

Congratulations Message



Tahniah

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atas pelantikan sebagai

**PERDANA MENTERI
MALAYSIA KE-10**

Daripada,
Seluruh warga Balai Ikhtisas Malaysia



THE 1st BOARD OF MANAGEMENT MEETING 2022/ 2023



Members of the Board of Management 1st Meeting

The first meeting for the 2022/2023 session was held on
21st September 2022
at BIM Secretariat, Damansara Utama, Petaling Jaya

THE 1st BOARD OF MANAGEMENT MEETING 2022/ 2023 PHOTO GALLERY



MEMBERS ACTIVITY

PAM BIM SUMMIT 2022 : Digital Collaboration: BIM Perspective 8 October 2022

Organised by



PAM

PAM BIM SUMMIT 2022

DIGITAL COLLABORATION: BIM PERSPECTIVE

SATURDAY, 8 OCTOBER 2022

8.30 AM – 5.00 PM
DEWAN PRESIDENT,
LEVEL 2, PAM CENTRE.

GPS: 3.124073, 101.673507

LAM & MBOT CPD POINTS APPLIED

The Summit is a full day event bringing together construction industry players to gain new insights of adopting Building Information Modelling (BIM) in practice.

As the complexity and speed of the industry continues to grow, BIM becomes an imminent need for the Architecture, Engineering, Construction & Operations (AECO) players to adopt in meeting future challenges of this digital era.

Come and learn from our esteemed speakers who will be sharing their experience and know-how in this exciting world of BIM technology.

CALLING ALL
Architects, engineers, quantity surveyors, allied professionals, developers, contractors, building product manufacturers, fabricators, designers, academicians, researchers etc.

SPEAKERS



Mr. Benjamin Gonzales
Cyte Software



Ar. Ahmad Farik Abd Ghaffar
Chairman PAM Southern Chapter



Ts. Mohammed M M Hamada
Head of BIM department for CCYR



Mr. Tim Sin
MPro Technology & Management Sdn Bhd



Ir. Shahrul Nizar Shaari
Innovacia Sdn Bhd



Mr. Louis Tay Chee Siang
Vice President of Technological Association Malaysia (TAM)



En. Mohd Asyraf Rezza Mohd Rasli
Graphisoft, IME Technology



En. Zait Ismail
Graphisoft, IME Technology



Assoc. Prof. Dr. Ahmad Tarmizi Bin Haron
Associate Professor,
Faculty of Civil Engineering Technology
Universiti Malaysia Pahang.

COURSE FEES (PER PAX)		CATEGORIES		FEES	
		Member & Allied Institution	RM 150	RM 50	
		Student	RM 50	RM 20	
		Non-Member	RM 250	RM 100	

Sponsors





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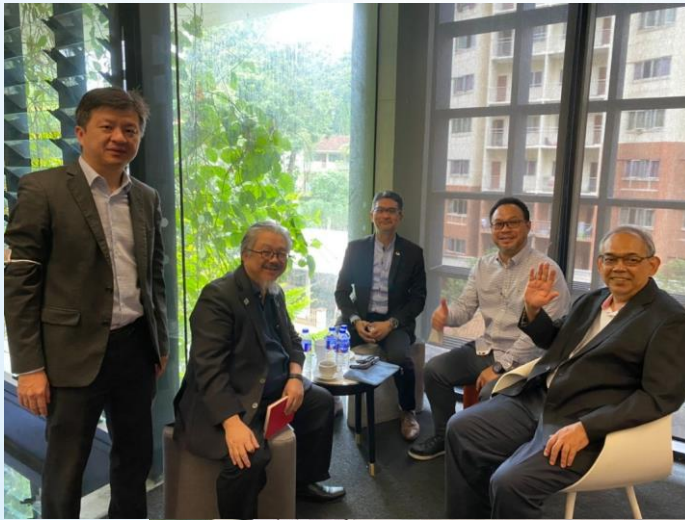






