

**2<sup>ND</sup> Announcement**

**2<sup>ND</sup> NATIONAL OBESITY  
SCIENTIFIC CONFERENCE**

**11<sup>th</sup> - 12<sup>th</sup> April 2026**

**Connexion Conference & Event Centre,  
Kuala Lumpur, Malaysia**

*Theme*

**Obesity as a Treatable  
Chronic Disease:  
Science, Strategy,  
and Success**



## Welcome Message

### *Dear Friends and Colleagues,*



It is with great pleasure that I extend this invitation to you for the 2nd Malaysian Obesity Society (MYOS) National Obesity Scientific Meeting (NOSM) 2026. As MYOS continues to grow and building on the success of our inaugural meeting in March 2024, we continue our mission to confront one of the most pressing health challenges of our time.

Obesity is now globally recognised as a chronic, progressive, relapsing, and debilitating disease, which is a reality that resonates deeply in Malaysia. The rapid rise in overweight and obesity prevalence calls for urgent, coordinated action to curb its escalating health, social, psychological, and economic consequences.

This meeting will feature an outstanding line-up of distinguished speakers and leading experts in the field of clinical obesity. It will serve as a dynamic platform for in-depth discussions on the practical and clinical aspects of obesity and its complications, reflecting the multidisciplinary nature of its management. Specialists from diverse medical and surgical disciplines will share insights, ensuring a comprehensive exchange of knowledge and strategies.

Our programme will combine state-of-the-art scientific lectures with real-world case studies, bridging the gap between evidence and practice. We aim to equip participants with the latest advances in obesity care, while emphasising practical approaches that can be applied in daily clinical work.

I am confident that this meeting will be informative, impactful and inspiring, to serve as a valuable opportunity to enhance your expertise and contribute to the national and global effort against obesity. I look forward to welcoming you to participate in this engaging academic platform that will shape the future of obesity management in Malaysia.

## Organising Committee

**President & Organising Chair** : Prof Dr Rohana Abdul Ghani

**Scientific Co-Chair** : Dr Teoh Soo Huat  
: Dr Lim Quan Hziung

**Committee** : Assoc Prof Dr Azriyanti Anuar Zaini  
: Prof Dr Barakatun Nisak Mohd Yusof  
: Assoc Prof Dr Jeyakantha Ratnasingam  
: Dr Md Syazwan Md Amin  
: Dr Mohamad 'Ariff Fahmi Ahmad Zawawi  
: Assoc Prof Dr Mohd Nahar Azmi Mohamed  
: Dr Ngo Choon Woon  
: Dr Tee Hwee Ching

## Programme Overview

### Day 1

11<sup>th</sup> April 2026 (Saturday)

TIME	HALL A - SUMMIT 1 BALLROOM	HALL B - ZENITH ROOM
0800 - 0830	Registration	
0830 - 0910	<b>PLENARY 1</b> Breaking Barriers: Equity, Access, and Inclusivity in Obesity Treatment- Global and National Perspective	
0910 - 1030	<b>Symposium 1 - Obesity in Primary Care</b> Joint Symposium with the Malaysian Family Medicine Specialists' Association 	<b>Symposium 2 - Obesity in Women</b> Joint Symposium with The College of Obstetricians & Gynecologists
1030 - 1045	Tea Break / Trade Exhibition and Poster Viewing	
1045 - 1130	<b>Opening Ceremony</b>	
1130 - 1230	<b>Panel Discussion / Forum</b>	
1230 - 1330	<b>Lunch Symposium 1</b> Novo Nordisk 	<b>Lunch Symposium 2</b> Zuellig Pharma 
1330 - 1400	Tea Break / Trade Exhibition and Poster Viewing	
1400 - 1440	<b>PLENARY 2</b> Current and Emerging Obesity Management Medications	
1440 - 1540	<b>Symposium 3 - Culturally Tailored Nutritional Strategies</b> Joint Symposium with the Malaysian Association for the Study of Obesity 	<b>Symposium 4 - Obesity and Mental Health: The Vicious Cycle</b> Joint Symposium with the Malaysian Society of Clinical Psychology 
1540 - 1620	<b>Debate</b>	
1620 - 1650	<b>High Tea Symposium 1</b> iNova Pharmaceuticals 	<b>High Tea Symposium 2</b> Pharmaniaga 
1650 - 1730	<b>Symposium 5 - Physical Activity and Obesity</b>	<b>Symposium 6 - Future Directions in Obesity Management</b>
1730 Onwards	End of Day 1	

