effectively. Only then can we attempt to motivate men to improve their lifestyle, seek timely and appropriate health care, and adopt

preventive rather than curative health behaviour. This will go a long way in improving men's sexual health, their overall health and quality of life.



Tan Hui Meng

**Consultant Urologist
Subang Jaya Medical Centre
Malaysia**

Dato' Prof Dr Tan Hui Meng, FRCS (Edinburgh), FRCS (Glasgow) is a Consultant Urologist in a leading private medical centre in Malaysia. He is an Adjunct Professor at the University of Malaya and the University of Pennsylvania. Prof Dr Tan has a keen interest on men's health and an expert in men's health and ageing issues. He has published 241 articles and abstracts in medical journals, international peer reviewed and 16 books on men's health and sexual medicine. He is the Founding President of numerous International Men's Health and Aging societies viz APSSAM, JASMH. Prof Tan is a Board Member of the International Society for Men's and consultant panelist for WHO Sponsored Consultation in Sexual Medicine and Urological Disease (ICUD) Prof Tan was bestowed the Outstanding Urologist Award by AUA affiliate WCUA , as well as the Singapore Society for Men's Health.



Lai Suat Yan

**Senior Lecturer
University Malaya
Malaysia**

Dr Lai Suat Yan is a gender scholar and Senior Lecturer attached to the Gender Studies Program, Faculty of Arts and Social Sciences, University Malaya. While she was the Coordinator of the Gender Studies Program she successfully led the program to develop a Master of Gender Studies (by coursework), offered for the first time in October 2022. Currently, she is the principal investigator for a study investigating the empowering and/or disempowering socio-cultural, religious factors towards an early diagnosis of cancer among the urban B40 community and a team member of the UICC international grant for breast cancer. Broadly, her research interests encompass gender studies, religious studies, gender-based violence and

gender equality at the workplace. At the national level, she was on the taskforce to finalize the Anti Sexual Harassment Bill under the auspices of the Ministry of Women, Family and Community Development (KPWKM) from 2019-2021. Internationally, she was invited by the Commission of Higher Education, The Philippines to share on the good practices to eliminate gender-based violence experienced by the academic community in 2017.

Talk: Men's Health, Women's Health: Why Gender Matters in Public Policy

Sex and gender have implications on health outcomes. Sex refers to the biological and physiological characteristics of males and females that encompass chromosomes, hormones to sexual anatomy and reproductive organs. Gender as a social construct is manifested in gender norms, behaviours, roles and power differentials associated with being a man or a woman that can change over time and across cultures. For example, harmful gender norms can affect the well-being of boys and men in encouraging risk taking behaviours and discouraging health seeking behaviours. However, the intersectionality of gender power dynamics with other forms of power hierarchies based on factors such as class, ethnicity, age, geographical location, nationality, gender identity and sexual orientation influences men's and women's differential health outcomes and their access to healthcare. Public health policy needs to consider these intersections to address the inequities in health outcomes.



John Pinto

**PhD Candidate in Social Sciences (Social Psychology)
University of Malaya
Malaysia**

John Pinto is a PhD candidate at the University of Malaya and an active researcher in the fields of sexuality, social psychology and the social sciences at large. Having a background in both Genetics and Molecular Biology as well as Counselling psychology, John's current work focuses on sexual fluidity and sexual orientation development in the Malaysian context, taking on a person-environment approach to the understanding of sexual orientation and sexual fluidity. John is also a licensed and registered counsellor who is currently part of the leadership team at a digital health company that aims to make mental healthcare seamless and accessible to all.

Talk: Gender Differences in Sexual Fluidity: A person-environment interaction approach

Gender differences in sexual fluidity and their potential causes had always been hotly debated and sometimes even politicized. A majority of studies since the 90s found sexual fluidity in most dimensions (i.e. attractions, behaviours and identities) to be higher in women, lending support to the notion of greater plasticity in female erotic tendencies as compared to males. These observations lend support to the claim that erotic tendencies in women (including but not restricted to sexual orientation) are more plastic and susceptible to environmental influences than men. However, more recent studies present evidence for sexual fluidity to be almost equally present in both genders, and emphasize the role of person-environment interactions in the genesis of change in dimensions of sexual orientation. This talk presents an overview of the literature on sex differences and new data on sex differences from the Malaysian context. Implications to men's health and wellbeing are addressed.

