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NCD MALAYSIA CONFERENCE

Reducing NCD Burden: A National Priority

NONCOMMUNICABLE DISEASES MALAYSIA CONFERENCE 2026

DATE: 27 - 29 NOVEMBER 2026

TIME: 8:00AM - 6:00PM

VENUE: TAYLOR'S UNIVERSITY LAKESIDE CAMPUS, SUBANG JAYA, SELANGOR.

Organised by:

NCD MALAYSIA

National Cancer Society Malaysia

TAYLOR'S UNIVERSITY

TAYLOR'S IMPACT LAB Active Ageing

CAL CENTRE FOR ACTIVE LIVING

NCD Malaysia

REDUCING NCD BURDEN: A NATIONAL PRIORITY

We are pleased to announce the Noncommunicable Diseases Malaysia (NCDM) Conference 2026, jointly organised by NCD Malaysia and Taylor's University. Themed "Reducing NCD Burden: A National Priority," this national conference reflects our shared commitment to addressing the growing burden of noncommunicable diseases (NCDs) in Malaysia through collective action across healthcare, research, civil society, policy, and industry.

Over three days, the scientific programme will explore three key questions: What does the science tell us? How do we prevent disease and act earlier? How do people actually live well with NCDs? Through expert-led plenaries, forums, and interactive discussions, participants will examine the latest scientific evidence, evidence-based prevention and early detection strategies, and approaches to improving long-term disease management and quality of life. The programme aims to bridge research, policy, and real-world experiences to inform more effective and coordinated action on NCDs in Malaysia.

We warmly welcome individuals and organisations committed to improving public health to join us in advancing this national priority. Together, let us bridge gaps, build hope, and empower lives in the fight against NCDs.

THE COMMITTEES

Steering Committee

- Dato' Dr Saunthari Somasundaram
- Dr Noraryana binti Hassan
- Prof. Dr Elil Renganathan
- Prof. Dr Fadi Charchar
- Prof. Dr Ting Kang Nee

Scientific Committee

- Prof. Dr Chong Pei Pei

Organising Committee

- Kolonel Bersekutu (PA) Prof. Dr Murallitharan Munisamy

DAY 1 - 27 NOVEMBER 2026

WHAT DOES THE SCIENCE TELL US?

Time/Track	Obesity & Cardio-Renal-Metabolic	Ageing, Neurology & Mental Health
8:30 AM – 9:30 AM	**Registration, welcome & networking**	
9:30 AM – 10:00 AM	NCD risk factors in 2026: what are we still underestimating?	Stroke in 2026: what has changed in acute treatment & recovery? Speaker: Dr Mak Choon Soon, Gleneagles Hospital Kuala Lumpur
10:00 AM – 10:30 AM	Cardio-Renal-Metabolic health in 2026: one patient, multiple organs	Fall: sarcopenia, functional reserve and the power of early intervention Speaker: Dr Elizabeth Chong, Hospital Kuala Lumpur
10:30 AM – 11:00 AM	**Coffee break & networking**	
11:00 AM – 11:30 AM	CKD in 2026: detect earlier, protect earlier	Can we prevent dementia before symptoms start? The new science of brain health Speaker: Dr Kejal A/P Hasmukharay, Universiti Malaya
11:30 AM – 12:00 PM	Beyond HbA1c: treating diabetes for heart & kidney protection	Dementia in 2026: blood biomarkers, earlier diagnosis & new treatment possibilities Speaker: Prof. Dr Tan Maw Pin, Universiti Malaya
12:00 PM – 12:30 PM	Preventing cardiovascular disease in 2026: beyond LDL-C Speaker: Prof. Dr Noor Alicezah Binti Mohd Kasim, Universiti Teknologi MARA	Rethinking cancer prevention: integrating early detection across the adult lifespan Speaker: Dr Ankush Kalra, Gene Solutions Malaysia
12:30 PM – 2:30 PM	**Lunch, Friday prayer & networking**	
2:30 PM – 3:15 PM	Panel forum: ProtectHealth: strengthening public–private partnerships for NCD prevention and care	
3:15 PM – 5:00 PM	**Official opening ceremony of NCDM 2026** Guest of Honour: YB Datuk Seri Dr Dzulkefly Ahmad, Minister of Health Malaysia	
5:00 PM - 5:30 PM	**Refreshments & networking**	

DAY 2 - 28 NOVEMBER 2026

HOW DO WE PREVENT DISEASE AND ACT EARLIER?

Time	Session	Programme
8:00 AM – 9:00 AM	**Registration, welcome & networking**	
9:00 AM – 9:15 AM	**Plenary 1**	Rethinking hypertension prevention and early detection
9:15 AM – 9:30 AM	**Plenary 2**	Malaysia's NCD reality check: are we acting early enough?
9:30 AM – 9:45 AM	**Plenary 3**	From global commitments to community action: putting people at the centre of the NCD response
9:45 AM – 10:00 AM	**Plenary 4**	PeKa Sihat: improving access to screening and early intervention
10:00 AM – 10:45 AM	**Panel Forum**	Who shapes our health choices? Policy, communication, behaviour & the environment around us
10:45 AM – 11:15 AM	**Coffee break & networking**	

Time	Obesity & Cardio-Renal-Metabolic	Ageing, Neurology & Mental Health
11:15 AM – 11:45 AM	Obesity in the incretin era: long-term disease modification or lifelong treatment?	Nutrition for healthy ageing: eating for muscle, brain & metabolic health
11:45 AM – 12:15 PM	CGM, wearables & home monitoring: which digital data actually change CRM care?	Mental health in later life: depression, loneliness, sleep & cognitive health
12:15 PM – 12:45 PM	We have the evidence – why are patients still missing CRM treatment targets?	One older person, many conditions: multimorbidity, polypharmacy & when guidelines collide
12:45 PM – 2:00 PM	**Lunch & networking**	

DAY 2 - 28 NOVEMBER 2026

HOW DO WE PREVENT DISEASE AND ACT EARLIER?