MEMBERS ACTIVITY

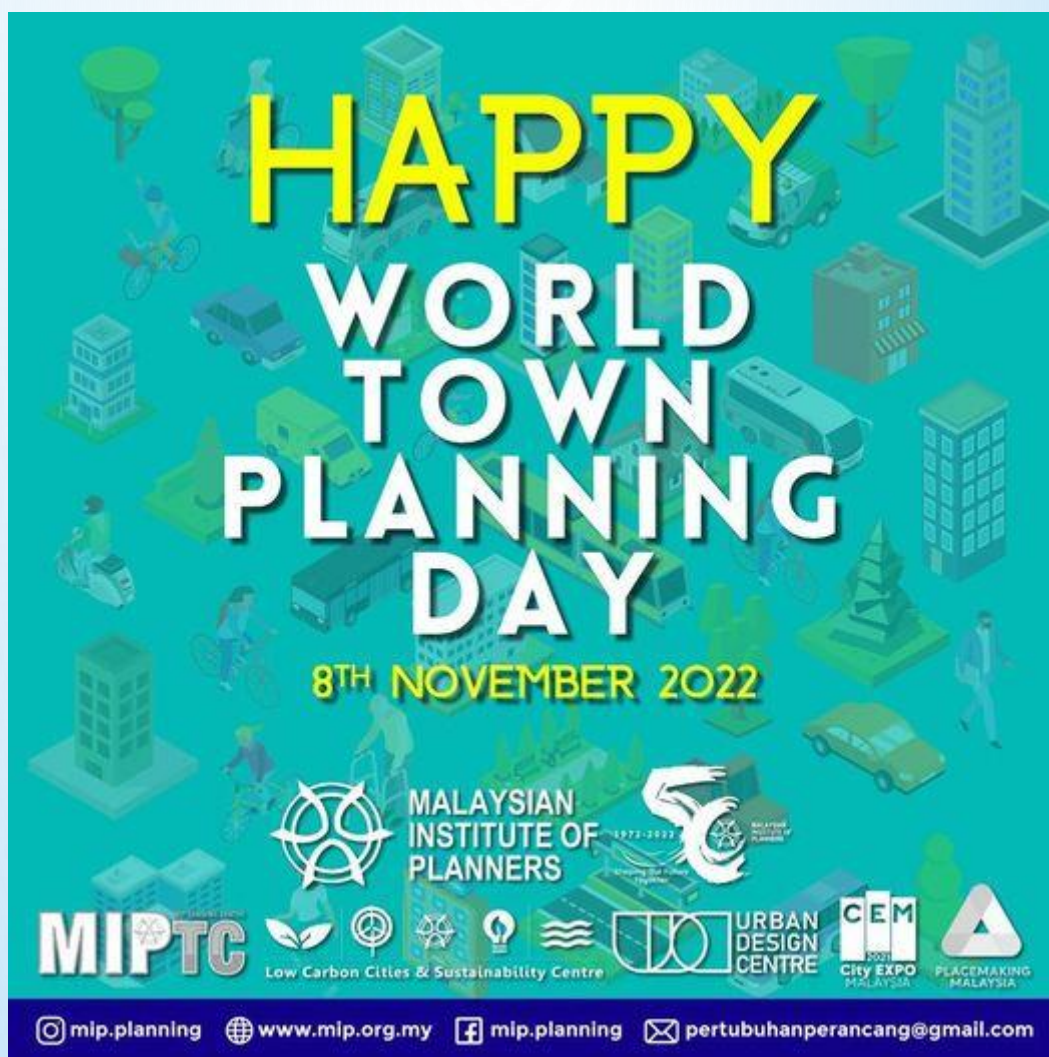
PAM BIM SUMMIT 2022 : Digital Collaboration: BIM Perspective 8 October 2022



BIM President, Dr Wilmot Sasindran Dass was invited and gracefully accepted and attended the event.