## Programme Overview

### Day 2

12<sup>th</sup> April 2026 (Sunday)

TIME	HALL A - SUMMIT 1 BALLROOM	HALL B - ZENITH ROOM	FOYER
0730 - 0800	Registration		
0800 - 0830	<b>Breakfast Symposium 1</b> Boehringer Ingelheim	<b>Breakfast Symposium 2</b>	
0830 - 0910	<b>PLENARY 3</b> Obesity Across the Life Span: Metabolic and Hormonal Imprints from Fetus to Adulthood		
0910 - 1030	<b>Symposium 7 - Childhood Obesity</b> Joint Symposium with the Malaysian Paediatric Endocrine & Diabetes Group	<b>Symposium 8 - Obesity Related Cardiovascular Complications</b> Joint Symposium with the Institut Jantung Negara	
1030 - 1100	<b>High Tea Symposium 3</b> Abbott	<b>Research / Oral Presentations</b>	Coffee Break / Trade Exhibition and Abstract Judging (Posters)
1100 - 1130	Coffee Break		
1130 - 1230	<b>Symposium 9 - Obesity Related Multiorgan Complications</b>	<b>Symposium 10 - Metabolic and Bariatric Surgery</b> Joint Symposium with the Malaysian Upper Gastrointestinal Surgical Society	
1230 - 1330	<b>Lunch Symposium 3</b>		
1330 - 1430	<b>Prize Giving / Closing Ceremony</b>		
1430 Onwards	<b>End of Congress</b>		



## Detailed Programme

Hall A - Summit 1 Ballroom  
Day 1, 11th April 2025 (Saturday)

TIME	HALL A - SUMMIT 1 BALLROOM	SPEAKERS
0800 - 0830	Registration	
0830 - 0910	<b>PLENARY 1: Breaking Barriers: Equity, Access, and Inclusivity in Obesity Treatment - Global and National Perspective</b>	
0910 - 1030	<b>Symposium 1 - Obesity in Primary Care</b> Joint Symposium with the Malaysian Family Medicine Specialists' Association 	<b>Chairperson: Dr Ruben Ramakrishnan</b>
0910 - 0930	Primary Care's Role in Obesity Management to Halt Chronic Disease Progression	<i>Dr Mohamad 'Ariff Fahmi Ahmad Zawawi</i>
0930 - 0950	Integrating Weight Management Service into Primary Care Practice	<i>Dr Noor Mikraz Mohamad Isa</i>
0950 - 1010	Motivational Interviewing in Obesity Care	<i>Dr Nurafiza Mohd Arif</i>
1010 - 1030	Q&A	
1030 - 1045	Tea Break / Trade Exhibition and Poster Viewing	
1045 - 1130	<b>Opening Ceremony</b>	
1130 - 1230	<b>Panel Discussion / Forum</b>	<b>Chairperson: Prof Emeritus Dr Chan Siew Pheng</b>
	The Weight of the Nation: Redefining Malaysia's Response to Obesity	<i>Prof Dr Lim Lee Ling, Dr Saifullah Muzakir Yusop, Prof Emeritus Dato' Dr Syed Mohamed Aljunid Syed Junid</i>
1230 - 1330	<b>Lunch Symposium 1 - Novo Nordisk</b> 	
1330 - 1400	Tea Break / Trade Exhibition and Poster Viewing	
1400 - 1440	<b>PLENARY 2: Current and Emerging Obesity Management Medications</b>	
1440 - 1540	<b>Symposium 3 - Culturally Tailored Nutritional Strategies</b> Joint Symposium with the Malaysian Association for the Study of Obesity 	<b>Chairperson: Dr Mohamad 'Ariff Fahmi Ahmad Zawawi</b>
1440 - 1455	Clinical Outcomes of Popular Diets: Low Carb, Mediterranean, and Intermittent Fasting	<i>Prof Dr Geeta Appannah</i>
1455 - 1510	Modelling A Social Media Intervention Framework on Limiting Consumption of High Energy-Dense (HED) Foods and Sugar- Sweetened Beverages (SSB) Among Adolescents	<i>Assoc Prof Dr Siti Sabariah Buhari</i>
1510 - 1525	Personalized Lifestyle Intervention for Weight Reduction: Data from a Self-Monitoring Case Report	<i>Assoc Prof Dr Hazizi Abu Saad</i>
1525 - 1540	Q&A	
1540 - 1620	<b>DEBATE - Rethinking Priorities in Obesity Management: Is Pharmacotherapy the Future or Should Lifestyle Stay Central?</b>	<b>Chairperson: Prof Dr Rohana Abdul Ghani</b>
1540 - 1555	Rethinking Priorities in Obesity Management: Should Lifestyle Stay Central?	<i>Prof Dr Winnie Chee Siew Swee</i>
1555 - 1610	Rethinking Priorities in Obesity Management: Is Pharmacotherapy the Future	<i>Dr Alexander Tan Tong Boon</i>
1610 - 1620	Q&A	
1620 - 1650	<b>High Tea Symposium 1 - iNova Pharmaceuticals</b> 	
	Mental Health & Obesity: Understanding the Bidirectional Relationship	<b>Chairperson: Dr Teoh Soo Huat</b> <i>Prof Dr Ahmad Hatim Sulaiman</i>
1650 - 1730	<b>Symposium 5 - Physical Activity and Obesity</b>	<b>Chairperson: Dr Lim Quan Hziung</b>
1650 - 1705	Synergistic Effects of Strength and Cardiovascular Training in Obesity Management	<i>Assoc Prof Dr Mohd Nahar Azmi Mohamed</i>
1705 - 1720	Exercise Prescription in Treatment of Obesity	<i>Dr Devamalar Selvi Naicker Subramaniam</i>
1720 - 1730	Q&A	
1730 Onwards	End of Day 1	

