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1. Aranesp® Summary of Product Characteristics. Amgen, 2006. 2. Data on file. F. Hoffmann-La Roche Ltd, 2008. 3. Eprex® Summary of Product Characteristics. Janssen-Cilag Ltd, 2006. 4. Levin NW, Fishbane S, Cahedo PV, et al; for the MAXIMA study investigators. Lancet. 2007;370:1415-1421. 5. Macdougall IC, Walker R, Provenzano R, et al; for ARCTOS Study investigators. Clin J Am Soc Nephrol. 2008;3:337-347. 6. Mann J, De Francisco A, Nassar G, Beyer U. 45th European Renal Association / European Dialysis and Transplant Association Congress; May 10-13, 2008; Stockholm, Sweden. Abstract SP369. 7. Mircera Malaysia Prescribing Information. 8. Recormon Malaysia Prescribing Information. 9. Sulowicz W, Locatelli F, Ryckelynck J-P, et al; for PROTOS Study investigators. Clin J Am Soc Nephrol. 2007;2:637-646.



Roche (Malaysia) Sdn. Bhd.  
(Co No. 11792-H)  
Level 58, The Intermark,  
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Tel: +603-2173 5000  
Fax: +603-2161 1805

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# Howzit

MANIPAL ALUMNI ASSOCIATION NEWSLETTER



VOL XIV

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2010-2012**

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**Secretariat Address**

7A, Jalan Telawi Lima,  
Bangsar Baru,  
59100 Kuala Lumpur  
Tel: 03-2282 7355  
03 2201 1555  
Fax: 03-2282 8355  
email:

manipalmaam@gmail.com  
www.manipal.org.my

## 24TH MANIPAL ALUMNI CONVENTION

PORT DICKSON 17-19 DEC 2010



## SHOOT TO THRILL

**I**t was a weekend in paradise as far as MAAM convention members were concerned. There were no major changes in our usual modus operandi.

It was a riot of colours and everybody was drenched with nirvana adolescent spirit. As usual we shot to thrill & took no prisoners....and the rest is history.

To you guys we raise our glasses and to the MIA's -  
**No Worries we see you in July.**

Please take a few magic moments to turn the pages and relive those mystical memories. Manipalites once again stand proud - **YOU ROCK!**

**25TH MAAM ANNIVERSARY CONVENTION**  
**14-17 JULY 2011 • HOLIDAY VILLA & RESORT**  
**SUBANG JAYA.**

**BOOK EARLY!!**





## MAAM-24 AGM-CPD

This was held on Saturday 18<sup>th</sup> Dec. This year we had 4 lectures. The first lecture kicked off at 10.30 am. We had a great turnout for this years CPD that we had to bring in more chairs. Looks like the Manipalites are heeding the DGs call and keeping themselves updated. We would like to thank the members for their presence. **Dr. Jeyanthi** was the chairperson. The first speaker to get the ball rolling was our very own Manipalite, the affable **Dr. Anil Radhakrishnan**. He is a consultant gastroenterologist and physician at HKL and visiting gastro at Tung Shin. He spoke on GERD (Gastroesophageal reflux disease). He gave an overview of the disease and updated us on the current management. He gave the members some important tips on diagnosis and which cases needed to be scoped.

The next speaker was another Manipalite. He was the youthful looking **Dr. Vijay Ananda**, endocrinologist from UMMC and Pantai Bangsar. So young he looked you would have thought that he was a medical student. As a matter of fact he was mistaken as one of the child of a Manipalite. However once he spoke we had no doubts. Full of knowledge and experience that belied his looks. His topic-achieving target glycemic goals while minimizing hypoglycemia in Type 2 Diabetes. It was a useful refresher for all of us. He also updated us on the latest studies, results and management. Next was the lucky draw for the loyal members who were still in the room. Not surprisingly, when you have an affable speaker and another very youthful looking one, a large number of members were still in the room. The third speaker was **Associate Prof. Dr. Pang Yong Kek**, Consultant Chest Physician from Universiti Malaya. He updated us on the management of Asthma and Allergic Rhinitis. He was breath taking. Luckily there were some inhalers for us to get our breath back. This was followed by a quick tea break. We were already running late. It was 12.30 noon. We had had 2 hours of lectures and this after a heavy "Rasta informal night". Anyway our loyal members stayed back for the last lecture. Dr Anil was the speaker again. This time he spoke on Hepatitis C, Diagnosis and Management. He made the lecture short and sweet. He had too because by 1.00pm the noises from our stomach overwhelmed his speech. All of us then headed to the beach feeling much more smarter and looking forward to join the others for the telematch, games, lunch and party. Once again thanks to the members for making this CPD a SUCCESS.