**Christine Maryanna Gabriel****Licensed Marriage and Family Therapist / Part-Time Lecturer
Taylor's University Lakeside Campus
Malaysia**

Christine Maryanna Gabriel is a Licensed Marriage and Family Therapist (Pennsylvania License No:MF000990). She graduated from Seton Hill University, Pennsylvania, USA with a Masters of Arts in Marriage and Family Therapy. She has 7 years of experience working with individuals, couples and families from diverse background with various mental health struggles and interpersonal issues. She served as the Honorary Secretary of the Malaysian Association of Marriage and Family Therapy (MyMFT) and is currently a member of the International Family Therapy Association (IFTA). She has presented internationally at the International Family Therapy Conference, Hawaii, USA (2016), 4th Asian Academy Family Therapy Conference, Japan (2017) and at the Taiwan, Japan and Korea Case Conference (2018) mainly on the complexity of power existing in relationships and the use of self-as-a therapist. Christine believes in the systemic approach of understanding mental health issues and is an advocate of social justice. Christine is also a part-time lecturer for the Bachelor of Psychology program at Taylor's University Lakeside Campus since 2017. Christine is currently completing her PhD under the Gender Studies department at University Malaya. Her area of focus is on understanding Malaysian men's social connectedness with other men and she is

particularly interested in using intersectionality as the methodology to highlight how Malaysian heterosexual men socially connect with other men to mobilize their emotional and social support.

Talk: Heterosexual Malaysian Men's Social Connectedness with Other Men: The intersectionality of ethnicity and religion

Studies on heterosexual men's social connectedness with other men remains unclear while the taboo of heterosexual men experiencing mental and emotional support with other men is widely apparent. The significance of social connections for improving mental health have been widely studied and men are assumed to experience instrumental support in their social connections. However, there is a lack of research to understand heterosexual Malaysian men's social connectedness with other men and how these interactions are influenced by their perception of masculinity. Past studies have shown that for men of diverse background, masculinities are associated with specific cultures and Connell's ground-breaking work on masculinity highlights that masculinity is a configuration of practices that is constructed locally in interpersonal interactions with families, organizations and immediate communities. The author conducted an in-depth qualitative study using intersectionality as the methodology to highlight how Malaysian heterosexual men socially connect with other men to mobilize their emotional and social support. The author was also interested to highlight how these interactions are influenced by the intersectionality of ethnicity and religion. Participants were from different ethnic background in Malaysia (Malay, Chinese and Indian) and religious background (Muslim, Buddhist, Christians and Hindus) who were recruited for this study through purposive sampling. A one-to-one narrative inquiry through the life history methodology was conducted face-to-face. Thematic analysis through the gender relations and intersectionality theoretical framework using the NVivo Software was used to analyse the data.



Alvin Ng

**Professor of Psychology
School of Medical and Life Sciences, Sunway
University
Malaysia**

Dr Alvin Ng, DPsych is a Professor of Psychology at the Department of Psychology, School of Medical and Life Sciences, Sunway University, Malaysia. He is trained as a clinical psychologist and has over 20 years of experience in academia. As a full-time

academic, he is no longer in clinical practice but is a keen advocate for public mental health literacy and is very engaged in the development of clinical psychology in Malaysia. Dr Ng was the Founder President of the Malaysian Society of Clinical Psychology that he helped establish in 2010. He had 11 years of experience developing and running the Master of Clinical Psychology program at Universiti Kebangsaan Malaysia prior to joining Sunway. Dr Ng is also sought-after public speaker and key opinion leader in the field of psychology and mental health in Malaysia. He holds honorary positions at University of Exeter, University of East Anglia and Monash University Malaysia. He is also Secretary of the Asian Cognitive Behaviour Therapies Association.

