

## Dietitians Make a Difference! Enhancing MNT Skills.

### Dr. Imelda Balchin

#### KPJ Damansara Specialist Hospital

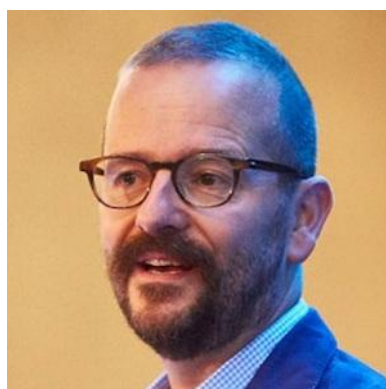


Dr Imelda Balchin is a Consultant Specialist in Obstetrics & Gynaecology who has a Subspecialist Accreditation in Maternal & Fetal Medicine from RCOG UK. In 2014, she was a consultant in Maternal & Fetal Medicine in the UK. She returned to Malaysia to take on a position as a professor in Maternal & Fetal Medicine in University Malaya. Currently she runs a highly specialised Preterm Birth Prevention Clinic at KPJ Damansara Specialist Hospital. In addition she has a Masters degree in Public Health and was previously a clinical lecturer at the Department on Public Health University College of London. She has published research in preterm birth and stillbirths and her clinical work focuses on prevention of adverse outcomes in pregnancy. She is also a social media influencer in health with 600K followers on Facebook. In 2018, she was awarded best health advocate in social media by Kementerian Kesihatan Malaysia.

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## **Professor Kevin Whelan**

**King's College London**



Kevin Whelan is the Professor of Dietetics and Head of Department of Nutritional Sciences at King's College London. His research investigates the interaction between diet and the gut microbiome in health and in gastrointestinal disorders such as inflammatory bowel disease and irritable bowel syndrome. He has published over 190 journal articles on fibre, probiotics, prebiotics, the low FODMAP diet and emulsifiers and their impact on the microbiome in health and disease. Kevin is a member of the Scientific Advisory Committee on Nutrition, is a Founding Trustee of the Academy of Nutrition Sciences, and a Fellow of the British Dietetic Association.

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### Ms. Chua Kai Jia

#### Alpro Pharmacy



Miss Chua Kai Jia graduated from International Medical University (IMU) in year 2013 and started her career as a Dietitian in Hospital. She then pursued an MBA and continue her career as a community dietitian at Alpro Pharmacy. She is a member of Malaysian Dietitian's Association (MDA). She believes dietitian is the catalyst of change for the betterment of society's health. Dietitian should be reachable by community to provide evidenced based nutrition advice. Therefore, she enjoys working as a community dietitian. She is very much involved in community events such as conducting health talk, article writings and demo cooking. She has special passion in Diabetes Management which ended her in the SugO365 team. SugO365 is a program to help Diabetic community achieve their health target through sustainable lifestyle changes. From the program she is able to see client's glucose readings and provide suitable tips and guidance to help them achieve their goals. The team includes not only Nutritionist and Dietitian but also Pharmacist, Doctor and Endocrinologist as advisor. Together as a health care team, they provide the most suitable intervention for client.

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### Mr. Georgen Thye Choong Jean

#### Holmusk



Georgen graduated from the International Medical University (IMU) in 2012 with a bachelor degree in Nutrition and Dietetics. He then worked as a clinical dietitian at the National Heart Institute (IJN) for five years before joining Holmusk, a digital health company. He is currently the Principal Dietitian at Holmusk, leading a team of dietitians from Southeast Asia to provide coaching for people with chronic diseases through various telehealth platforms developed by Holmusk. With his interest in health promotion and his love for cooking, he started a Facebook page and a Youtube channel called "Georgen Cooking". These platforms aim to make learning about healthy eating and cooking fun and easy. He started developing videos with healthy recipes and publishing them on "Georgen Cooking". The site has received a lot of positive feedback, which motivates him to share more nutrition knowledge in this friendly way through the digital platform to reach more people. Throughout his career as a dietitian, Georgen has been a speaker at public forums, workshops, culinary school and corporates. His nutrition expertise is also regularly featured in the media, including national TV programmes and radio interviews. He collaborates with industry in developing healthy recipes books, and writes nutrition articles for health magazines. He is currently a member of the editorial advisory board of Health Today Magazine, Malaysia. Georgen is also a council member of the Malaysian Dietitians' Association and chairs the Continuous Professional Development sub-committee (CPD), which is responsible for planning and implementing continuing education for MDA members. He is also a recipient of the IMU Young Alumnus Award in 2017, the MDA Rising Star Award in 2021 and a finalist for the IMU Alumni Award in 2022. Outside of his work, Georgen is a singer and has recently released his first personal album, to find out more: <https://zh.lemusicstore.com/georgen>