Finally we would like to take this opportunity to thank our sponsors - **ROCHE, NOVARTIS & MSD.**

THANK YOU for your support.

**Kewaljit Singh**  
(Charlie)



## Time of my Life

This was my 3rd consecutive year attending the Manipal Alumni annual meet.....while I had enjoyed the event just as much both times before this, it was my first time being involved in organising all events concerning the children for the recent meet that was held in Port Dickson, December 2010.

I had the opportunity to see first hand how much effort and planning goes into organising a mammoth event such as this. It was simply amazing how things fell into place slowly, yet smoothly. On my part, I wanted to make the experience for the children a memorable one, something that would make everyone come back for more next year, and the year after and so on! With a lot of brainstorming and encouragement from the committee, I was able to put together some interesting activities for the kids. I was so thrilled to see that the children enjoyed themselves thoroughly, not only that, the parents had a great time knowing that their children were well occupied and taken care of!! Explains why the beer barrel counts were so high this time around!!

The MAAM children are such a fantastic bunch! So intelligent, fun loving, sporting and full of energy! I must say that it is the kids that contributed to making the events a success. I really look forward to working with the committee in future, I have so many new and exciting ideas in store for the children for the next meet scheduled to be held in July 2011!

Keep guessing!!  
Cheers!

**Charusheela**

*Ed.Note- Charu is the spouse of Sivaroshan. She is an Architect graduate from the Manipal Institute of Technology.*







# Called to the Bar



I was in high spirits when I was given the portfolio for alcoholic beverages two months before the 24th Manipal Alumni Convention in Port Dickson. After all, how can this job be that tough as all I had to do was to order the booze and ensure that there was enough drinks to go round for 2 days. Guess what guys....I ended up having the toughest job in hand.

It all started 1 month before the Convention when I was given strict instructions from the Committee to call for an open tender for the beers and the liquor. For the beer category, GAB was the obvious choice. For the liquor, there were 5 to 6 bidders vying for the contract. It was a tough battle out there and an even tougher decision to choose. Finally, a decision was made and the successful bidder has promised to give a better pricing for our 25th Manipal Alumni Celebrations.

After settling the beers and the liquor, I was given a rude shock when I was told to organize the mixers for the liquor 2 weeks before the Convention. The total number of mixers and the variety of mixers were even more than the liquor. I was under the impression all along that ice and water were the only mixers needed. Ordering the mixers from the hotel was out of the question due to the exorbitant pricing and therefore had to source them from outside. Luckily, the local P.D. lad, Dr. Vijayan Pillai gave me the contact.



1 week before the Convention, I was reminded that a few servers will be needed to help out in the bar and this is when panic and mayhem started setting in as I was unsure on how and where to hire the servers from. Thankfully, Dr. Vijayan was there to the rescue again as he managed to get 2 to 3 boys from the Port Dickson Golf and Country Club to help out at the bar.

By the eve of the Convention, my high spirits were sobering down already. What I had predicted and pictured in my mind as a light and easy portfolio was turning out to be a tough and complicated job. And complicated it was when the big day arrived. Suddenly I found myself in various roles....being a salesperson (promoting and selling coupons for the beverages), being a banker/financer (collecting cash and providing small change), being a disc jockey (playing good music and retro numbers at the lounge), being a bartender (ensuring the right mixer with the right drink and ensuring the right pressure and temperature for the beer barrels) and finally being a coordinator (to make sure everyone is at the right place at the right time).

At the end of both days, I was the last person to leave as I had to make sure the priced possessions were back at the safe. I also had to make sure that there were no night watchman or tail enders hanging around at the crease to request the famous 'one for the road' or 'one for the room' finale drink. I ended up going to bed at 4.00a.m. on both days. Fatigue was so bad that I slept through breakfast on both days.

Finally, after the Convention, I realized that I had the least to drink but had the worst hangover among the delegates probably due to the inhalation of alcohol rather than the ingestion. I realized that when one is called to the bar (whichever bar it maybe), it is not an easy task. Now we can imagine what our lawyer friends go through when they are called to the bar.

