



MDES
Conference 2026

**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

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.

CASE STUDIES

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

SYMPOSIA

1. Diabetes Complication: What's New

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

2. Empower Care: Enhancing Adherence

- Strengthening Medication Adherence and Engagement
- Empowering Dietary Adherence
- Empowering Adherence Through Physical Activity with Body Composition

3. What's New in Nutrition

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

4. Paediatric Diabetes

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

WORKSHOPS

- From Data to Decisions: Interpreting and Utilising Continuous Glucose Monitoring (CGM) Data for Patient Education
- Foot Assessment and Wound Care: Myths, Facts, and Practical Insights
- Ask the Right Question: Effective Communication in Diabetes Care
- Carbohydrate Counting and Meal Planning
- The Art of Connection: Integrating Empathetic Communication and Motivational Interviewing
- 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 Nazefah Rosli
Ministry of Health, Malaysia

Dr Farah Yasmin Hasbullah
IMU University, Malaysia

Dr Hariyati Shahriza 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 Loganadan
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 15 Dec 2025 - 15 Mar 2026 | Standard Rate 16 Mar 2025 - 10 May 2026 | Daily Pass |
|---|--|--|------------|
| 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 15 Dec 2025 - 15 Mar 2026 | Standard Rate 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

1ST
RM1,000

2ND
RM750

3RD
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
- 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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