## Detailed Programme

Hall B - Zenith Room  
Day 1, 11th April 2025 (Saturday)

TIME	HALL B - ZENITH ROOM	SPEAKERS
0800 - 0830	Registration	
0830 - 0910	Session Taking Place at Hall A	
<b>0910 - 1030</b>	<b>Symposium 2 - Obesity in Women</b> Joint Symposium with The College of Obstetricians & Gynecologists	<b>Chairperson: Prof Dr Nur Azurah Abdul Ghani</b>
0910 - 0930	Obesity and Reproductive Health in Women	Dr Vinodhini Bhaskaran
0930 - 0950	Gestational Weight Gain: Guidelines, Controversies, and Local Practices	Dr Sharifah Najwa Syed Amin Husaini
0950 - 1010	Perimenopause to Postmenopause: Managing Weight and Metabolic Health	Dr Premitha Damodaran
1010 - 1030	Q&A	
1030 - 1045	Tea Break / Trade Exhibition and Poster Viewing	
1045 - 1230	Session Taking Place at Hall A	
<b>1230 - 1330</b>	<b>Lunch Symposium 2 - Zuellig Pharma</b>	 <b>ZUELLIG PHARMA</b> making healthcare more accessible
	Surmounting Obesity: Where Efficacy Exceeds Expectations	
1330 - 1400	Tea Break / Trade Exhibition and Poster Viewing	
1400 - 1440	Session Taking Place at Hall A	
<b>1440 - 1540</b>	<b>Symposium 4 - Obesity and Mental Health: The Vicious Cycle</b> Joint Symposium with the Malaysian Society of Clinical Psychology	 <b>Chairperson: Dr Masni Mohamad</b>
1440 - 1455	Behaviour Modification Strategies in Obesity Prevention: A Review of Evidence	Assoc Prof Dr Jamilah Hanum Abdul Khaiyom
1455 - 1510	The Effectiveness of Group Cognitive Behaviour Therapy for Patients with PCOS in Improving Weight and Quality of Life	Prof Dr Firdaus Mukhtar
1510 - 1525	The Effectiveness of a mHealth Intervention on Weight Loss, Physical Activity, and Psychological Health Among Adults with Overweight and Obesity	Dr Sindhu Nair Mohan
1525 - 1540	Q&A	
1540 - 1620	Session Taking Place at Hall A	
<b>1620 - 1650</b>	<b>High Tea Symposium 2 - Pharmaniaga</b>	 <b>pharmaniaga®</b>
<b>1650 - 1730</b>	<b>Symposium 6 - Future Directions in Obesity Management</b>	<b>Chairperson: Dr Nalini M Selveindran</b>
1650 - 1705	The Gut-Obesity Axis: Microbiome Modulation as a Therapeutic Target	Assoc Prof Dr Chong Chun Wie
1705 - 1720	Transforming Obesity Treatment Through Digital Health and AI	Datuk Dr Zanariah Hussein
1720 - 1730	Q&A	
1730 Onwards	End of Day 1	