Nevertheless, it was an experience and an honor entertaining and serving you guys at the bar. I pledge to carry out and take my role to a higher spirit or rather a higher level for the forthcoming 25th Manipal Alumni Celebrations in July 2011. Mark your dates and see you all at the bar.

**Cheers....**

**Yam Seng....**

**Tagay!!!**

**Saravanan**





# DREADLOCK HOLIDAY

Simon asked me to write something about the annual Manipal gatherings, from an outsider's point of view. In what way am I an outsider? Well, I'm not a Manipal graduate, for a start. I'm not even a medical doctor! But does that make me feel like an outsider when I attend these conventions? Maybe it did the first couple of times, when I didn't know anyone. But not anymore. Each year, I see more and more familiar faces, and I look forward to the noise, the laughter and the togetherness. At these gatherings, everyone is made to feel welcome, and the organisers go out of their way to make sure that all participants are taken care of.

This year, even more so than previously, the committee made a huge effort to be as inclusive as possible, and to see to it that there was something for everyone to do. Most of the activities centred around sport – and as TJ and our boys will readily confirm, I do NOT do sport! But there was other stuff for me to do; a group of ladies had fun turning crepe paper into cheerleading pom-poms for the next day's sports events. I even tried my hand at darts, and very nearly got a bull's eye (not bad for someone with hopeless aim, whose main ambition was not to miss the dartboard completely). That was about it for my sports participation, but at least I contributed a couple of points to the Red Team's overall score.

One of the highlights of the function, for me, is the informal night, where everyone lets their hair down – almost literally, this year, as participants donned Rasta headgear complete with dreadlocks! It drizzled a little bit, but not enough to ruin the beach barbecue. The music was irresistibly



infectious, and soon had us dancing the night away. I wonder what your patients would think if they could have seen their sober, serious medical professionals on that night, wearing wigs and necklaces and multi-coloured tie-dye pants!

The formal night is of course always a little more serious (well, to start with anyway), with its speeches and presentations. Again, the music this year was excellent. Once the formal stuff is out of the way, though, everyone relaxes again and the party continues into the wee small hours of the morning. Not for those of us who have to get the kids to bed of course – but that doesn't matter; I have always thought of the formal night after-party as the last chance for the Manipal alumni to let loose, have a drink or three (or four...), to reminisce and bond. Which they do until 3 or 4 in the morning. And somehow, amazingly, they are there for breakfast the next morning at 9, bright-eyed and bushy-tailed. Or at least a great deal more bright-eyed and bushy-tailed than I could possibly be after so little sleep! I am amazed, year after year, at the capacity the Manipal alumni have for cutting loose and enjoying themselves.

For TJ, the annual get-together is obviously something to look forward to – a chance to meet up with old friends whom he does not see very often, whether because they work far away, or simply because our everyday lives are too busy. But Lucas, Stephen and I also look forward to 'Manipal time' because we've been included in the larger Manipal family; so I guess we're not outsiders anymore.

Susan Philip

*Ed. note - Susan is the spouse of TJ and currently is Assoc. Prof. English Dept. University of Malaya.*



# Manipal Alumni Association Malaysia RASTA NIGHT



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# 25th Anniversary Celebrations

**I**ronically its 25 years since I opened my GP practice. In the early days, get togethers' were held in some of the founder members homes. I used to get called but was forever stuck in my practice. We are hoping for a reversal of this trend.

The weather man predicts clear skies for July 2011 at Subang Holiday Villa. So mark your calendars, arrange your locums, book your flights and get out those dusty Woodstock clothes, hippy head bands and what not. Get ready guys, Manipal Alumni Malaysia promises you all one hell of an event. Subang Villa is gonna rock and you guys are gonna make it happen. Our target is 250 rooms..... means we have almost absolute command of the venue.....help us make this happen.

The theme for the convention - **"IMAGINE"** should stimulate some grey cells into "fantasy" mode.

The informal night's theme **"WOODSTOCK"** - 3 days of peace & music!  
I would add a few more like sports, fun, camaraderie & what happened to puppy love??

We are moving forward – the 2 night convention has become a 3 night affair. A welcome dinner on 14th July 2011 – Thursday night (excellent entertainment is being lined up).