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### Dr. Heidi Staudacher

Deakin University

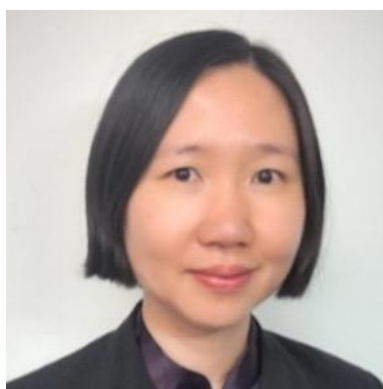


Heidi is an accredited practising dietitian and Alfred Deakin Postdoctoral Research Fellow at Deakin University. Her PhD at King's College London and subsequent postdoctoral work has focused on investigating the dietary management of disorders of gut-brain interaction (DGBI), including with mental illness comorbidity, and the nature and relevance of diet-induced microbiome shifts in these disorders, with the ultimate aim of developing better treatments. She has published many highly influential papers on the dietary management of irritable bowel syndrome and her research underpins clinical guidelines globally. She has also led papers that seek to enhance the rigor of clinical trial design, including on the design of control diets and of diet-microbiome trials. She serves on the Rome V Design of Treatment Trials Chapter Committee and has been the recipient of several research awards including a highly commended Early Career Research Australia Award in 2021.

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### Ms. Tah Pei Chien

#### University of Malaya Medical Centre

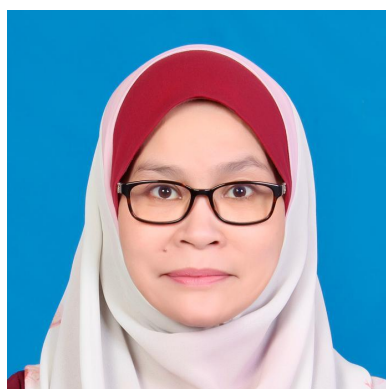


Dr. Tah Pei Chien is a clinical dietitian specialising in cancer and critical care nutrition in the Department of Dietetics, University of Malaya Medical Centre (UMMC). She is actively involved in the nutrition support team at UMMC. She obtained an undergraduate degree in Dietetics and a Master of Health Science (Clinical Nutrition) from Universiti Kebangsaan Malaysia. She has completed her PhD in Medicine (Anesthesiology) which specialises in critical care nutrition from the University of Malaya. Dr. Tah is an active member of the Malaysian Dietitians' Association (MDA) and Parenteral & Enteral Nutrition Society of Malaysia (PENSMA). She has been an Honorary Treasurer and Honorary Auditor of MDA. She is a chairperson of the published "Medical Nutrition Therapy Guidelines for Cancer in Adults". She is also a committee member and UMMC representative for the Jawatankuasa Kerja Pakar Pemakanan / Akuan Kesihatan dan Pengiklanan (JKKPN), Ministry of Health Malaysia. Broadly, her research aims to improve nutritional status and quality of life among critically ill patients, cancer patients and hospitalized patients. Within this framework, she has published in various national and international peer-reviewed journals. Her research works have been recognized as the best paper award (2nd prize) in the 20th Congress of Parenteral and Enteral Nutrition Society of Asia (PENSA) 2019, Hong Kong and best paper award (1st prize) in the Scientific Conference PENSMA 2018. She is currently leading a study related to energy requirements using indirect calorimetry among critically ill patients funded by the Ministry of Education with the Fundamental Research Grant Scheme (FRGS) Grant. She has also been actively involved in Quality Improvement Team projects with some awards winning.

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**Dr. Noor Airini Ibrahim**

**University Putra Malaysia**



DR NOOR AIRINI IBRAHIM MMC31695 NSR125617 MBBS(Malaya) MMed (Anaes)UKM European Diploma in Intensive Care EDIC(Brussels) • Qualified as an anaesthetist in 2001 and completed subspecialty training in intensive care in Alfred Hospital, Melbourne in 2005. • Currently is the Head of Department of Anaesthesiology and Intensive Care, Faculty of Medicine and Health Sciences and Consultant Intensivist in HPUPM. • Other affiliation/ post: o Honorary Secretary of Malaysian Society of Intensive Care (MSIC) o Member of Subspecialty Subcommittee for Education for Adult Intensive Care o Examiner of the Intensive Care Subspecialty Exit Exam • Areas of interest in the field of intensive care are critical care nutrition, multi resistant organisms and end-of-life care in critically ill patients, among which most work and publications are from.

