

# Malaysian Family Physician

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From Preconception  
to Beyond Life's End

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**Conclusion:** Smoking cessation counselling practice, knowledge and attitude were poor among primary healthcare workers in Perak's government health clinic. The low rate of formal training underscores the need for targeted interventions. District-specific differences suggest that localized studies should be considered to determine its influential factors.

**Keywords:** smoking cessation, primary healthcare, practice

### Poster ID ASC - 3

#### Review on Triglyceride Glucose Index Ratio and Homa-Insulin Resistance in Relation to Diabetic Diet in Primary Care Settings in Malaysia

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**Introduction:** The triglyceride-glucose (TyG) index and homeostatic model assessment for insulin resistance (HOMA-IR) are valuable markers in evaluating insulin resistance (IR) and metabolic health. In Malaysia, a nation with a high prevalence of diabetes, understanding the relationship between these markers and dietary management in primary care is crucial. This review explores existing studies on the TyG index and HOMA-IR in diabetic patients and their integration into dietary interventions within primary care settings, highlighting the Malaysian context.

Diabetes mellitus remains a critical health concern in Malaysia, with dietary interventions being pivotal for its management. Insulin resistance (IR), a central feature of type 2 diabetes, can be evaluated using the triglyceride-glucose (TyG) index and homeostatic model assessment for insulin resistance (HOMA-IR). The TyG index, derived from fasting triglyceride and glucose levels, is valued for its simplicity and reliability, while HOMA-IR offers a comprehensive measure of IR based on fasting glucose and insulin levels.

**Method:** A systematic review examined five literature was conducted using various prominent research databases with keywords included "Triglyceride Glucose Index," "HOMA-IR," "diabetic diet," "Malaysia," and "primary care" between 2010 and 2024. The TyG index was shown to correlate with diets high in refined carbohydrates and low in fiber, while adherence to low glycemic index (GI) diets, incorporating whole grains, legumes, and vegetables, significantly reduced TyG values. Additionally, foods with a low insulin index (II), such as proteins and fats, improved insulin sensitivity, though Malaysian studies on II remain limited. HOMA-IR demonstrated utility in monitoring IR improvements with dietary modifications, particularly diets rich in monounsaturated fats and low in saturated fats. Combining nutrition counselling with HOMA-IR monitoring enhanced patient compliance and outcomes.

**Discussion:** Despite their potential, barriers such as cost, limited resources, and lack of familiarity among primary care providers hinder the widespread use of these indices. Training and government support are essential for integrating these tools into routine practice.

**Conclusion:** The TyG index and HOMA-IR are effective for evaluating dietary interventions in Malaysian diabetic patients. Future research should prioritize longitudinal studies and standardized protocols to improve integration into primary care, ultimately enhancing patient outcomes and reducing the diabetes burden in Malaysia.

**Keywords:** triglyceride-glucose index ratio, HOMA-insulin resistance, diabetes mellitus, primary care

### Poster ID ASC - 4

#### Outcomes of Children with History of Maternal Diabetes in Pregnancy in Kuantan, Pahang

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**Introduction:** Prevalence of diabetes in pregnancy in Malaysia is increasing and it is associated with adverse outcomes. While maternal complications are well studied, there are limited data on fetal outcomes. This study aims to identify the the outcomes of children exposed to maternal diabetes in Kuantan.

**Method:** A study was conducted in 2024 involving 200 children aged 18 to 60 months whose mothers had diabetes during pregnancy. The children were purposely selected from eleven health clinics in Kuantan, Pahang. Researchers gathered information about the children's health history from the BRKK and perinatal data from the mothers' antenatal records. The data was analyzed using SPSS v27.

**Results:** The mean age of the children is 25.01 ± 10.41 months, with majority (52%) being boys, and 94% are Malays. The mean birth weight is 3.10 ± 0.40 kg, with a small percentage (5.5%) classified as macrosomic or with low birth weight. For neonatal complications: low Apgar scores at 5 minutes is 0%, neonatal hypoglycemia at 3%, respiratory distress syndrome (RDS) at 1.5%, and neonatal jaundice at 20%. For late complications: 6.5% of children have developmental delays and 0.5% have abnormal M-CHAT. The mean BMI of the children is 15.44 ± 1.63 kg/m<sup>2</sup> with 8.5% are categorized as overweight. Regarding maternal diabetes: 94% of the mothers had gestational diabetes, with most (93%) being controlled and 29.5% being treated with pharmacotherapy. The mean HbA1c is 5.37 ± 0.91%.

**Conclusion:** The data illustrates low incidence of adverse outcomes among study population with a relatively good control of maternal diabetes while highlighting areas of concern, particularly in neonatal jaundice and developmental delays.

**Keywords:** fetal outcomes, maternal diabetes

### Poster ID ASC - 5

#### Knowledge and Practice of Screening Testosterone Deficiency Syndrome Among Primary Care Practitioners in Melaka Tengah District

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