## Detailed Programme

Hall A - Summit 1 Ballroom  
Day 2, 12th April 2025 (Sunday)

TIME	HALL A - SUMMIT 1 BALLROOM	SPEAKERS
0730 - 0800	Registration	
0800 - 0830	<b>Breakfast Symposium 1 - Boehringer Ingelheim</b> 	
	The CRM Tsunami: Why Multimorbidity is Becoming the New Norm?	<i>Dr Kiran Nair</i>
0830 - 0910	<b>PLENARY 3: Obesity Across the Life Span: Metabolic and Hormonal Imprints from Fetus to Adulthood</b>	<b>Chairperson: Assoc Prof Dr Azriyanti Anuar Zaini</b>
	Obesity Across the Life Span: Metabolic and Hormonal Imprints from Fetus to Adulthood	<i>Prof Dr Muhammad Yazid Jalaludin</i>
0910 - 1030	<b>Symposium 7 – Childhood Obesity</b> Joint Symposium with the Malaysian Paediatric Endocrine & Diabetes Group 	<b>Chairperson: Assoc Prof Dr Azriyanti Anuar Zaini</b>
	Beyond the Scale: A Multidisciplinary Clinical Approach to Pediatric Obesity	<i>Prof Dr Noor Shafina Md Nor</i>
0930 - 0950	New Frontiers in Pediatric Obesity: Emerging Pharmacotherapies and the Future of Care	<i>Dr Nalini Selveindran</i>
0950 - 1010	Nutritional Intervention in Childhood Obesity – What's New?	<i>Dr Rokiah Ismail</i>
1010 - 1030	Q&A	
1030 - 1100	<b>High Tea Symposium 3</b> <b>Abbott</b> 	(Foyer) 1030-1130: Coffee Break / Trade Exhibition and Abstract Judging (Posters)
1130 - 1230	<b>Symposium 9 - Obesity Related Multiorgan Complications</b>	<b>Chairperson: Dr Tee Hwee Ching</b>
1130 - 1145	Weight Management in CKD Patients: Balancing Benefits and Risks	<i>Prof Dr Christopher Lim Thiam Seong</i>
1145 - 1200	Screening for Obesity-Related Sleep Disorder Breathing: Who? What? When? How?	<i>Prof Dr Ahmad Izuanuddin Ismail</i>
1200 - 1215	Obesity as a Driver of MASLD: Pathogenesis, Treatment, and Outcomes	<i>Prof Dr Chan Wah Kheong</i>
1215 - 1230	Q&A	
1230 - 1330	<b>Lunch Symposium 3</b>	
1330 - 1430	<b>Prize Giving / Closing Ceremony</b>	
1430	<b>End of Congress</b>	

## Detailed Programme

Hall B - Zenith Room  
Day 2, 12th April 2025 (Sunday)

