



PEARLS

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2019

President of MASM



Women In Exercise & Sports Symposium

and

*Association Of Sports Medicine
Scientific Meeting 2019*

Message 1: NCD prevalence among women is catching up to men's

- Men, still leading the chart (unfortunately for us men)
- Combating NCD: Being lean alone is not enough, we need to be LEAN and PHYSICALLY FIT

Message 2: Exercise and Cancer

- Exercise has a role at all stages of a patient with cancer i.e. at Prevention, Treatment and Remission Stage
- So, keep on exercising

Message 3: Ageing gracefully

- Exercise is necessary for all age group, and throughout our life
- Exercise leads to healthy elderly life

Message 4: Active during pregnancy

- Generally, exercise is safe at all stage of pregnancy UNLESS medically/gynaecologically contraindicated (low lying placenta, bleeding etc)
- Pregnancy requires a small addition of calorie intake (not eating for two...)

Message 5: A journey of an elite athlete

- The challenges of not looking after the health esp. diet and exercise – the sudden holiday once retired (at young age), motherhood, and moving onwards
- Keep active and maintain good dietary habits

Message 6: Hormonal influences

- 'The oestrogen dominance' – the excess of oestrogen, not balanced by other hormones esp progesterone, predispose to certain diseases – mother and baby
- Oestrogen excess if overweight/excessive body fat
- Please exercise, maintain healthy weight

Message 7: Fit & Fabulous

- Training continues despite facing illness and injury
- Bouncing back to your fit condition is easier if you are already trained

Message 8: HIIT

- High Intensity Interval Training – short duration and it works
- Various regime but bottom line combine moderate (60-70%) and very high (85-95%) at ratio of 1:3

Message 9: How is my weight

- Fitness is inversely related to body fat % and BMI
- No such thing as “I am fat but fit”
- Normal weight obesity?

Message 9: Healthy and balance diet

- Low GI food is better – slows absorption
- Don't recycle cooking oil

Message 10: Exercise and weight management

- MICT (moderate intensity) and HIIT (high intensity) – similar outcome
- HIIT – shorter duration
- Additional info: HIIT (usually 10-15 mins, 75 mins/week,), MICT (30 mins i.e. 150mins/week)
- Low intensity exercise (longer duration) burns more fat

Message 11: Slimming pills and supplement

- ?safety issue, lack of concrete evidence and not a substitute to lifestyle changes

Message 12: Exercise when having medical illness

- Low impact, slow and light exercise is generally safe (low risk) for anyone with medical illness
- If higher intensity, needs risk assessment

Message 13: knee pain

- The causes: including structural injuries – ligaments, meniscus

Message 14: the forum

- Exercising – safety: up to you limitation, don't go overboard
- Dieting - ?which to choose; which one suits you; caution on 'over-eating' following dieting
- Psychology: relaxation, hypnosis and various techniques in weight reduction

The Sports Medicine Unit of Faculty of Medicine
and The Malaysian Association of Sports Medicine
thank all the participants, sponsors, committee
members and volunteers

Hopefully, we meet again in our future events...

From Prof Nahar and Halim – Organizing Chair and Co-chair

Thank you



**MALAYSIAN ASSOCIATION OF
SPORTS MEDICINE
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