The venue has many sports facilities. The cricket "oval", Golf courses and the stadium are a short distance away – the sports coordinators are working hard at the details for a great showdown. Come prepared – young & old / men & women – there will be some thing for all to do. Bring along your essential tools (sports equipment).

In the entertainment sector – we've been going to so many night spots to source some great music –my ear drums are gone already (what's left of them anyway). It's Woodstock night on Friday – so get ready to blast off. We promise you **music**.

**MUSIC and more music.**

The proposed schedule of events:-

Thursday	- 14th July 2011	Friday	- 15th July 2011
	- Jungle walk (for the more adventurous)		- Morning - Cricket & Golf – Malaysia Vs the Rest of the World.
	- welcome Dinner.		- Afternoon – Children's Activities & games.
Saturday	- 16th July 2011		- Night - Woodstock night.
	- Morning – CPD.		
	- Noon – Children's activities & games		
	- Evening – Gala Dinner – theme – Black & Silver		

We have many games as part of the convention. Depending on the numbers we intend to have games as "Malaysia" vs "The Rest of the World". So please come prepared. All can play (young, old, male, female) – as long as you are registered with the convention.

Please bring your sports equipment along. Some equipment may be available on rental

*Please note: Only those who have registered for the convention will be allowed to play in the games. No "buying / importing / enticing" of players will be allowed*

Proposed games:-

Golf	Bowling	Netball	Futsal	Snooker	Tennis
Cricket	Arm wrestling	Walk	Foosball	Darts	Badminton
Football	Table Tennis	Squash	Fishing	Water sports	Boat race

In an attempt to decentralize our functions we have appointed liaison officers in various parts of the country. It will be good if you guys could contact them. They are:-

• Bina Rai	012 408 3893	Penang	• Mano	019 627 3797	Melaka
• Manoharan	012 512 9312	Perak	• Kalvindran	012 385 6898	Seremban
• Vicky	016 797 7400	Johore	• Sarva	019 851 7201	Sabah
• Prema	07 235 8486	Johor			

**IMAGINE..... WOODSTOCK.....**

**Nirmal @ JJ**

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# 24th MANIPAL ALUMNI CONVENTION

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**References:** 1. Poldermans et al. Tolerability and Blood Pressure-Lowering Efficacy of the Combination of Amlodipine Plus Valsartan Compared with Lisinopril Plus Hydrochlorothiazide in Adult Patients with Stage 2 Hypertension. *Clin Ther* 2007; 29(2): 279-289. 2. Smith et al. *J Clin Hypertens*. 9:5(355-364). 3. Allemann et al. EXFAST study. *J Clin Hypertension*, Mar 2008. 4. Philip T et al. Two multicenter, 8-week, randomized, double-blind, placebo-controlled, parallel-group studies evaluating the efficacy and tolerability of amlodipine and valsartan in combination and as monotherapy in adult patients with mild to moderate essential hypertension. *Clin Ther* 2007; 29:563-580. 2007; 369:1431-9.

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## Sports Report 2010

**H**ip Hip Hooray to all concerned – participants and the committee of Port Dickson 2010.

1st class action, it definitely was.

Kick off was on Friday morning at the Port Dickson Golf & country resort.

Gross champion was Mr Finance minister – Dr Naga with Dr Peter Richards as the nett champion.

The early afternoon storm was not a deterrent. Foosball, table tennis, darts and snooker were held at the hotel. The rain helped keep the temperatures down whilst the spirits were on fire at the pool tables. We divided all delegates into colour coded houses (as in school). They were about 60 people in each house. A rotation system was used for categorizing. They were:-

Red	–	Valley View
Yellow	–	Tiger Circle
Green	–	Iceland
Purple	–	End Point

The point system:-

2 points for participation

15 for champions;

10 for runners up and

5 for 3rd spot (where applicable).

The total was summed up and there was an overall champion without a trophy!!

We are actually contemplating making this a permanent feature.

Foosball was dominated by Kewaljit & family – the boys returning as champs and the girls runners up – BULLY'S ???

Kumar Rajah and Manoharan Kumaran from Iceland dominated the darts. (So now we know wat they were doing in Iceland all the time.....).

