



**DIABETES CARE:  
BRIDGING PRACTICE,  
TECHNOLOGY, AND  
PATIENT EMPOWERMENT**

# FIRST ANNOUNCEMENT

## IMPORTANT DATES

Early Bird  
Registration Ends

**15 MAR 2026**

Abstract Submission  
Deadline

**28 FEB 2026**

MDES 2026  
Conference

**15-17 MAY 2026**

✉ mdes2026@dreamz.com.my

🌐 [www.mdesconference2026.com](http://www.mdesconference2026.com)

Organised By:



# WELCOME MESSAGE

Dear Colleagues, Partners, and Friends,

It is our great pleasure to welcome you to the Malaysian Diabetes Educators Society (MDES) Conference 2026, taking place from **15-17 May 2026** at **Four Points by Sheraton, Puchong, Selangor**. This year's theme, "**Diabetes Care: Bridging Practice, Technology, and Patient Empowerment**," reflects our shared goal to connect clinical practice with innovation while empowering individuals with diabetes to achieve better outcomes.

With 15.6% of Malaysian adults living with diabetes and many still struggling with self-management, the role of diabetes educators remains more important than ever. This conference champions that mission by highlighting practical, evidence-based strategies and the integration of digital tools, behavioural approaches, nutrition advances, and the latest updates in diabetes management and complication prevention.

Across three days, the scientific programme will feature plenary lectures, symposiums, hands-on workshops, and real-world case discussions covering diabetes management for all ages, diabetes education, dietetics & nutrition, and complications such as neuropathy, chronic kidney disease, and cardiovascular disease. These sessions aim to strengthen skills, spark collaboration, and support sustainable, patient-centred care.

MDES Conference 2026 is not only a learning platform but also a celebration of partnership, resilience, and our shared commitment to improving the lives of people with diabetes.

We warmly encourage you to register and be part of this meaningful conference. Join us in strengthening collaboration, advancing diabetes education, and building a community committed to improving lives through innovation and empowered care.

We look forward to an inspiring and enriching experience together.



**Ms Yong Lai Mee**  
President,  
Malaysian Diabetes Educators Society



**Ms Ooi Yong Xuan**  
Organising Chairperson,  
MDES Conference 2026



**Professor Dr Norlaila Mustafa**  
Scientific Chairperson,  
MDES Conference 2026

# HIGHLIGHTS OF MDES CONFERENCE 2026

1

## ADVANCE EVIDENCE-BASED PRACTICE

Strengthen knowledge and skills in current, proven approaches to diabetes education and management.



2

## PROMOTE MULTIDISCIPLINARY COLLABORATION

Encourage teamwork and shared expertise among healthcare professionals involved in diabetes care.



3

## LEVERAGE TECHNOLOGY AND INNOVATION

Explore emerging tools, digital solutions, and technologies that enhance diabetes care delivery.



4

## EMPOWER PATIENT SELF-MANAGEMENT

Enhance strategies that support individuals in understanding, managing, and improving their own health outcomes.



# PROGRAM HIGHLIGHTS

## PLENARIES

### 1. National Strategic Plan for NCDs (2026–2030): What's New, What's Next

A comprehensive overview of the country's upcoming NCD priorities, policy shifts, and implementation roadmap.

### 2. Beyond Glycemic Control: The Expanding Role of GLP-1 and GIP in Obesity and Cardiovascular Health

Exploring how incretin-based therapies are reshaping obesity and cardiometabolic disease management.

### 3. Empowering Diabetes Education Through Technology and Innovation

A forward-looking session on digital learning tools, AI-driven education, and personalised patient support.

### 4. "Food as Medicine": Integrating Traditional Diets for Glycaemic Control

A deep dive into modern nutrition strategies that integrate behaviour, culture, and metabolic science.