TIME	HALL B - ZENITH ROOM	SPEAKERS
0730 - 0800	Registration	
<b>0800 - 0830</b>	<b>Breakfast Symposium 2</b>	
0830 - 0910	Session Taking Place at Hall A	
<b>0910 - 1030</b>	<b>Symposium 8 - Obesity Related Cardiovascular Complications</b> Joint Symposium with the Institut Jantung Negara	<b>Chairperson: Dr Md Syazwan Md Amin</b>
0910 - 0930	Managing Cardiovascular Risks in Patients with Obesity: A Comprehensive Clinical Strategy	<i>Dr Thum Chan Ho</i>
0930 - 0950	The Obesity Paradox in Heart Failure: Myth, Bias, or Metabolic Insight?	<i>Dr Goay Swee En</i>
0950 - 1010	Obesity, Hypertension, and Atrial Fibrillation: The Triad of Vascular Instability	<i>Dr Low Ming Yoong</i>
1010 - 1030	Q&A	
<b>1030 - 1130</b>	<b>Research / Oral Presentations</b>	
<b>1130 - 1230</b>	<b>Symposium 10 - Metabolic and Bariatric Surgery</b> Joint Symposium with the Malaysian Upper Gastrointestinal Surgical Society 	<b>Chairperson: Dr Teoh Soo Huat</b>
1130 - 1145	Metabolic Bariatric Surgery: A Weight Loss or Metabolic Intervention?	<i>Dr Wong Wei Jin</i>
1145 - 1200	Innovation in Metabolic Bariatric Surgery for Asian Population	<i>Dr Ngo Choon Woon</i>
1200 - 1215	Managing Recurrent Weight Gain After Metabolic Bariatric Surgery	<i>Assoc Prof Dato' Dr Nik Ritza Kosai Nik Mahmood</i>
1215 - 1230	Q&A	
<b>1230 - 1430</b>	Session Taking Place at Hall A	
<b>1430</b>	<b>End of Congress</b>	

## Registration

Category	Early Bird Rate before 31 March 2026	Standard Registration starting 1 April 2026
Medical Professional	RM 570.00	RM 670.00
Allied Healthcare	RM 450.00	RM 550.00
International Delegate	USD 200.00	USD 300.00

*\*Fees stated above exclude Government taxes, levies or charges. Any taxes, levies or charges which may be introduced & subjected in accordance with Malaysian Government Legislation will be additional to the prices quoted.*

## Payment

All payment is to be made via telegraphic transfers, bank charges are to be borne by the delegate.

To complete your registration, please create an account on the official website: [myosconference.com](https://myosconference.com) and upload your payment slip as proof.

Your registration will be approved once the payment is verified and well received. You will receive a confirmation email upon approval.

All payments must be made to the following account:

## Bank Details

Account Name : **Persatuan Obesiti Malaysia**  
 Bank Name : **Maybank**  
 Bank Account No : **562142446271**  
 SWIFT Code : **MBBEMYKLXXX**  
 Bank Address : **Maybank Taman Sri Serdang, 231-233, Branch Lots, Jalan 18/23, Taman Sri Serdang, 43300 Seri Kembangan, Selangor, Malaysia**

## Cancellation & Refund Policy

Any cancellation of registration should be communicated in writing to NOSM 2026 Conference Secretariat via email to [secretariat@myosconference.com](mailto:secretariat@myosconference.com) and will be subject to the following conditions:

- Cancellation received ON or BEFORE 31 December 2025: Refund of the registration fee minus an administrative charge of RM200 for local delegates and USD50 for international delegates. All refunds will be processed after the Conference.
- Cancellation received AFTER 31 December 2025: No refund will be made. Nevertheless, a substitute delegate will be most welcome (kindly refer to the Name Change / Substitution' clause below for further information).
- No Show: No refund will be made.
- Name Change / Substitution: All registrations are only valid for the respective person mentioned in the Registration Form. A registered delegate unable to attend the Conference may nominate (free of charge) a substitute delegate by notifying in writing to the Conference Secretariat by 1 March 2026 with complete information as required in the online registration form.

## Disclaimer

Whilst every attempt is made to ensure that all aspects of the conference as mentioned in this announcement will take place as scheduled, the Organising Committee reserves the right to make last minute changes should the need arise.