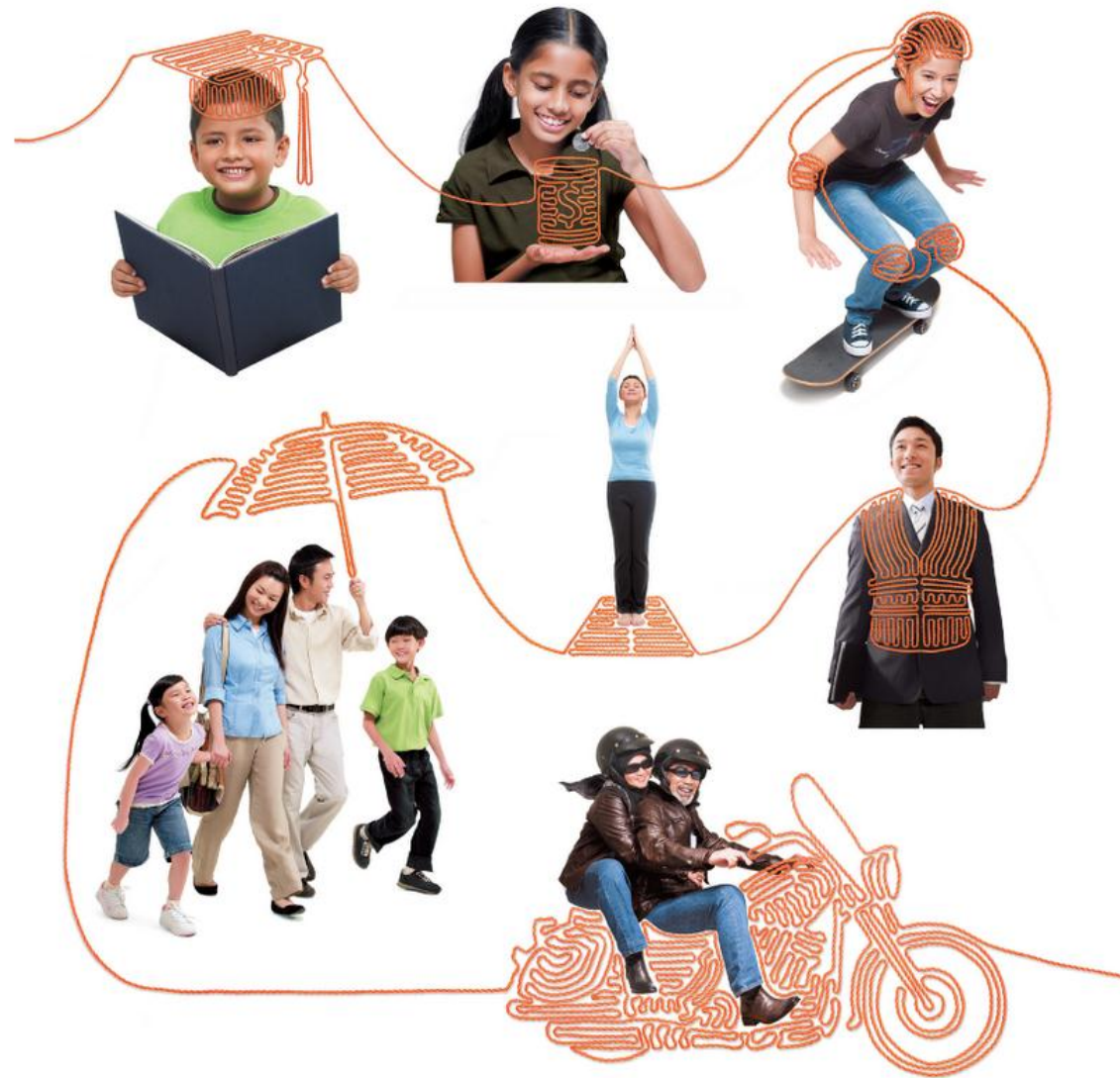
Table tennis went to Pritpal & Sushil while Kewaljit & Pavan were runners up (Match fixing ..??)

Snooker was an exciting finish with Shashidaran & Darshan Kumar coming first.

While at the Yacht Club the events were delayed due to the rain. Thunder & lightning was on the squash courts too. Finally it was Presad 1st, Daljit 2nd and Doshi 3rd. David Netto was the champ in Tennis.



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"Save the World" was the Theme for the Children's activities session on Friday afternoon. The kids made a banner which turned out to be very colorful and was hung up on the beach during the Tele Matches. The kids did extremely well.

