



Prof. Dr. Oh Kim Soon with  
Dr. Amir Azlan Zain, President AFM.



The very sporty duo  
doing the twist to a  
popular Bollywood  
number.

## MANAGEMENT OF OSTEORTHRITIS

"What does the Future hold for Arthritis Prevention and Treatment" by Prof. Dr. Oh Kim Soon was again an extremely interesting and informative session. We were all taken back to school as with illustrative slides and a clear and lucid manner, he educated us on how osteoarthritis affected the joints, on what a degenerated cartilage structure, bone spurs, eroding meniscus looked like. He also went on to discuss raging issues like whether there are any benefits to glucosamine, the current trending treatments like hyaluronic acid, challenges of stem cell treatments etc. **But the thrust of his message was that, the first line of defense in the management of knee and hip osteoarthritis should be based on key factors such as education, weight loss,**

**exercise, physiotherapy, occupational therapy and orthoses/assistive devices.** He also made a case against obesity and cautioned that it is a global threat waiting to explode.

## LET'S DO THE TWIST

The evening wound-up with fun and frolic to the strains of the popular song "Let's do the twist". Groups of men and women in two's and three's lined up on stage to practice the twist and then displayed their dazzling moves to a medley of songs ranging from Bollywood to P. Ramlee and K pop! And they did it, with utmost panache and style to a cheering appreciative crowd. Prizes were also handed out at the end to the most deserving competitors, chosen by the audience through a series of claps! Annie never

fails in surprising us and the audience each year with her hugely creative and entertaining competitions.

WAD 2014 was a stupendous success judging by just one factor, that the majority of the participants stayed glued to their seats though the event far exceeded the stated time. So a huge round of applause to; the organizers, the sponsors, the presenters, and the audience who all came together to create yet another wonderful and beneficial event.

## DRY EYES AND DRY MOUTH

The last session by the "Rheumatoid Arthritis Support Group (RASG)" was hosted by its chair person Annie Hay. It began with a poignant and touching session as a patient, Thong Mei Liang, shared her experience with Rheumatoid arthritis and Sjogren's Syndrome. She described having 'dry eyes', her distress at being unable to cry at her father's funeral and her bewilderment at not knowing what was wrong with her. In the beginning it was dismissed as a post-menopausal effect. But as the symptoms continued, it was finally diagnosed as 'Sjogren's Syndrome'; a disorder of your immune system that often accompanies other immune disorders like Rheumatoid arthritis and lupus, and identified by its two most common symptoms – dry eyes and a dry mouth. Many of us who had never heard of Sjogren's Syndrome before came away wiser and more aware.



Chair person of  
RASG Annie Hay  
entertaining the  
audience.

"Our heartfelt gratitude and appreciation to all our sponsors who supported us in making WAD 2014 a tremendous success."

**WORLD ARTHRITIS DAY**  
organised by  
**ARTHRITIS FOUNDATION, MALAYSIA**

**Living better ageing well**

**Date:** Saturday, 18 October 2014

**Venue:** Swan Convention Centre, 4th Floor, Tower B, Sunway Medical Centre, Bandar Sunway, Petaling Jaya, Selangor.

**Please register early to avoid disappointment!!!**  
Members FREE  
Non-members RM20  
Call Ms. Yvonne T. +603-7960 6177 or E. info@afm.org.my

**9.00 am** Registration  
**9.45 am** Arrival of Distinguished Guests  
**10.00 am** Welcome address by the President  
**10.20 am** Speech by Guest of Honour  
**10.30 am** Osteoarthritis and Falls in the Older People Assoc. Prof. Tan Maw Peh  
Consultant Geriatrician, University Malaya Medical Centre  
**11.05 am** Coffee Break  
**11.25 am** Psychosocial Issues in Managing Arthritis  
Chair: A Role of Medical Social Worker  
Puan Yee Jie, Naimul  
Ubaidun Korp, Social, Patient Participation  
University Malaya  
**12.00 pm** What Does the Future Hold for Arthritis Prevention and Treatment  
Prof. Dr. Oh Kim Soon  
Consultant Orthopaedic & Spine Surgeon, I Spine, Selayang Hospital, Petaling  
**12.40 pm** Arthritis Fund Raising  
**1.00 pm** LUNCH  
**2.00 pm** Achieving Functional Independence through Occupational Therapy  
Ms. Chu Ai Huan  
Occupational Therapist, Hospital Tunku Jari Jari  
Swireland  
**2.35 pm** "Work-Rest" over Time: Arthritis Matters  
Dr. Amir Azlan Zain  
Consultant Physician & Rheumatologist,  
Sunway Medical Centre  
and  
Dr. Sarbanan Sothilogan  
Rheumatologist, University Malaya Medical Centre  
**3.10 pm** RA Support Group Session  
**4.10 pm** CLOSING & Refreshments

**Organiser:** Arthritis Foundation Malaysia  
**Main Sponsor:** Sunway Medical Centre  
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