Talk: Disputing irrational beliefs of manhood: the path to better mental health in men

The idea of manliness or manhood can in itself be a pressure-cooker. The psychic armour of manly defence is usually reinforced by a number of underlying irrational beliefs, including the thought that men need not seek help as it would imply weakness. Irrationality contributes to unnecessary distress, and it therefore counterintuitive to strength, power and control – all that which are usually attributed to masculinity. This talk addresses the irony of unhealthy beliefs that are unique to men, that contribute to psychological distress. Using the rational emotive behavioural approach to wellbeing, Dr Alvin Ng will recommend investigating personal beliefs about masculinity and understanding how they may be unhealthy, and by disputing them in a scientific and compassionate way, there is better likelihood of developing healthier beliefs, leading to better mental wellbeing. Participants will learn to identify irrational beliefs and their rational counterparts that are to be practiced religiously to overcome the barriers of habitual irrationality that maintains unnecessary distress.



Derek M. Griffith

**Professor and Director of the Center for Men's Health Equity, Georgetown University
Chair of Global Action on Men's Health USA**

Dr. Derek M. Griffith is a Founding Co-Director of the Racial Justice Institute, Founder and Director of the Center for Men's Health Equity, and Professor of Health Management & Policy and Oncology at Georgetown University in the USA. Currently, he also serves as the Chair of Global Action on Men's Health – a global men's health advocacy organization. Trained in psychology and public health, Dr. Griffith's program

of research focuses on developing strategies to achieve racial, ethnic, and gender equity in health. He specializes in interventions to promote Black men's health and well-being, and advancing the global field of men's health equity. Dr. Griffith has particular expertise in the health of middle-aged Black men, and strategies to reduce their risk of cancer, diabetes, and heart disease. His research has explored how notions of manhood, trustworthiness, intersectionality, and individual tailoring can be incorporated into community-based and policy strategies to promote health and well-being.

Talk: Plenary 2 Equity in Men's Health

Treating men in research, policy, and public health practice as a single, homogeneous category is problematic from both a theoretical and analytic perspective. Men's health equity has led men's health in explicitly considering heterogeneity among men. Not considering men in national health policy undermines efforts to achieve health equity.

Talk: Men's Health: Reports and Report Cards from the World

Reports and report cards have become a way to present data on men's health to health professionals, policy makers, men, and other non-academic communities of interest. This presentation will describe the purpose of using men's health reports and men's health report cards, provide examples of models from across the globe, and describe some lessons learned from these efforts.

Talk: Interventions promoting men's health equity

Interventions to improve men's health may not benefit all men equally. This presentation will outline a rationale and an approach to men's health equity interventions, and offer explicit examples of strategies to improve the health of specific subgroups of men.

**Peter H C Lim****Hon. Professor/Dean/Consultant Uro-Andrologist
Institute for Men's Health
Singapore**

Dr Lim is the Consultant Urologist at Gleneagles Hospital, Singapore. He is also the Dean at the Institute of Men's Health in Singapore. He also serves as Adjunct Professor (Men's Health) at Edith Cowan University, Western Australia and Honorary Professor in Urology & Andrology at the Hang Tuah University Medical School in Indonesia.

Professor Lim was also founder President of the Society for Continence, Singapore and Study of the Aging Male, President of the Asia- Pacific Continence Advisory Board and the Asian Society for Female Urology. Dr Lim serves on the editorial boards of various journals, including the Singapore Medical Journal and the Annals of the Academy of Medicine, Singapore. Author of many articles published in peer-review journals. Dr. Lim was conferred the Honorary Membership of the Institute of Urology, London (1992), the Singapore Urological Association Lectureship of the Year 2001 and the Honorary Membership of the Thai Urological Association 2011 & the Eminent Scientist of the Year award 2003 from the World Scientists Forum. Dr. Lim's research interests and specialties include Erectile Dysfunction, Male Infertility & Urinary Incontinence.