The biggest difference this year was not only the many different sporting events but the camaraderie which was very evident as all events were held on the beach. There was no break up the of the delegates – shipping them from one venue to another; No traffic jams, ferrying the trophies, equipment, drinks and then forgetting to bring them back..... hope that's the end of that era.

A DJ spun music while lunch was served on the beach during the telematches and all the other games from 11 am till 4 pm. Alas, all this minus the ice cream man with the chime!!!

The children's tele-match was very exciting with the parents screaming and almost taking over the reins. The adult's telematch was another ball game – the aggression and competitiveness was incredible. Where the overall championship was concerned it's the children's telematch that turned the final outcome topsy turvy.

There was beach football with some outstanding finishing – penalty shoot outs and all.

In Beach volley ball, we were short of teams but managed to play a round.

North - South futsal (never say die one) was also held with North succumbing 6 – 5 (close ah...).

In the Veterans against the young ones.....the vets threatened their opponents to win by a mere 4 - 3.

The final overall standing was: –  
 End Point (purple) – 658 points  
 Iceland (green) – 644  
 Tiger circle (yellow) – 553  
 Valley View (red) – 338

2011

The 25th anniversary celebrations will be held at the Subang Holiday Villa from 14th till 17th July.

We need your support to make this a memorable event .

Please book early – we are gonna go online with bookings by the end of January 2011.



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<sup>a</sup> SU = sulphonylurea, specifically glipizide  
 PPG=postprandial glucose; FPG=fasting plasma glucose

References: 1. Goldstein B, Frerking M, Lunceford J, et al. for the sitagliptin 036 study group. Effect of initial combination therapy with sitagliptin, a dipeptidyl peptidase-4 inhibitor, and metformin on glycemic control in patients with type 2 diabetes. *Diabetes Care* 2007;30(8):1373–1380. 2. Nauck W, Moynier G, Sheng D, et al. for the 024 Study Group. Efficacy and safety of the dipeptidyl peptidase-4 inhibitor, sitagliptin, compared to the sulphonylurea, glipizide, in patients with type 2 diabetes inadequately controlled on metformin alone: a randomized, double-blind, non-inferiority trial. *Diabetes Other Metab* 2007;1:194–205.

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*Howzit everyone,*

The President & Committee convey their warmest greetings & hope all of you are wearing your hearts on your sleeves especially with all the turmoil surrounding us. Anyway the world is still a great place to live in, particularly, when you read about an Orang Asli lady in the jungles of Perak risking her life to save her husband from a mauling tiger on Valentine's Day with a stick....hmmm wonder if my wife will do that for me.

In any case we did end 2010 on a very tumultuous note which was namely our annual Convention in PD. The slightly trickled down turnout which we expected, due to the repeat venue and the impending International convention, did not deter us from having a great time. It was also an opportunity to experiment with some new ideas for the sports activities involving the adults & kiddos.

Since I happened to be the OC I thought it only fitting that I use this media occasion to thank my committee members individually and in no particular order of importance for their untiring commitment & dedication in making the 2010 Convention HAPPEN. Contemplated inviting them & splashing on a wild night out but it came to my notice that these kind souls prefer to settle for heartfelt compliments instead...so here goes.

**1) Jeyalan** - for allowing me the leeway & space to make my own decisions & particularly on the Informal night when I gambled on the uncompromising rain to stop so that we could have the outdoor RASTA beach party which finally turned out to be awesome.

**2) Nirmal** - the Inception dream to have so many extra games allowing everyone including our guests to participate and feel like they were in GLEE club.

**3) Charu** - she reinvented or rather rearchitected the children's activities. The kids & parents had such a great time bonding, I don't think they are going to forget her in a hurry. Charu the bad news is - you are stuck with this portfolio for life.

**4) TJ** - our diplomat for always staying cool & defusing tense situations. Wish he could do something about the scenario in Kerala & the Middle East.

**5) Charlie(Kewaljit)** - moderating the CPD & getting all those bargain colourful paraphernalia (kites, flags, raincoats & balls) from Chow Kit which mysteriously disappeared after the function. Anyway we got the blacklisted culprits on camera & mailed their pictures to Banting.

**6) Naga** - our 'Kanaku Pillai' who surprisingly did not restrict our expenses drastically as he normally does & for patiently tabulating the room occupancy.