MEMBERS ACTIVITY

World Town Planning Day
8 November 2022



The poster features a vibrant teal background with a dense collage of isometric illustrations representing urban planning and sustainability. These include various building types (residential, commercial, industrial), green spaces with trees, people using bicycles and walking, and vehicles like cars and buses. The central text 'HAPPY WORLD TOWN PLANNING DAY' is prominently displayed in large, bold, yellow and white letters. Below this, the date '8TH NOVEMBER 2022' is written in yellow. The bottom section of the poster contains several logos and text elements: the Malaysian Institute of Planners (MIP) logo with the text 'MALAYSIAN INSTITUTE OF PLANNERS' and '1972-2022', the MIPTC logo with 'Low Carbon Cities & Sustainability Centre', the Urban Design Centre logo, the CEM City EXPO MALAYSIA logo, and the PLACEMAKING MALAYSIA logo. At the very bottom, a dark blue banner provides contact information: Instagram (@mip.planning), website (www.mip.org.my), Facebook (mip.planning), and email (pertubuhanperancang@gmail.com).

**HAPPY
WORLD
TOWN
PLANNING
DAY**

8TH NOVEMBER 2022

**MALAYSIAN
INSTITUTE OF
PLANNERS**
1972-2022

MIPTC
Low Carbon Cities & Sustainability Centre

**URBAN
DESIGN
CENTRE**

CEM
City EXPO
MALAYSIA

**PLACEMAKING
MALAYSIA**

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MEMBERS ACTIVITY

Seminar Landskap 2022
“INCLUSIVE LANDSCAPE GOVERNANCE TOWARDS RESILIENT SOCIETIES”
14th November 2022 | Shangri-La Tanjung Aru, Kota Kinabalu



SEMINAR LANDSKAP 2022
“INCLUSIVE LANDSCAPE GOVERNANCE
TOWARDS RESILIENT SOCIETIES”
DAN MAJLIS PELANCARAN DASAR LANDSKAP NEGERI SABAH

14 November 2022(Isnin) | 8.00 pagi- 2.30 petang | Shangri-La Tanjung Aru,Kota Kinabalu



YBhg. Datuk (Datu) Rosmadi Datu Sulai
Ketua Pengarah Perkhidmatan Awam Negeri Sabah,
JPANS



Prof. Madya LAr. Dr. Nor Atiah Ismail
Presiden of Institute Landscape
Architect Malaysia (ILAM)



En. Kueh Boon Hee
Lecturer/Researcher,
Institute for Tropical Biology and Conservation,
Universiti Malaysia Sabah (UMS).



LAr. Rozie Khan Halik
Pengarah Jabatan Landskap
Dewan Bandaraya Kota Kinabalu (DBKK)



Kementerian Kerajaan
Tempatan & Perumahan Sabah
[bahagianlandskapkktpsabah](https://www.bahagianlandskapkktpsabah.gov.my)



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Program1.3JutaPokok2033

NEWS

SURVEYORS MUST LEARN TO ADOPT AND ADAPT: PRESIDENT Daily Express, 31 October 2022



Chia flanked by Dainna, Cheng and Chok with the rest of 2022-23 committee members.

Surveyors must learn to adopt and adapt: President

Wu Vui Tek

KOTA KINABALU: Surveyors must both adopt and adapt to the new situation in the industry in order to thrive and grow.

The implementation of digitalization and technology have experienced a "jump start" to meet the needs of the Fourth Industrial Revolution and Sustainability Development Goals, said Dainna Baharuddin, President of Sabah RISM (Royal Institution of Surveyors Malaysia), at its 38th annual dinner and installation at Wisma Hakka.

She said surveyors play significant role in various departments in the public sector.

These include Geomatics and Land Surveyors in the Survey and Mapping Department; Property Surveyors in the offices of the Commissioners of Building and in the Valuation and Property Services Department; Quantity Surveyors in the Department of Works; and, Building Surveyors in the Building Department of local authorities.

The private sector takes 58.1 per cent of the construction sector.

Hence, she said surveyors have anchored their experience in the private sector amongst others consultant firms, developers, contractors and project man-

agers, among others.

Equally important are surveyors in the academic field, who not only contribute their knowledge to educate future surveyors but also in research and development, she said.

Malaysia has no less than 30 accredited surveying degrees recognised by Malaysian Qualifications Agency (MQA), she said.

Social media is currently the way forward to keep our digital savvy generation updated with RISM's activities and continuous professional development (CPD) locally and globally, she said.

She said the prefix 'Sr' has been registered to RISM under Class 42 of the Trade Marks Act 1976 and the Trade Marks Regulations 1997 (Trade Mark No. 2017059786) with effect from 30th May 2017.