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## **Prof. Sanjiv Mahadeva**

**University of Malaya**



Prof Sanjiv Mahadeva is a Consultant Gastroenterologist at the Faculty of Medicine, University of Malaya. Despite a busy clinical practice and heavy training commitments, he has actively contributed to research in various areas including Functional Gastrointestinal Disorders, Non-alcoholic Fatty Liver Disease, Enteral Nutrition and Therapeutic GI Endoscopy. He has published over 160 scientific papers in peer-reviewed international journals, including the Lancet, Gut and American Journal of Gastroenterology. According to Google Scholar, his research work has been cited 5803 times, and his H-index is 39 at present. He currently serves as Associate and Academic Editor of several journals, namely Journal of Gastroenterology & Hepatology, JGH OPEN, PLOS ONE and Indian J Gastroenterology.



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### Prof. Dr. Firdaus Mukhtar

University Putra Malaysia



Professor Dr Firdaus Mukhtar qualified as a clinical psychologist in 2003 and currently hold a post as a Deputy Dean at School of Graduate Studies, Universiti Putra Malaysia. At present, she is the President for Asian CBT Association (2021-2024). She was graduated from University of Queensland, Brisbane (PhD, 2007), University of Edith Cowan, Perth (Master of Clinical Psychology, 2003), and International Islamic University Malaysia (BHSc Psychology, 1999). She was the first secretary in Malaysian Society of Clinical Psychology. In 2011-2013 she was appointed as WHO CBT Consultant for the country to develop a CBT manual to manage chronic medical illness at primary care and gave intensive CBT training to Family Medicine Specialists. In 2012, L'oreal Malaysia has awarded her as Young Women Scientist for her vast contribution in research related to depression, anxiety and weight management. Since 2000, she has trained both Cognitive Behavior Therapy and Dialectical and Behavior Therapy to various professions such as psychiatrists, clinical psychologists, counsellors, medical specialists (Family Medicine, Paediatrics, Otorhinolaryngology etc), allied health professionals, undergraduate and postgraduate trainees, and community at large, not just in Malaysia but also in some other countries in South East Asia. She has published over 80 scientific articles and CBT books and has been appointed as Subject Matter Expert by many government and private industrial collaborators.

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### Dr. Lee Ching Li

#### International Medical University



Dr Lee Ching Li is a dietitian and senior lecturer at the International Medical University in Kuala Lumpur, Malaysia. She is also the Programme Director of the Postgraduate Diploma in Diabetes Management and Education course at IMU. She holds a PhD in Medical & Health Sciences, a MSc in Community Nutrition, and Sc (Hons) in Dietetics. She has two decades' worth of experience working as a dietitian and is a sought-after speaker in the area of diet, obesity and diabetes at scientific conferences, continuous medical education to doctors, pharmacists and nurses, as well as nutrition education talks and workshops to the general public. As part of her undergraduate teaching activities, she facilitates the use of patient-centred counselling techniques as part of the nutrition care process. She is also actively involved in the research area of diabetes, obesity, behaviour change and dietetic education. She currently provides dietary counselling services at the IMU Healthcare Medical Clinic. She is a member of several professional organizations including the Malaysian Dietitians' Association, Malaysian Diabetes Educators Society, and Malaysian Association for the Study of Obesity. Her most recent contributions at the national level include the 2021 Malaysian Clinical Practice Guidelines for the Management of Type 2 Diabetes Mellitus (6th Edition) and the Malaysian Credentialed Diabetes Educators Working Group (2020 - Present).

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## **Prof. Jennie Brand-Miller**

**The University of Sydney**



Professor Jennie Brand-Miller (AM, FAA, FAIFST, FNSA, PhD) holds a Personal Chair in Human Nutrition in the Charles Perkins Centre and the School of Life and Environmental Sciences, at the University of Sydney. She is recognised around the world for her work on carbohydrates and the glycemic index (or GI) of foods, with over 300 scientific publications. She received the 2003 Clunies Ross Medal for contributions to science and technology in Australia, and was a finalist in the Australian of the Year awards in 2006. Her books about the glycemic index have been bestsellers and made the GI a household word. She is a past-President of the Nutrition Society of Australia, a past Chair of the National Committee for Nutrition of the Australian Academy of Science, and President of the Glycemic Index Foundation Ltd, a not-for-profit health promotion charity that administers a food symbol program for consumers.