## SYMPOSIA

### 1. Diabetes Complication: What's New

- a. Diabetes Retinopathy: New Horizons in Preventive Care
- b. Managing Diabetes-Related Neuropathy
- c. The Intertwined Link Between Diabetes and Heart Health

### 2. Empower Care: Enhancing Adherence

- a. Strengthening Medication Adherence and Engagement
- b. Empowering Dietary Adherence
- c. Empowering Adherence Through Physical Activity with Body Composition

### 3. What's New in Nutrition

- a. Beyond the Primary Diagnosis: Medical Nutritional Therapy for Complicated Patients
- b. Inside Out: Can Gut Microbiome Really Drive Metabolic Health

### 4. Paediatric Diabetes

- a. Automated Insulin Delivery Systems in Type 1 Diabetes
- b. Updates on Type 2 Diabetes Hypoglycaemic Agents
- c. Continuous Glucose Monitoring in Paediatric Diabetes

## CASE STUDIES

1. Challenges of Polypharmacy in the Elderly
2. Which Insulin is Suitable During Pregnancy
3. Inpatient Diabetes Management
4. Diabetes at the Crossroads: Early Detection, Early Action
5. Managing Patients with Complex Type 1 Diabetes
6. Living with Chronic Kidney Disease and Diabetes

## WORKSHOPS

1. From Data to Decisions: Interpreting and Utilising Continuous Glucose Monitoring (CGM) Data for Patient Education
2. Foot Assessment and Wound Care: Myths, Facts, and Practical Insights
3. Ask the Right Question: Effective Communication in Diabetes Care
4. Carbohydrate Counting and Meal Planning
5. The Art of Connection: Integrating Empathetic Communication and Motivational Interviewing
6. The Stories Behind the Numbers (Psychosocial)