Pursuant to Article 13 of the RISM Constitution, the General Council may take any actions as may be deemed necessary against any abuse or misuse of the title "Sr", she said.

As representatives of the surveyors in the industry, she said RISM has been working closely with statutory bodies such as Board of Quantity Surveyors Malaysia (BQSM), the Board of Valuers, Appraisers, Estate Agents and Property Managers

NEWS

(BAVAEP) and Lands Surveyors Board (LJT).

RISM is also working with various professional bodies such as Institute of Engineers Malaysia (IEM) and Balai Ikhtisas Malaysia (BIM), among others to foster closer relationship for the betterment of surveying profession, she said.

To meet the national agenda to generate 'workforce of the future' and restoring economic growth, she said RISM has always been involved in engagements with government agencies and international bodies.

This is to maintain relevance within the industry and also gain recognition internationally for the Malaysian surveying

professionals, she said.

Meanwhile, incoming RISM Sabah branch Chairman David Chok Kok Vui said it is the right time for surveyors to invest in technologies to help them get the most productive output from their workforce.

"In fact, digitalisation has already made inroads in our daily work.

"Online appointments, digitalised reports, virtual meetings and conferences, face-recognition security features are part of the norms in the business arena now," he said.

Digitalisation can be the catalyst to accelerate changes in the construction industry which is still lagging behind other

industries, he said.

Besides Chok, the others in RISM Sabah branch committee for 2022-23 are Max Sylver Sintia (Deputy Chair), Simon Chung Ka Ming (Secretary) and Peter Yapp Fook Sin (Treasurer).

The Sectional Chairman are Samuel Chong Choung Henn, Wilson Chai Tuh Eng and Stephennie Wong Tze Hui.

The committee members are Adam Muzhafar Abidin, Yong Zen Jiun, Robert Tseu and Harry William Koh while Robert Cheng is Immediate Past Chairman.

The event was officiated by Sabah Chief Minister Datuk Seri Hajiji Noor Political Secretary Datuk Dr Roland Chia.

NEWS

PAM STUDENT AWARDS 2022 SHOWCASE ABUNDANCE OF TALENT

The Edge Malaysia, 4 November 2022



(From left) Jurors Tan, Wooi, Sarly, Esa, Qhwarizmi and Adrianta at the awards event (Photo by PAM)

In a dimly lit hall at a convention centre in Bukit Kiara, an audience consisting of Pertubuhan Akitek Malaysia (PAM) members and students roars with elation and excitement as the winners of the PAM Student Awards (2022) are announced. The awards mark the end of the 2018 to 2022 cycle, which sees a benefactor sponsoring the prize money for a five-year run. The awards grant prizes that amount to RM100,000 per year, or a total RM500,000 for five years.

Benefactor Tan Sri Esa Mohamed remarks, “Over the last five years, we saw a variety of great ideas and diversity of projects by the students and their predecessors that were of high quality, which proved Malaysian students are capable of talents that are world class.”

The PAM Student Awards aim to recognise outstanding local talent among architectural (Part 1 and Part 2) graduates, and help catapult them into the next phase of their careers. The financial grant is provided by principal benefactor, Esa, who was also a PAM Gold Medallist in 2016, PAM past president and International Union of Architects (UIA) past president. The award is a continuation of the PAM-Tan Sri Chan Sau Lai Architecture Awards 2012-2016.

This year, the winner of the main prize, the Silver Medal, is Kaizer Birges Hud from The Bartlett School of Architecture, University College London, for his project, *Waterloo Park Hospice: Considering an Alternative Space for Dying*.

Hud's win was followed by Silver Medal first runner-up Low Xue Yee from Universiti Malaya (UM) and Silver Medal second runner-up Muhammad Izzat Ramli from University of Auckland, New Zealand. The other Silver Medal finalists are Chuah Kok Sheng from Universiti Teknologi Malaysia (UTM), Cho Ken Ying from Taylor's University, Chai Yi Yang from UM, Loke Hau Yee from Universiti Putra Malaysia, and Chong Sher Li from UM.