**7) Bala & Jey** - for hosting the Gala Nite & looking ravishingly radiant behind the rostrum.

**8) Roshan** - True Grit for simply trouble shooting everything anytime anywhere anyhow.

**9) Sara** - for getting us premium liquor @ bootleg prices ( or was it the other way around?) & constantly supervising the beer barrels consumption while simultaneously hawking the coupons. Just for that I hope Sri Lanka wins the ICC World Cup....hahaha just kidding bro.

**10) Arun & Viji** - hmmm.....ah yes for literally breaking your backs soliciting 4 sponsors. Viji get well soon. Arun apa bikin? Please call home.

**11) Santiago** - Cool Hand Luke for organizing the menus, keeping your head level whilst handling the arduous task of the Gala Nite table arrangements and (wow) especially after you had read Interlok 5X.

**12) Kulen & Sangeeta** - great job managing the Secretariat & looking busy even when you are not doing anything.

Also a word of thanks to Vicky, Pathma & Sivapalan for taking the trouble to come all the way from Australia & New Zealand respectively. Siva hope you & family are OK in Christchurch. To Mani our loyal MAAM printer who met with a very serious traffic accident after delivering our supplies to Port Dickson - Get well soon bro. Thank you BM Selva & the rest - for your very kind written & verbal bouquet compliments. Once again guys I salute you & **Roomba Roomba Nandri**.

Next stop will be the Manipal Convention 2011 which is fast approaching & making our OC Nirmal very nervous & "uptight". Don't worry lah bro we know you are always either on top or behind these hot sticky situations. Enclosed with this newsletter you will find your Registration Form which is strictly for our MAAM members only, so please don't try to register online which is restricted for our foreign delegates. Please read Nirmal's article on the Convention and call us or the appointed regional liaisons if you have any enquiries.

The response overseas has been quite encouraging and we hope you guys will also take this opportunity to invite your classmates & colleagues to this goojals.

You can do this by forwarding our website address (below) & also registering on Facebook to locate your friends. Rest assured we have lined up many exciting surprises on our agenda for everyone during the Convention. Those of you who are not receiving our mail for various reasons please notify Kulen @ the Secretariat.

Last stop- Normally the busy bees @ MAAM conduct many other interesting activities during the year and here with no exception is our lineup for 2011. Please block the dates immediately.

## CALENDAR OF EVENTS 2011

JAN - Planning Strategy for Silver Jubilee Celebrations.

FEB - Membership Drive

APR - 1) CPD - April 3rd. Holiday Villa Subang Jaya.  
2) Community Service  
3) Dental CPD - April 23rd - Dr. Manjul Vasant  
- Venue- MAAM Secretariat

MAY - AGM - May 21st- Card Room. RSC Dataran. Kuala Lumpur.

JUNE - MMMC Convocation. Melaka

JULY - 25th MAAM ANNIVERSARY  
14-17 July. Holiday Villa. Subang Jaya.





SEPT - Membership Drive (Kuala Pilah)

OCT - CPD in Melaka

NOV - Trip to New Zealand

DEC - New Year's Eve Party (TBC)

Please volunteer for our Community Service and also partake in our CPD programmes especially the one next month where you also get the opportunity to receive the venue for our Silver Jubilee Convention. Our sponsors always relish a good crowd. We also hope that all of you will play your role in recruiting members for MAAM.

We plan to hit Kuala Pilah for a road show in the very near future.

Finally I would like to thank all the contributors in this issue of Howzit namely Nirmal, Susan, Charu, Kewaljit & Sara.

Hope you enjoyed reading their articles as much as I did & pray the excellent photos did justice to everyone who attended.

Please start making plans for our 25th Anniversary and we hope all of you will take the full package (3 nights / 2 nights) so that we can negotiate ruthlessly & aggressively with the Hotel management.

Remember Life is not measured by the number of breaths we take but by the number of moments our breath is taken away.

On that note I would like to say bye & see you guys soon.