Talk: Testosterone Replacement Therapy in the Male for HCP's in General Practice & in Hospitals

Aging results from many "pauses" in physiologic function including SOMATOPAUSE,, ANDROPAUSE, & other endocrinologic dysfunctions. The correction or balancing of hormone levels can restore energy, sleep, functionality & mobility, muscle mass & reduced fat & prevent diabetes. Inadequate serum DHEA due to adrenopause should also be included in a "men's health" clinic workup. It means to be emphasized that treatment should be holistic include modification of lifestyle & psychological aspects. There must be no hormone sensitive cancer resident in the patient before androgenic hormonal therapy is initiated plus no obstructive BPH -hence a complete check is mandatory beforehand. Foremost in Men's Health is Andropause. Andropause (adult onset male hypogonadism) does not have a definite hormonal cut-off but rather has an age specific range of normality. Indisputably however the endocrine profile in males do show a pattern of declining sex and trophic hormones. A Singapore based community study of the male population showed a 20% incidence rate in men above the age of 38 years. The contributing etiologic factors have also yet to be well studied. The symptoms of andropause are broadly categorised as physical, psychological and sexual symptoms. Common symptoms will include bone and joint aches, increased susceptibility to fractures, fatigue, vasomotor symptoms; memory and concentration lapses and mood changes; erectile and libido dysfunction, Increasingly we are seeing complaints of reduced vitality and energy, fatigue, memory impairment, reduction of many cognitive functions especially speed of information processing, low self-esteem, emotional lability, impaired self-control, social isolation, depression, anxiety and impaired sleep cycle and insomnia being brought to our attention by aging males in our daily clinical practice. When TRT is discussed often we encounter fears of unwanted effects on the prostate as the key impediment to starting TRT in these men – the latter may be unwarranted as men with Ca Prostate have extremely low levels of testosterone & there is no evidence that testosterone replacement therapy would generally increase BPH or Ca-Prostate in aging men and men treated with

testosterone. And in respect of safety concerns, over the last 47 years, no case of carcinoma caused by HGH therapy has ever been reported. Is therefore the proper and judicious use of HGH in patients who have AGHDS warranted? This lecture will show the indications, contraindications & demonstrate the workup needed to treat all the “andropause/male climacteric” in the Aging & will include the entire gamut of dermatologic, oral, injectable & other agents including the latest oral testosterone (Kyzatrex) available today as the basis for setting up an Men’s Health center & provide practical pearls of such a service in institutional and community medical practice.



Masato Fujisawa

President, Kobe University
Professor, Department of Urology, Kobe University
Graduate School of Medicine
Japan

1984; Graduated from Kobe University School of Medicine: 2005; Professor and Chairman, Division of Urology, Department of Organs Therapeutics, Kobe University Graduate School of Medicine: 2014; Director, Kobe University Hospital: 2019; Dean, Kobe University Graduate School of Medicine: 2021; President, Kobe University

Talk: New TRT for LOH using Leydig cell derived iPS cell

We have succeeded in producing the Leydig-like cell from human iPS cells. In the future, this technology could be applied to regenerative medicine for patients with LOH syndrome.



Koji Chiba

Senior Lecturer
Kobe University Graduate School of Medicine
Japan

Koji Chiba MD, PHD, is a general urologist affiliated with the Department of Urology, Kobe University Graduate School of Medicine. He is a senior lecturer and is engaged in general urological surgery, including robotic surgery, as well as sub speciality andrology care, including male infertility or hypogonadisms

Talk: Sex and erection problems after treatment for prostate cancer

Surgery or radiation therapy are available treatments for prostate cancer. For some of the patients, there is a need to care for sexual function after treatment. Our presentation will address the issue of sexual function after prostate cancer treatment.

**Lim Hooi Min**

**Family physician and medical lecturer
Faculty of Medicine, University of Malaya
Malaysia**

Dr Lim is a family physician and medical lecturer at the Department of Primary Care Medicine, University of Malaya. Her areas of research interest are public health informatics, cardiovascular health and digital health in primary care settings. Her research work focuses on eHealth literacy and the influence of health information in cardiovascular disease prevention. She currently leads an international collaborative project aiming to evaluate the implementation of cardiovascular health assessment among children and adolescents in Malaysia.