NEWS

The Bronze Medal was awarded to Jarod Yap Sheu Yuan from UCSI University, while the other Bronze Medal finalists are Calvin Choong Li Xin from Taylor's University, Wan Jun Hong from UCSI University, Wong Hau Nam from Taylor's University and Ng Tze Way from Universiti Tunku Abdul Rahman.

According to Esa, the submitted projects are forward-thinking. "They are savvy, aware of all the current technologies. The submissions also address urban issues and climate change, which must be considered."

The panel of jurors comprised PAM past presidents Datuk Ezumi Harzani Ismail, Dr Tan Loke Mun and Lee Chor Wah, Wooi Architect principal Wooi Lok Kuang, PAM vice-president Adrianta Aziz, PAM-Tan Sri Chan Sau Lai Architecture Awards 2013 winner Qhavarizmi Norhisham and Engky Design Sdn Bhd director Khoo Eng Kee, with convenor Esmonde Yap and deputy convenor Alan Teh.



Esa: Over the last five years, we saw a variety of great ideas and diversity of projects by the students and their predecessors that were of high quality

Esa says, "Malaysia is part of the global market and trade ... We must recognise the global demand for sustainability and mitigations of the impact of climate change. So [the] designs must be sensitive to the environment, which take these factors into consideration.

"We have entered the new era of digital technologies, artificial intelligence (AI), Internet of Things (IoT), Building Information Modelling (BIM), 3D printing, drones and advanced technologies that will refine [the students'] creative endeavours and shape our future."

PAM president Sarly Adre Sarkum says, "Education is among the primary building blocks and catalysts of the advancement of the profession. After all, our current architecture students are our future architects. The PAM Student Awards seek to promote scholarship, innovation, merit and excellence in the youth towards the study of architecture. The awards also demonstrate the commitment and investment of both PAM and the benefactor towards architectural design excellence and its future.

"The awards augur well for the students and have a great impact on the future of architecture ... that little acknowledgement goes a long way, because it gives the students the validation and the confidence for their good work."

NEWS

In terms of the submissions, the quality has improved tremendously, observes Sarly. "They are cognisant of the changes and technologies, sustainability and [subjects]



Sarly: Education is among the primary building blocks and catalysts of the advancement of the profession (Photo by PAM)

pertaining to architecture ... The students' abilities to generate ideas have improved in the past decade. We hope the awards will continue in the long term, with future, potential benefactors."

Fresh faces, brilliant ideas

Many of the winners of the first cycle of the PAM Student Awards have continued their journey to become successful professional architects themselves, says Sarly.

A case in point is none other than PAM-Tan Sri Chan Sau Lai Architecture Awards 2013 winner Qhawarizmi, who is also a jury member for this award cycle.

Qhawarizmi, who runs his own practice Qhawarizmi Architect and lectures occasionally now, says, "There is a shift in value. A lot more projects are now a little bit more inclusive, and empathetic. Although the projects are commercially driven, students are looking at the other side of the coin and how to contribute to the community."

This year's Silver Medal recipient Hud shares details of his winning entry: "*The Waterloo Park Hospice: Considering an Alternative Space for Dying*" project proposes [that the] hospice use the metaphor of the forest to make death's acceptance easier. Patients are put to rest in a forest park, their bodies turned into trees, which shade the living ... Altogether, the hospice focuses on patient comfort while suggesting that dying might not be scary."

Sarly adds, "Some of the winning submissions address social issues, taboo subjects that are complex to tackle, which sparks a new conversation in the profession."

Bronze Medal winner Jarod comments on his project, *Autonomous City: Take of Borneo*: "This project is a two-acre [mixed] development at the coast beside Kampung Bangau-Bangau, Semporna, Sabah; the site chosen as a starting mooring point of this project is the burnt-down area."

NEWS

MALAYSIAN SOCIAL WORK ASSOCIATION CHAMPIONS NEW LAW – INTERNATIONAL FEDERATION OF SOCIAL WORKERS

IFSW, 22 November 2022



IFSW Secretary-General, Rory Truell met with the Malaysian Social Workers Association, these are some of his reflections.