## INVITED FACULTY

**Professor Dr Mette Juel Rothmann**  
University of Southern Denmark

**Dr Sivarajan Ramasamy**  
Ministry of Health, Malaysia

**Professor Dr Barakatun Nisak Mohd Yusof**  
Universiti Putra Malaysia, Malaysia

**Professor Dr Muhammad Yazid Jalaludin**  
University of Malaya Medical Centre, Malaysia

**Professor Dr Norlaila Mustafa**  
Hospital Canselor Tuanku Muhriz UKM, Malaysia

**Professor Dr Shireene Ratna Vethakkan**  
University of Malaya Medical Centre, Malaysia

**Professor Dr Winnie Chee Siew Swee**  
IMU University, Malaysia

**Associate Professor Dr Azriyanti Anuar Zain**  
University of Malaya Medical Centre, Malaysia

**Associate Professor Dr Khoo Ching Soong**  
Hospital Canselor Tuanku Muhriz UKM, Malaysia

**Associate Professor Dr Tan Kit Mun**  
University of Malaya Medical Centre, Malaysia

**Datuk Dr Zanariah Hussein**  
Ministry of Health, Malaysia

**Dr Annie Leong**  
University of Malaya Medical Centre, Malaysia

**Dr Devamalar Selvi Naicker**  
Ministry of Health, Malaysia

**Dr Eleza Nazeefah Rosli**  
Ministry of Health, Malaysia

**Dr Farah Yasmin Hasbullah**  
IMU University, Malaysia

**Dr Hariyati Shahrima Abdul Majid**  
IJN University College, Malaysia

**Dr Lee Ching Li**  
IMU University, Malaysia

**Dr Luqman Ibrahim**  
Regency Specialist Hospital, Malaysia

**Dr Mohamad 'Ariff Fahmi Ahmad Zawawi**  
Ministry of Health, Malaysia

**Dr Navin Kumar Loganandan**  
Ministry of Health, Malaysia

**Dr Nalini M Selveindran**  
Ministry of Health, Malaysia

**Dr Rokiah Ismail**  
University of Malaya Medical Centre, Malaysia

**Dr Tan Ming Yeong**  
IMU University, Malaysia

**Dr Thum Chan Ho**  
National Heart Institute, Malaysia

**Dr Wan Rohaslizan Wan Daud**  
Hospital Canselor Tuanku Muhriz UKM, Malaysia

**Dr Wong Ping Foo**  
Ministry of Health, Malaysia

**Mr Muhammad Hazrin Husin**  
University of Malaya Medical Centre, Malaysia

**Ms Ani Norita Muhamad Samudi**  
Ministry of Health, Malaysia

**Ms Che Shafini Johari**  
University of Malaya Medical Centre, Malaysia

**Ms Elsie Liaw Sze Ying**  
University of Malaya Medical Centre, Malaysia

**Ms Mumtas Abdul Gani**  
Ministry of Health Malaysia

**Ms Rohana Jaafar**  
Hospital Canselor Tuanku Muhriz UKM, Malaysia

**Ms Siti Zarina Yaakob**  
University of Malaya Medical Centre, Malaysia

**Ms Teong Lee Fang**  
Ministry of Health, Malaysia

**Ms Toh Peik Khiam**  
Ministry of Health, Malaysia

**Ms Yong Lai Mee**  
Subang Jaya Medical Center, Malaysia

# REGISTER NOW

## Individual Registration

Category	Early Bird Rate	Standard Rate	Daily Pass
	15 Dec 2025 - 15 Mar 2026	16 Mar 2025 - 10 May 2026	
MDES Member	RM 600	RM 650	RM 350
Non Member - AHP	RM 700	RM 750	RM 400
Non Member - Doctor/ Medical Officer	RM 800	RM 850	RM 450
Student		RM 400	
International Delegate		USD 350 (RM 1,680)	

## Group Registration

Category	Early Bird Rate	Standard Rate
	15 Dec 2025 - 15 Mar 2026	16 Mar 2025 - 10 May 2026
Group of 4 - Non Member	RM 2,600	RM 2,800
Group of 10 - Student		RM 3,500

## Delegates Entitlements:



## WHO SHOULD ATTEND:

- Internal Medicine Specialists
- Family Medicine Specialists
- General Practitioners
- Pharmacists
- Diabetes Educators
- Dietitians and Nutritionists
- Nurses
- Assistant Medical Officers
- Medical and Public Health Officers
- Other Allied Health Professionals

[REGISTER](#)
[Click Here To Register](#)

# ABSTRACT SUBMISSION:

## IMPORTANT DATES

Call for  
Abstract

15 DEC 2025

Abstract Submission  
Deadline

28 FEB 2026

Notification of  
Abstract

9 MAR 2026

## TOP 3 BEST POSTER PRESENTATION WINS CASH PRIZES AND CERTIFICATES

1<sup>ST</sup>  
RM1,000

2<sup>ND</sup>  
RM750

3<sup>RD</sup>  
RM500

## ELIGIBILITY CRITERIA FOR POSTER COMPETITION

- All abstracts submitted **must be in English**.
- Once an abstract is selected, at least one of the authors of the poster **MUST** register for the conference. Payment for conference registration should reach the Conference Secretariat by **15 March 2026**.
- Participants may submit more than ONE abstract.
- The MDES Scientific Committee will review and reserve the right to decide on the acceptance of abstracts.
- The abstract must be **ORIGINAL** and have **NOT BEEN PUBLISHED/PRESENTED** at any international or national conference.
- A template is available for download on the conference website

## ABSTRACT FORMAT

- Abstract must not be more than 250 words.
- It must not have images, graphs and tables.
- Use numerals to represent numbers except when beginning a sentence.
- All abbreviations must be spelled out on first use.
- Abstract title must be in capital letters. Title should be brief and clearly indicate the content of the abstract.
- Only abstracts that conform to the given guidelines will be accepted.

## ABSTRACT SUBMISSION GUIDELINE

1. **Abstract Submission**  
i. Abstracts should be submitted via email to the Conference Secretariat at: [mdes2026@dreamz.com.my](mailto:mdes2026@dreamz.com.my)
2. **Abstract Structure:**  
i. All abstracts must include the following sections:
  - a. Title – Clear and concise, reflecting the main focus of the work.
  - b. Introduction – Brief background and rationale for the study.
  - c. Methodology – Description of study design, participants, procedures, and analysis.
  - d. Results – Key findings, supported by data or evidence.
  - e. Discussion / Conclusion – Interpretation of results, clinical or scientific significance, and main conclusions.
3. **Language and Accuracy:**  
a. Abstracts must be written exclusively in English.  
b. Ensure your abstract is free from spelling, grammar, or scientific errors. Authors are responsible for linguistic accuracy; no proofreading will be provided.
4. **Abstract Template:**  
i. A template is available for download on the conference website to assist with formatting.

DOWNLOAD

Download Template Here



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