Talk: Gender difference in health literacy and eHealth literacy

The spread of misinformation during COVID-19 pandemic signified alarming demand to improve health literacy and eHealth literacy across populations. In this lecture, we will investigate any gender difference in health literacy and eHealth literacy and how it affects health behaviours and outcomes. We will also discuss tools that can be used in research and clinical practice to identify people with low health literacy and eHealth literacy.

**Aksam Yassin**

**Scientific Director of Preventive Medicine Program and
Men's Health
Dresden International University
Germany**

He is a Professor of clinical Urology/Andrology Weill Cornell Medical School, New York, USA; Scientific Director of Preventive Medicine Program and Men's Health Centre of Medicine and Health Sciences, Dresden International University, Dresden

Germany. Editor-in-Chief Journal of Men's Health. He is Certified by German Board for Urology. PhD in medical sciences at Hamburg University. 1996 Doctor of Education (EdD), University of Sarasota (today: Argosy University), Florida/USA and appointment as adjunct professor for Human Sexuality in the clinical psychology program at the College of Behavioural Sciences. Published: 230 original reports, 21 reviews, 3 Books and 7 Book Chapters

Talk: TD: what to do when testosterone replacement fails

1. Indication to TTh as per Guidelines
 2. Treatment's favourable effects on metabolism and sexual function
 3. Treatment resistance: How to discover and how to overcome causes from obesity, delivery forms, compliance, adherence to Tx and androgen receptors.
-

**Siau Ching Sin****Senior Lecturer
Universiti Kebangsaan Malaysia
Malaysia**

Dr. Siau Ching Sin is a researcher in the Centre for Community Health Studies (ReaCH) in Universiti Kebangsaan Malaysia. Her area of specialisation is in suicide and suicidal behaviors. In addition, she is involved in research on mental health and behavioral change across a variety of populations, including tobacco and e-cigarette use, medication adherence, and vaccine uptake.

Talk: Suicide trend among men in Asean countries

The suicide rates for males is higher than females worldwide and in the Association of Southeast Asian Nations (ASEAN). Joinpoint regression analyses estimated the trends of male age-standardised suicide rates from 2000 to 2019 in ASEAN countries. In the 2010s, significant increase in suicide rates in Brunei, Malaysia, Singapore, and Thailand after an initial decrease was observed, while the decreasing trend in Indonesia and Laos plateaued. Efforts in suicide prevention need to be multiplied among males in ASEAN countries.

**Zac Seidler****Global Director of Men's Health Research
Movember
Australia**

Dr. Zac Seidler is a Clinical Psychologist, the Global Director of Men's Health Research at Movember and a Senior Research Fellow with Orygen at The University of Melbourne. Zac has devoted several years to the goal of reducing the staggering male suicide rate, treating and researching men's mental health with over 90 peer-reviewed articles published. Zac has appeared on the ABC, BBC, Sky News and in The Guardian, The Age and Vice for his work.

Talk: Engaging Men in Mental Health

In this talk Dr Seidler cites the staggering statistics of a rising suicide rate among men, even though more men than ever before are presenting for help. He notes the high percentage of men who dropout from care prematurely because they did not connect with their counsellor. Seidler busts some myths about men and counselling and describes the key elements for improved male engagement in psychological treatment.

**Affendi Isa****Principal Assistant Director
Ministry of Health Malaysia
Malaysia**

Affendi Isa (Ph.D) has been serving the Ministry of Health as Health Education Officer for past 21 years. He holds a first degree in Communication (Hons) from the International Islamic University Malaysia, a Master degree in Health Sciences (Health Education) from the National University Malaysia and a PhD in Health Psychology from the Norwich Medical School, East Anglia University, United Kingdom. He has vast experiences in health education and promotion work particularly in field of health promotion policy, population-based health literacy, health communication, behaviour sciences and behaviour modification and social determinants of health. He was one of the team members to develop a dedicated instrument to measure population-based

health literacy among Malaysians in the National Health & Morbidity Survey 2019. He is now leading a project to develop a National Health Literacy Policy with World Health Organization (WHO) under 12th Malaysia Plan and National Agenda for Health Malaysia (ANMS).