Chow Kit, a suburb in the Centre of Kuala Lumpur, offers mix of realities for the people that live there. The inviting smells of the differing traditions waft in the humid air. Malay style wok fried vegetables, Pakistani roasting meat, and the spices of India. These rich cultural traditions are a celebration of the peaceful cultural co-existence in Malaysia. But hidden in the shadows are also sleeping children, women and men, laying on the ground without covering. Tragic evidence that this society, like many others, is still on the long journey to full inclusion and respecting the dignity of everyone.

Between two food shops, stairs lead directly to solutions, creating hope for those living in the shadows. The NGO, Yayasan Chow Kit, sits on the upper floors of the main street. It employs social workers and other professionals that work beyond the idea of aid and charity as they address the root causes and co-create sustainable dignified solutions.

Social workers, Ratna Devi and Hasini, told me, 'We co-create services with the local people because they know their situation best'. The NGO runs education classes for both vulnerable Malaysian nationals, undocumented and refugees.

NEWS

For the refugees that fled war or persecution from other countries, the social workers work with them, piecing together the required documentation in order for them to access health services and other government support systems. Housing and work are also high on the community's agenda and together the social workers and community develop entrepreneurial businesses to fund accommodation and better lives.

In the absence of state-run support systems, the social workers promote skills and business development. This also includes blending the national school curriculum with community mutual-reliance projects. I visited the NGO run alternative school for undocumented children that are not able to attend public education. Between the math, science and language classes, the children also had projects that involve the production of products that their families could sell. One example the children had on display, was jars of a chocolate-based milk drinks. Everything from the design of the label to the recipe was created by the children.

Upon graduation, a number of ex-students come back and work in the NGO because they want to give back to others what they had received. The social workers explained,

'They are the experts at working across the streets of Chow Kit and engaging people with the Centre. It creates a sense of belonging, a context of a community working together for change'. Because of this work, new businesses have emerged, such as bakeries, accommodation has been found, and new horizons have become more than dreams.

The work of Yayasan Chow Kit is exemplary of the social work approach. Yet sadly it is not the norm as there are less than 1200 practising qualified social workers in a country of over 32 million. There are many NGOs on the streets, however, offering free food and compassion to the homeless. The government also has a large budget for low-income Malaysian nationals and much of this is given in the form of small cash transfers which can make the difference between eating or not, but like the work of the charities, the scheme does not move people out of poverty. Many say it keeps them in slightly better appalling poverty conditions.

There is optimism for change, however. During my visit, organized by the Malaysian Association of Social Workers, we meet with a senior director and staff of various government ministries.

NEWS

Our discussions identified that a new law proposed by MASW could act as a key milestone in the country's journey of social development. The proposed law recognizes that social work is essential to social development, and creates a register of professional social workers, leading to the further training and employment of social workers.

The Deputy Secretary General of the Ministry of Women, Family and Community Development commented, 'We need social workers as highly trained professionals, and until we have them, our country can never move beyond the minimal cash transfer payments. With social work involvement, we will see people living with dignity, in work, with health and housing'. He further commented he would move the proposed Bill further up the government's agenda and hoped there may even be a first reading later this year.

It is not hard to be impressed by the social workers in the MASW. They are articulate, clear and focused on the evidence of what works: 'Working beyond cash transfers and charity, professional social workers recognize and draw up on all people's strengths, resourcefulness and ability to lead sustainable changes in their own lives', they explained.

'The new Social Work Profession Act, when adopted, will certainly be a step in the journey ahead. The Bill proposes that registration is combined, and not separated, with the aims and involvement of the professional association, which is important to ensure that the ongoing professional drive forward of social development is recognized in law.

Following these rich encounters, while travelling back to the airport, I see groups of undocumented migrants and their children working under the hot midday sun. I also see the multi-faith communities successfully living side by side as a celebration of diversity, and I look forward to the developments ahead. A country with many qualities for others to learn from. A country poised on recognizing social work, as a reference point, in its development. A country with skilled, committed and passionate social workers to co-guide the way.

NEWS

PENYELIDIK UM BANTU PETANI HASILKAN BIOCHAR UNTUK PENANAMAN HARUMANIS

UM Research, 26 November 2022

Mempelam harumanis sememangnya terkenal sebagai salah satu produk pertanian dari negeri Perlis. Musim berbuahnya yang singkat, sekitar bulan April dan Mei setiap tahun, menjadikannya antara tumpuan penyelidik yang ingin membantu pengusaha tanaman ini melipat gandakan keluaran mereka.