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## **Assoc. Prof. Dr. Razinah Sharif**

**University Kebangsaan Malaysia**



Dr Razinah Sharif is recognised for her research in nutritional genomics especially pioneering the area of personalised nutrition in Malaysia. She is currently the Director of Biocompatibility Laboratory in Universiti Kebangsaan Malaysia which is known internationally for ISO and GLP laboratory facility for toxicity testing catering for medical devices, pharmaceutical products and providing solutions to industrial needs. Her research is focused on the impact of nutrition and lifestyle on genomic stability and personalised nutrition focusing on healthy ageing and cancer prevention. Dr Razinah is active in professional society, communicating science to the man kind and is busy conducting research and translation into practice of knowledge relating to personalised nutrition making her an expert in her field and often being referred in the industry related.



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## **Assoc. Prof. Dr. Lim Soo Kun**

**University of Malaya**



Professor Lim Soo Kun Associate Professor and Consultant Nephrologist Head, Division of Nephrology Department of Medicine University Malaya Medical Center Kuala Lumpur, Malaysia Lim Soo Kun is an Associate Professor & Consultant Nephrologist and Head of Renal Division at the University Malaya Medical Center. Professor Lim began his professional career after graduating in 1999. He became board-certified nephrologist in 2008 and has been a fellow of the Royal College of Physicians (Edinburgh) and American Society of Nephrology. Professor Lim's main interests are in chronic kidney disease (CKD) and pre-dialysis CKD education, and kidney transplantation. He contributes actively in numerous professional commitments, including serving as secretary and council member of the Malaysian Society of Nephrology, committee member of the Malaysian Registry of Renal Biopsy, expert panel member of the National Transplant Registry and member of the National Credentialing Committee, Specialty Subcommittee for Nephrology. Professor Lim has published widely in his field of expertise and has been an invited speaker at numerous international and national congresses.

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### Dr. Hamdan Mohamad

#### Ministry of Health Malaysia



Has graduated from UKM in 1994 and has since become an MDA member. Has been appointed as an Internal Auditor for four terms from 2015-2023. Started joining the MOH as a clinical dietitian in 1995 and since then has worked in various hospitals from Kedah, NS, Pahang, Terengganu, Melaka and Sabah. Has received 3 times of excellent award and been promoted 3 times throughout service. Has conducted quite several research either in community or among hospital-based patients. Has had several presentations include at MDA Conference. Obtained a master's degree from UKM in 2004 and pursue a PhD at the University of Aberdeen Scotland and graduated in 2016. Has been appointed as Head of Profession for MOH Dietitians for 2022-2023. Currently serving as Senior Principal Assistant Director (Dietetics) in the Disease Control Division of the Ministry of Health and responsible for development, implementation and monitoring of the Salt Reduction Strategy to Prevent and Control NCD for Malaysia

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### Mdm. Mary Easaw

International Medical University (IMU)



Mary Easaw retired as the chief dietitian from Institut Jantung Negara. She is currently the senior lecturer in IMU and the consultant Dietitian at CVSKL. She has gain 40 years of experience in the profession and is well recognised for her contributions regionally and international. She was bestowed the Outstanding Dietitian of the Year by the Academy of Nutrition and Dietetics USA in 2016 for her excellent contribution in the field.

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### Prof. Winnie Chee Siew Swee

#### International Medical University (IMU)



Prof Winnie Chee received her BSc (Hons) in Dietetics, MSc and PhD in the field of nutrition science. During her 27 years in academia, she has held several senior positions and is currently the Dean of the School of Health Sciences in the International Medical University, Kuala Lumpur. Professor Chee has extensive experience in academic management and leadership, including curriculum design, delivery and assessment for the IMU dietetics programme since its inception in 2008. She chairs curriculum and assessment committees in IMU and is academic advisor to several local universities conducting dietetics programme. She is a member of the Working Committee for dietetics competencies under the ICDA from 2017-2019. Besides her academic role, Prof Chee has also served on many national committees including those setting medical nutrition therapy for clinical practice guidelines for osteoporosis and Type 2 diabetes, Recommended Nutrient Intakes (for calcium intake), Dietary Guidelines and Healthy Plate Model for Malaysia. Her research focus primarily on the nutritional aspects of bone health, Type 2 diabetes, obesity and chronic kidney disease with the objectives to understand the nutritional determinants and interventions to improve nutrition status in these areas. She has published widely in peer reviewed journals and given presentations as invited speaker in national and international conferences including Asia-Oceania Obesity Congress, International Diabetes Federation, International Congress of Dietetics, Asian Congress of Dietetics and International Osteoporosis Foundation. Professor Chee has been recognised for her service to nutrition and dietetics by being appointed Council member of the Malaysian Allied Health Professions Council, Fellow of Malaysian Dietitians' Association and she is the current President of the Malaysian Dietitians' Association. She received the Wimpfheimer-Guggenheim International Lecture Award in 2015 from the Academy of Nutrition & Dietetics, USA. She is also a practicing dietitian at IMU Healthcare.