Warmest Regards

*Simon Martin*

Editor

[howzitnews@gmail.com](mailto:howzitnews@gmail.com)

[www.manipal.org.my](http://www.manipal.org.my)



## FAST AND LONG-LASTING POWER<sup>1,2</sup>

*In a 24-hour clinical study of acute postoperative dental pain<sup>2,a</sup>*

**ARCOXIA® (etoricoxib) 120 mg<sup>b</sup> relieved pain in as early as 24 minutes after dosing**

**Analgesia persisted for as long as 24 hours**

*ARCOXIA is approved for a broad range of indications<sup>1</sup>*

**For patients with pain and inflammation caused by**

• **OSTEOARTHRITIS**

**30 mg**  
once daily

• **RHEUMATOID ARTHRITIS**

**60 mg**  
once daily

• **ANKYLOSING SPONDYLITIS**

**90 mg**  
once daily

• **ACUTE PAIN**

• **ACUTE GOUTY ARTHRITIS**

• **PRIMARY DYSPMENORRHEA**

**120 mg<sup>b</sup>**  
once daily

The dose for each indication is the maximum recommended daily dose, except for osteoarthritis, which has a maximum recommended daily dose of 60 mg.<sup>1</sup>

<sup>a</sup> ARCOXIA 120 mg should be used only for the acute symptomatic period (maximum use 8 days).<sup>1</sup>

Before prescribing, please refer to the full Prescribing Information.

**SELECTED SAFETY INFORMATION ABOUT ARCOXIA® (etoricoxib)** The decision to prescribe a selective COX-2 inhibitor should be based on an assessment of the individual patient's overall risks. **CONTRAINDICATIONS** ARCOXIA is contraindicated in patients with hypersensitivity to any component of this product and in patients with the following: • Congestive heart failure (New York Heart Association II-IV) • Established ischemic heart disease, peripheral arterial disease and/or cerebrovascular disease (including patients who have recently undergone coronary artery bypass graft surgery or angioplasty). **PRECAUTIONS** • Selective COX-2 inhibitors may be associated with an increased risk of thrombotic events (especially myocardial infarction and stroke), relative to placebo and some NSAIDs (naproxen). As the cardiovascular risks of selective COX-2 inhibitors may increase with dose and duration of exposure, the shortest duration possible and the lowest effective daily dose should be used. Fluid retention, edema, and hypertension have been observed in some patients taking ARCOXIA. ARCOXIA may be associated with more frequent and severe hypertension than some other NSAIDs and selective COX-2 inhibitors, particularly at high doses. • When using ARCOXIA in the elderly and in patients with renal, hepatic, or cardiac dysfunction, medically appropriate supervision should be maintained. Serious hypersensitivity reactions (such as anaphylaxis and angioedema) have been reported in patients receiving ARCOXIA. **SIDE EFFECTS** The following drug-related adverse experiences were reported in clinical studies in patients with OA, RA, or chronic low back pain treated for up to 12 weeks. These occurred in ≥1% of patients treated with ARCOXIA at an incidence greater than placebo: asthenia/fatigue, dizziness, lower extremity edema, hypertension, dyspepsia, heartburn, nausea, headache, ALT increased, AST increased.

### PATIENT IMPACT

*Following surgery, patients experiencing acute pain often require analgesia, ideally with rapid onset and sustained effect.<sup>2</sup>*



**THE POWER TO MOVE YOU** **ARCOXIA®**  
(etoricoxib, MSD)

<sup>a</sup> A randomized, double-blind, placebo- and active-comparator-controlled, parallel-group, dose-ranging trial enrolled 398 men and women 16 years of age and older with moderate-to-severe pain following extraction of 2 or more third molars, at least 1 of which was partially embedded in mandibular bone. Treatment consisted of ARCOXIA 60 mg (n=75), 120 mg (n=76), 180 mg (n=74), and 240 mg (n=73) once daily, ibuprofen 400 mg once daily (n=48), or placebo (n=49). Patients reported pain intensity and pain relief for 24 hours after dosing on a diary card. Onset of analgesia was determined with 2 patient-controlled stopwatches; the first stopwatch was stopped when patient achieved perceptible pain relief, and the second was stopped when patient achieved meaningful pain relief. The primary end point was T0PAINs. Onset of analgesia occurred as early as 24 minutes after dosing in at least 50% of patients taking ARCOXIA 120 mg. Analgesia persisted as long as 24 hours after dosing in 72% of patients taking ARCOXIA 120 mg.<sup>2</sup>

**References:** 1. Data on file, MSD Malaysia. 2. Malmstrom K, Sapre A, Coughlin H, et al. Etoricoxib in acute pain associated with dental surgery: a randomized, double-blind, placebo- and active comparator-controlled dose-ranging study. *Clin Ther*. 2004;26(5):667-679.