Baru-baru ini, sekumpulan penyelidik dari Institut Sains Biologi, Fakulti Sains, Universiti Malaya telah menganjurkan sebuah bengkel dan perkongsian maklumat mengenai kelebihan penggunaan biochar di dalam proses penanaman mempelam harumanis.

Program yang dianjurkan dengan kerjasama Institut Penyelidikan dan Kemajuan Pertanian Malaysia (MARDI) Perlis dan Pertubuhan Peladang Kawasan di Arau, Perlis telah disertai oleh 30 orang pengusaha lading harumanis dan penduduk setempat.

“Program ini antara lainnya bertujuan untuk berkongsi dapatan dari geran penyelidikan kami kepada orang awam, terutamanya pengusaha harumanis di Perlis,” kata Dr. Rosazlin Abdullah, ketua kumpulan penyelidik UM.

Menurutnya lagi, biochar yang dihasilkan daripada proses pembakaran pirolisis sisa pertanian dan hutan adalah organik dan mesra alam. “Oleh kerana ruang rongga dan pori biochar yang besar, serta permukaannya yang luas, biochar mampu ‘memegang’ baja kimia dan seterusnya melambatkan pelepasan molekul



baja ke tanah dan udara,” terang Dr Rosazlin lagi.

NEWS



Menariknya, program ini juga bersifat dua hala, di mana pihak MARDI turut berkongsi kemahiran dan kaedah penanaman dan pengurusan ladang mepelam harumanis berskala besar. Para peserta telah didedahkan dengan teknik memangkas pokok harumanis dengan betul, kerana ia memberi kesan kepada kerimbunan pokok dan penghasilan bunga kelak.

“Sisa ranting dan daun pokok yang dipangkas pula telah dijadikan biochar oleh pihak penyelidik UM, menggunakan kaedah pirolisis yang hanya menggunakan oksigen yang minimum, dan kurang menghasilkan asap.



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Para pengusaha ladang bukan sahaja dapat menjimatkan kos baja dengan menggunakan biochar, malah turut berperanan mengurangkan pencemaran alam,” kata Pegawai Penyelidik MARDI Perlis, Zul Helmey Mohamad Sabdin, 31, yang turut menyertai program ini.

“Kaedah penanaman dan pengurusan harumanis yang didedahkan semasa program ini sangat brenilai kepada pengusaha harumanis seperti saya. Selain mengurangkan kos penanaman melalui penggunaan biochar yang dihasilkan sendiri, kini saya juga tahu yang petani seperti kami juga mampu menyelamatkan alam sekitar,” kata Roslan Ibrahim, 61, salah seorang peserta program.



FEATURES

HEALTH: WORLD DIABETES DAY - WINNING THE BATTLE AGAINST THIS LIFESTYLE DISEASE

NST, 14 November 2022

WE have the highest incidence of diabetes in the whole of South-East Asia. Our prevalence is almost 1 in 5 and rising year on year.

There are many reasons for this but it's mainly dietary choices which include highly refined carbohydrates and lack of exercise.

Diabetes is expected to hit 7 million Malaysians by 2025.

It is an expensive disease. Diabetes accounts for at least 5 per cent of total healthcare costs in European countries. The biggest rise is in developing countries.

The overall life expectancy in a patient with diabetes is reduced by 25 per cent compared to a person without the disease.

The commonest type of diabetes is type 2 diabetes and most patients are asymptomatic. It behaves like a "ninja" until one has complications of diabetes such as eye disease (diabetic retinopathy) or kidney disease (diabetic nephropathy) or foot nerve issues (diabetic neuropathy).

The ones most at-risk would-be those with a strong family history in their first-degree relatives such as their siblings or parents.

Other risk factors for type 2 diabetes include obesity which leads to insulin resistance. Type 2 diabetes is caused by both impaired insulin secretion from the pancreas and "resistance" to the action of insulin at its target cells.

