

## Message from the Director General of Health Malaysia



International Annual Nutritional  
and Lifestyle Medicine Symposium,  
23rd to 25th November 2018, Kuala Lumpur.

I wish to congratulate Persatuan Perubatan Integratif Malaysia (Association of Integrative Medicine Malaysia, AIMM) for organising The International Annual Nutritional and Lifestyle Medicine Symposium 2018 in collaboration with Alliance for Natural Health International and Integrative Conferences PLT. The chosen theme of “New Frontiers in Healthcare – From disease treatment and prevention to health creation” is apt at a time when the immense cost of healthcare continues to rise at an alarming rate. The high prevalence of both communicable and non-communicable diseases shows that we should put more effort into disease prevention for better health outcomes and more efficient use of finite resources.

Over the years, the Ministry of Health had embarked on various programs to create awareness among the public about the importance of leading a healthy and active lifestyle, consuming a nutritious diet, and keeping our environment clean and healthy. We have been successful in many areas, but more needs to be done. Moreover, all sector is a health sector and must give their full commitment toward creating a healthy ecosystem which empowers the public to take more responsibility for their health.

The best strategy is not just to prevent disease and treat the disease effectively if it still occurs, but to also pro-actively achieve optimum health such that diseases can be prevented or delayed for the longest time so one can enjoy the best quality of life. I note that this Symposium emphasises the creation of health. We need to progress from reactive medicine to preventive medicine, and ultimately to promotive medicine. Congratulations once again, and may the knowledge gathered here will further improve the care of your patients and clients.

A handwritten signature in black ink, appearing to read 'Jheh', with a long horizontal line extending to the right.

**Datuk Dr Noor Hisham Abdullah**

**Director General of Health Malaysia**