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### Prof. Eleanor Beck

University of Wollongong Australia



Professor Eleanor Beck is Discipline Leader in Nutrition and Dietetics at the University of Wollongong, Australia. Eleanor has 30 years of experience in clinical practice and dietetics education and is a Fellow of Dietitians Australia. Eleanor teaches clinical dietetics in both the undergraduate and postgraduate dietetic education programs at the University of Wollongong. Her research includes close links with dietetics service delivery in hospitals, while working with industry partners and international collaborators in grains research. Current projects include work on cereal fibres and whole grains in relation to effects on metabolic health, including potential mechanisms via the gut microbiome; and work on definitions of whole grain foods, nutrient profiling and categorisation of ultra-processed foods. Eleanor's work focuses on strategies to encourage individuals to consume more high fibre and whole grain foods. Eleanor was part of the expert working group for review of the National Competency Standards for Dietitians and both the Advanced Accrediting Practising Dietitian and Fellow competency standards for Dietitians Australia. Eleanor is also Chair of the Council of Deans of Nutrition and Dietetics (ANZ) and the Chair of the ANZ NNEdPro group, which as part of the NNEdPro global network, particularly works on promotion of nutrition education and research in health professions.

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### Assoc. Prof. Dr. Hazreen Abdul Majid

#### University of Malaya



Hazreen Abdul Majid is a Professor in 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. Currently, he is 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 runs his low FODMAPs clinic on a weekly basis. He is one of the recipients of the 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 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 more than 95 original articles, several chapters in books. He had served as Malaysian Dietitians' Association Vice President from 2011-2013 and now until 2022. He is also an associate editor for three journals namely Clinical Nutrition ESPEN, Asia Pacific Journal of Public Health and Frontiers in Public Health.

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### Dr. Mohd Izham Mohamad

Sports Nutrition Center, National Sports Institute of Malaysia



Mohd Izham has a background and training in Nutrition (Health and Performance). He graduated from National University of Malaysia (UKM) in year 2007 (BSc) in Nutrition and 2015 (MSc) in Health Science (Sports Nutrition). He is a Center Head and Senior Sport Nutritionist in Sport Nutrition Center until today. He is a Member of Nutrition Society Malaysia (NSM) and also Team Lead for Malaysia Cycling Program. His research and work interests include education on nutrition in health and performance, sports supplements, nutrition interventions for performance, hydration, body composition assessment and dietary manipulations to enhance exercise performance. He has developed high level skills in managing effective nutrition interventions in major games such as Olympic Games. Mohd Izham has vast experience working in high performance sport management especially in cycling since 2009. He has been involved directly with coordination of sport science and medicine services for cycling program in the preparation for major games such as Olympic, Commonwealth, Asian Games and international events since 2009. He also has experience as Team Nutritionist and Assistant Team Manager in various major games such as Sea Games, Asian, Commonwealth and Olympic Games. He has a passion for helping athletes achieve their sporting ambitions, including those aspiring for Asia, Commonwealth & Olympic Games success.

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## **Ms. Siti Shafurah Abas**

**Babymama Trading**



An entrepreneur, business coach, trainer and a committed mother and wife



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### Ms. Lim Yi Chien

#### Homey Nutrition



Meet Yi Chien, who co-founded Homey Nutrition - a health tech company providing health goal-directed dietary solutions for patients who have chronic diseases by delivering therapeutic meals across peninsula Malaysia. Yi Chien is a certified dietitian who is very passionate about bridging the gap between healthcare providers, patients and community. Homey's strong vision in empowering dietary changes had improved 40,000 lives throughout these years. She strongly believes that by empowering each individual with the correct nutrition information, it can have a ripple effect on the health, economy and future of a country. It seemed to have made its mark in the ultra competitive world of F&B sector after the state government recognised her for entrepreneurship with the Young Excellence Award and special recognition by MDA with the Rising Star Award 2021. 'If we can add a little bit of value in the life of others by offering them our time, knowledge and experience, why not? We learn from each other and be the better version of ourselves.' - Yi Chien.