It's mainly driven by an obesogenic environment that encourages underactivity and snacking and eating large portions of refined carbohydrates such as cereals, chocolates, white rice and white bread.

One can "reverse" diabetes; but endocrinologists prefer to call it "remission" of diabetes as similar to other chronic medical conditions, diabetes can "recur" in the future if diet and exercise are not followed.

FEATURES

TURN IT AROUND

The ideal way to get diabetes into "remission" is to review one's diet and exercise regimen and to see a doctor to start on appropriate medications to control blood glucose and also reduce obesity.

The starting point of treatment for type 2 diabetes is diet and other lifestyle modifications such as exercise 30 minutes daily, 5 days a week and quitting smoking.



Malaysia has the highest incidence of diabetes in South-East Asia.

The main aims are not only to reduce the weight of patients with diabetes and improve glycemic control; but also to reduce risk factors for heart disease such as high cholesterol (hyperlipidaemia) and hypertension which account for 70-80 per cent of deaths in type 2 diabetes.

The dietary recommendations are essentially the same for type 1 and type 2 diabetes. Indeed one has to follow a healthy eating plan such as quenching thirst with water and other low calorie drinks such as barley and avoiding sugary drinks like our Teh Tarik.

Eating regular meals and avoiding fried and sugary foods and consuming five portions of fruit and vegetables a day is also important.

One is advised to avoid tropical fruits which are high in sugar and keep to the "greens" such as guavas and kiwis.

Have high fibre and low glycaemic index foods including whole grains, legumes or brown rice while the best white rice is basmati rice.

Rice should always be considered as a side dish and not the main part of the meal which is what we tend to do in Malaysia.

FEATURES



Rice should be a side dish, not the main portion of your meal.

Limit consumption of high glycaemic index starchy foods such as roti canai, mashed potatoes and white bread.

Be aware of the portion size of the meal, especially when eating out in restaurants and stop eating when you are 80 per cent full; please do not overeat or eat after 8pm (within 4 hours of sleep).

For snacks in between meals, avoid convenience foods such as biscuits or cakes

which are high in saturated and trans-fats and salt which is bad for your heart. Use nuts and low calorie and high fibre fruits such as those from the berry family and green apples.

One is also advised to have 2-3 servings of fish per week as fish oils are rich in omega -3 fatty acids and have lower triglyceride levels. Fish intake is associated with a lower risk of cardiovascular disease.

WATCH THE SUGAR

But do be careful of "diabetic" foods that contain sorbitol or fructose as sweeteners as these are not recommended.

Exercise should also be tailored to the individual patient, according to his or her physical condition and lifestyle. Simple advice would be as above: 30 minutes per day for at least 5 days a week while resistance exercise such as weightlifting, performed 2-3 times per week provides extra benefits.

Regular exercise can reduce long-term mortality by 50-60 per cent in type 2 diabetes patients.



Eat a well balanced, healthy diet. Picture: Master1305

BIM MEMBER INSTITUTIONS

- Malaysian Pharmacists Society (MPS)
- Royal Institutions of Surveyors Malaysia (RISM)
- The Institutions of Engineers Malaysia (IEM)
- Pertubuhan Akitek Malaysia (PAM)
- Malaysian Medical Association (MMA)
- Malaysian Institute of Planners (MIP)
- Malaysian Veterinary Medical Association (MAVMA)
- Agricultural of Institute of Malaysia (AIM)
- Institut Kimia Malaysia (IKM)
- Malaysian Society of Soil Science (MSSS)
- Malaysian Association of Social Workers (MASW)
- The Plastics & Rubber Institute of Malaysia (PRIM)
- The Chartered Institute of Building Malaysia (CIOBM)
- Institute of Landscape Architects Malaysia (ILAM)
- Institut Rimbawan Malaysia (IRIM)
- The Institute of Internal Auditors Malaysia (IIAM)
- The Chartered Institute of Logistics and Transport Malaysia (CILT)
- International Institution of Plantation Management (IIPM)
- Association of Malaysian Optometrists (AMO)

CORPORATE AFFILIATE

- Malaysian Institute of Human Resource Management (MIHRM)
- Malaysian of Social Impact Assessment (MSIA)