Time	Obesity & Cardio-Renal-Metabolic	Ageing, Neurology & Mental Health
2:00 PM – 2:30 PM	Obesity is more than weight: what can you do now to protect your heart, kidneys & metabolic health? Speaker: Prof. Dr Rohana binti Abdul Ghani, Malaysian Obesity Society	Healthy ageing starts earlier than you think: how can you protect your brain, mind & function? Speaker: Assoc. Prof. Dr Yau Weng Keong, Taylor's University
2:30 PM – 3:00 PM	Could you be at risk before symptoms appear? What should you be screened for?	Could you be at risk before symptoms affect daily life? What should you be screened for? Speaker: Dr Noor Harzana binti Harrun, Ministry of Health
3:00 PM – 3:30 PM	What do your results really mean? Recognising prediabetes, fatty liver & early kidney disease Speaker: Dr Haniza binti Omar, Ministry of Health	Is it normal ageing — or something more? Signs you should not ignore Speaker: Dr Mohamed Seenikatty Abdul Hakim, Pantai Hospital Kuala Lumpur
3:30 PM – 4:00 PM	If you are at risk, what treatments can protect your heart, kidneys & metabolic health?	If problems are detected early, what can treatment change for your brain, mind & function? Speaker: Prof. Dr Ching Siew Moi, Universiti Putra Malaysia
4:00 PM – 5:00 PM	**Rapid-fire oral abstract presentations**	
5:00 PM - 5:30 PM	**Refreshments & networking**	

DAY 3 - 29 NOVEMBER 2026

HOW DO PEOPLE ACTUALLY LIVE WELL WITH NCDS?

Time/Track	Living with obesity & cardio-renal-metabolic conditions	Living with mental health, ageing & neurological conditions
8:30 AM – 9:30 AM	**Registration, welcome & networking**	
9:30 AM – 10:00 AM	Eating with diabetes, obesity, heart or kidney conditions: what should you prioritise when nutrition advice conflicts? Speaker: Assoc. Prof. Dr Zulfitri 'Azuan Mat Daud, Universiti Putra Malaysia	Making sense of treatment for mental health & memory conditions: what are your options? Speaker: Dr Rizah Mazzuin Razali, Hospital Kuala Lumpur
10:00 AM – 10:30 AM	Living with long-term treatment: what you need to know about obesity medicines & heart–kidney protection	Eating well as we age: protecting muscle, memory & strength
10:30 AM – 11:00 AM	Know your numbers at home: blood pressure, glucose, weight — and when to seek help	When memory or behaviour changes: what you and your family can do Speaker: Dr Hazlina Mahadzir, Universiti Kebangsaan Malaysia
11:00 AM – 11:30 AM	**Coffee break & networking**	
11:30 AM – 12:00 PM	Exercise with diabetes & heart disease: what is safe — and what really helps?	Caring for your mind: depression, anxiety, loneliness & caregiver wellbeing Speaker: Dr Anildev Singh Malhi, Hospital Kuala Lumpur
12:00 PM – 12:30 PM	When living with NCDs gets exhausting: managing stress, stigma & treatment fatigue	Staying mobile, staying independent — practical strategies for people living with stroke, Parkinson's and other mobility challenges Speaker: Ms Julaida Embong, Hospital Kuala Lumpur
12:30 PM – 1:00 PM	Herbs, supplements & traditional and complementary medicine: what is safe with your medicines?	Eating, speaking & managing daily life: when can rehabilitation support help? Assoc. Prof. Dr Shobha Sharma, Universiti Kebangsaan Malaysia
1:00 PM – 2:00 PM	**Lunch & networking**	
2:00 PM – 3:00 PM	Vital Voices of Health: Patient panel on NCDs	
3:00 PM – 4:00 PM	Finance panel on MediAsas	
4:00 PM – 4:30 PM	**Closing ceremony of NCDM 2026**	
4:30 PM - 5:00 PM	**Refreshments & networking**	

KEY HIGHLIGHTS

1

Insightful Plenaries by National and International Leading Experts

Join esteemed national and international thought leaders as they deliver plenaries on NCD prevention, screening, early detection, treatment, and the role of advocacy, policy, and collaboration. Be inspired by their visionary perspectives and contribute to shaping Malaysia's future in NCD management.



2



Rapid-Fire Oral Presentations

Elevate your understanding of the latest research and innovations in NCD care by selected abstract presenters. Explore breakthroughs and innovation in prevention, early detection, treatment, and policy-driven collaboration.

3

Networking Opportunities

Forge meaningful connections with peers, mentors, and industry leaders, building partnerships that drive progress in the fight against NCDs. Share ideas, collaborate on initiatives, and strengthen the collective effort to tackle NCDs.



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JOIN US FOR THE

NONCOMMUNICABLE DISEASES MALAYSIA (NCDM) CONFERENCE 2026

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