Talk: Self-care and Health Literacy in Men

Health literacy shouldn't be regarded as knowledge and awareness acquisition only but it should involve capacities of obtaining health information related to healthcare, disease prevention and health promotion, understanding them, judging or evaluating them for healthy decisions and practices. Data from the National Health & Morbidity Survey 2019 shows that roughly 1 from 3 men in Malaysia have limited health literacy level especially in regards to ability to access information on risk factors for health, to understand information or derive meaning, to interpret and evaluate and to make informed decisions to protect against risk factors for health.



Clarence Lei

**Consultant Urologist
Normah Medical Specialist Centre,
Malaysia**

Dr Clarence Lei Chang Moh is a consultant urologist at the Normah Medical Specialist Centre in Kuching. He qualified from University of Malaya in 1981 and obtained his Fellowship with the Royal College of Surgeons & Physicians of Glasgow in 1986. He subsequently trained at Institute of Urology, London & Great Ormond Street Children for Sick Children, London, Edinburgh Western GH and Nuffield Transplantation Surgical Unit. He obtained his FRCS Urology and FEBU (Fellow of European Board of Urology). He has a postgraduate diploma in Medical Education from the University of Dundee, UK. He was urologist at the General Hospital in KL from 1987 till 1994, was deputy head. He was founder head of department of surgery at University Malaysia Sarawak 1995 – 1998. He is a past President of the Malaysian Urological Association, an examiner of the Royal Colleges of Edinburgh and Glasgow & Malaysian Board of Urology since 2000. His special interests include prostate disorders, pediatric urology, renal transplantation, surgery for renal failure, urinary stone disease, men's health and medical education. Dr Lei is also adjunct professor at the government University Malaysia Sarawak and honorary consultant to Sarawak GH, Sarawak Heart Centre & Hospital KL. He was conferred "honorary member of UAA, Urological Association of Asia" in August 2019.

Talk: Nocturnal Polyuria- Malaysian Perspectives

Nocturia comprises > 60% of urinary symptoms. More than 90% of nocturia is associated with polyuria. Nocturia can lead to decrease in daytime productivity, increase in falls and a decrease in life expectancy. Awareness, exercise, reduced night fluids and desmopressin can improve quality of life.



Abdulla Al Ansari

Chairman of Surgical departments at Hamad Medical Corporation
Head of Chief Medical Office of Qatar
Clinical Professor of Urology at Weill Cornell Medical School NY and Doha Qatar

Dr. Abdulla Al-Ansari MBBCh, FRCSI, FRCSE, is the Acting Chief Medical Officer for Hamad Medical Corporation (HMC), the main provider of healthcare in the State of Qatar. A graduate of both The Royal College of Surgeons Edinburgh and The Royal College of Surgeons of Ireland. He trained in United Kingdom (UK) and Qatar in the field of Urology. Dr. Al-Ansari worked in other specialties such as Trauma, Orthopaedics and Vascular (all of which has helped him when dealing with complex cases), before specializing in Urology. Dr. Abdulla Al-Ansari became the head of the Urology section in 2004. During his tenure, the department of Urology made big leaps forward in its service provision, reducing waiting times, technological advancement, research and publications. This greatly improved the status of Urology as a successful and highly performing specialty. In 2008, he became the Assistant to the Chief of Surgery and in the same year, he was promoted to Chief of Surgery department taking full charge of all 13 surgical specialties across the HMC Corporation. Dr. Al-Ansari is a strong believer in sub-specialization and the benefits it delivers to patient care. In his new role as the Chief Medical Officer Dr. Abdulla Al-Ansari continues to emphasis on the importance of sub-specialization, within healthcare delivery in Qatar (e.g. Acute Care, Breast Surgery, Bariatric & Metabolic Surgery, Colorectal, Geriatric medicine, Hepatobiliary surgery, Oncological service and Transplant surgery etc). He became an Associate Professor of Clinical Urology at Weill Cornell Medical School in Qatar since April 2009. Dr. Al-Ansari is very passionate about healthcare systems in Qatar and strives for Qatar (HMC) to be recognized amongst the best healthcare systems internationally. With this vision in mind, he has also been actively involved in the