## Abstract



## Eligibility Criteria

1. Abstract submission is open to both local and international delegates.
2. All abstracts submitted must be in English.
3. 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 before **16 March 2026, 12:00 PM** to ensure that your abstracts will be published in the e-abstract book.
4. The abstract title should not exceed 120 characters.
5. The abstract should not exceed 300 words.
6. Abstracts submitted must follow the abstract submission guidelines, instructions and required information as stated. The NOSM 2026 Scientific Committee reserves the rights to disqualify the abstract if any needs are not met.
7. Encore Abstracts will not be accepted. Encore abstract is a re-submission of an original abstract with minor changes in line with Conference guidelines.

\*\*Encore abstract is a paper where the research is done by another party and has a doctor to put their name as the author of the abstract.

## Abstract Submission Guidelines

1. Please read the instructions carefully, as abstracts submitted not according to these instructions will not be accepted. Abstracts can only be submitted electronically through the abstract submission link. **Submit your abstract here**
2. <https://forms.gle/zhKWwUzABt1srZzx8>  
Abstract sent by post, fax or email **WILL NOT BE ACCEPTED**. Delegates may submit more than ONE abstract (please use the same email address).
3. Only submissions received by 2 February 2026 will be eligible for Best Oral & Best Poster prizes.
4. Your abstract will be published in the e-abstract/e-programme book as submitted. Please ensure you check your data carefully before submitting.
5. Please contact the Conference Secretariat at [speaker.vip@myosconference.com](mailto:speaker.vip@myosconference.com) should you need any assistance.
6. All submitted abstracts will undergo a peer-review process by a panel of expert reviewers. Accepted abstracts will be selected for either oral or poster presentations. The NOSM 2026 Scientific Committee reserves the right to re-categorise any accepted abstract.
7. Authors will be notified of the method of presentation, which will be decided by the NOSM 2026 Scientific Committee.
8. Abstract submitters will be informed of the status of their abstracts once the reviewing process is completed.
9. Judges' decisions are final. No appeal will be entertained.
10. Please use people-first language (e.g., PLWO, PWO) and avoid using the terms like "obese person", "obese individuals" etc.  
\*\*Refer to: <https://www.obesityaction.org/action-through-advocacy/weight-bias/people-first-language/> for further details.
11. Please avoid stigmatising images, such as isolated body parts, scales, depictions of people being sloppy with food, or portrayed as lazy. Use respectful, people-first representations instead.  
\*\*Refer to <https://www.worldobesity.org/resources/image-bank/image-bank-guidelines> for examples.

## Submission Instructions

1. **Abstract title**  
The title is limited to 120 characters excluding spaces and should be brief and relevant. Special characters should NOT be used in your title but spelt out instead (e.g.  $\alpha$  should be written as alpha,  $\beta$  as beta). Only use standard abbreviations and generic drug names in the title. Capitalise each word in the title.
2. **Abstract body**
  - **Structure:** The abstract should have the following sub-headings: - **Introduction, Methods, Results, and Conclusion.**
  - **Layout:** Please fill in according to the sections provided. Do not include graphs, tables or illustrations in the abstract.
  - **Word count:** The abstract is limited to 300 words.
  - Only commonly accepted abbreviations should be used (e.g. OGTT, IGT, ACEI). Less widely recognized abbreviations may be used if introduced on first usage (e.g. ambulatory blood pressure monitoring, ABPM).
  - Only approved and generic (non-proprietary) drug names should be used.
  - Do NOT enter the title, authors, or grant information into the abstract body submission field.
3. Please ensure that your abstract does not contain spelling, grammatical or scientific errors, as it will be published in the e-abstract/e-programme book exactly as submitted.



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the QR code

## 2<sup>ND</sup> Announcement

# 2<sup>ND</sup> NATIONAL OBESITY SCIENTIFIC CONFERENCE

11<sup>th</sup> - 12<sup>th</sup> April 2026

Connexion Conference & Event Centre,  
Kuala Lumpur, Malaysia

### Sponsorship

Sponsorship Opportunities

For sponsorship and exhibition enquiries, please contact:

**Ms Yi Ning**



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[yining.c@medicalconferencepartners.com](mailto:yining.c@medicalconferencepartners.com)



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Conference Secretariat

**Medical Conference Partners**

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