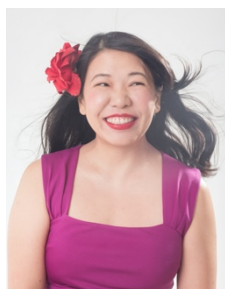
inception and development of Robotic Surgery in Qatar, as well as being the Director of the Qatar Robotic Surgery Centre (QRSC) at the Qatar Science and Technology Park (QSTP), a dedicated innovative development of surgical technologies, research and training of staff since 2010. Dr. Al-Ansari the pioneer of Robotic Surgery in Qatar, it was through his dedication and perseverance that Robotic Surgery is now a common procedure in the State of Qatar. Dr. Al Ansari's hard work gained further recognition as he was promoted to Deputy Chief of Medical, Academic & Research Affairs for Surgical Services in 2013, the Deputy Chief Medical Officer for Surgical Services in 2016 and in 2017 he became the Chief Medical Officer for Hamad Medical Corporation. Dr. Al Ansari is one of a few leaders in Hamad Medical Corporation who have recently completed the New and Emerging Academic leadership course (NEAL) in Toronto, the course is aimed at fostering a productive, visionary and collaborative academic leadership in the Academic Health Science Network. He is widely known as "Triple A" amongst his peers for his tirelessness in wanting to continually develop a just and fair service provision.



George Lee

**Associate Professor of Surgery at Monash University
Consultant Urological Surgeon at Gleneagles
Malaysia**

Dr George Lee Eng Geap completed his basic degree in Pharmacology from Cambridge University, and medical degree at Addenbrookes' Clinical School of Medicine in Cambridge. Dr Lee pursued his Surgical Career in Oxford and his Urological training at Imperial College School of Medicine in London. He became a Consultant Urologist in the United Kingdom, before he took on the position as the Associate Professor of Surgery at University Malaya, Kuala Lumpur. Professor George Lee is currently a clinical Associate Professor of Surgery at Monash University and Consultant Urological Surgeon from Gleneagles Kuala Lumpur. Professor George Lee Basic research work was on the mechanism and the mutagenesis of receptors in exocytosis. His main clinical interests are in endourology, Prostate Diseases and Andrology. He published extensively in Biochemical Journal, BJUI and International Urology and Nephrology.



Martha Tara Lee

**Relationship Counselor and Clinical Sexologist
Eros Coaching,
Malaysia**

A born and bred Singaporean Chinese, Dr. Martha Tara Lee is Relationship Counselor and Clinical Sexologist of Eros Coaching. She has a doctorate in human sexuality, masters in counselling and two other degrees. In practice for 14 years, Dr. Lee is also the appointed Resident Sexologist of Singapore Cancer Society, as well as Of Noah and Of Zoey. She was recognised as one of 'Top 50 Inspiring Women under 40' by Her World in July 2010, and one of 'Top 100 Inspiring Women' by CozyCot in March 2011. She is the author of Love, Sex and Everything In Between(2013), Orgasmic Yoga: Masturbation, Meditation and Everything In Between (2015), From Princess to Queen: Heartbreaks, Heartgasms and Everything In-Between (2017), and {Un}Inhibited (2019).

Talk: Sex Therapy for Male Sexuality

Join media darling and esteemed Dr. Martha Tara Lee, Relationship Counselor and Clinical Sexologist of Eros Coaching as she discusses the role of sex therapy in enhancing male sexual well-being. In this 20-minute presentation, Dr. Lee will explain common male sexual dysfunctions, elaborate on treatment approaches offered by sex therapy, and highlight the power of communication and relationship factors. Attendees will gain valuable insights on how to overcome sexual challenges and improve their own sexual well-being. Don't miss this opportunity to learn from this no-holds barred presenter, and walk away with practical ways to be a better and more confident lover.



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*US FDA approval was in 1998 and Malaysia approval was in 1999.

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