

Simple Healthy Cooking

**What's
Next In
Diabetes?**

**Biggest
Diabetes
Myths &
Facts**

**Think Diabetes
Think Heart
Think Kidney**

10

**Easy & Tasty
Recipes**

**Diabetes
Serious
Meh?**

**Relationship
between Diabetes,
Heart & Kidney**



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ABOUT FOR YOUR SWEETHEART CAMPAIGN



For Your Sweetheart Campaign is a nationwide public awareness and education campaign organized by Diabetes Malaysia (DM), Malaysian Endocrine and Metabolic Society (MEMS) and Malaysian Diabetes Educators Society (MDES), supported by Boehringer Ingelheim.

The campaign aims to educate the public, especially those living with diabetes, about the link between diabetes and heart diseases. This campaign also aims to highlight the urgent need for those living with diabetes to take care of their heart health. Patients and their caregivers must know their increased risks of developing heart disease. They are encouraged to speak to their doctors or diabetes educator (DE) to learn how they can protect their heart and prevent heart disease.

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DIABETES SERIOUS MEH?

Diabetes is a lifelong disease that requires a long-term management. It occurs when your blood sugar level is too high.¹ It is a chronic disease that happens when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces.¹ Insulin is a type of hormone that regulates how the body uses and stores glucose and fat.

Unhealthy levels of glucose in the blood can lead to long- and short-term health complications.¹

LINKAGE BETWEEN DIABETES, HEART & KIDNEY

Type 2 diabetes can cause diseases on your heart and kidney. This is because these organ systems share the same blood flow in our bodies.

HOW CAN DIABETES CAUSE HEART DISEASES?

Over time, high blood sugar can damage blood vessels and the nerves that control your heart. People with diabetes have a higher chance to have other conditions like high blood pressure, too much 'bad' cholesterol and high triglycerides that raise the risk for heart disease.



HOW CAN DIABETES CAUSE KIDNEY DISEASES?

Each kidney is made up of millions of tiny filters called nephrons. From time to time, high blood sugar from diabetes will damage the blood vessels in the kidneys as well as nephrons, causing the kidneys can't function normally as they should.²



HOW TO PREVENT HEART & KIDNEY COMPLICATIONS?



**BE PHYSICALLY
ACTIVE**



**EAT FOODS
LOW IN SALT**



**EAT MORE
FRUITS AND
VEGETABLES**



**TAKE YOUR
MEDICINES
AS DIRECTED**



**EAT ADEQUATE AMOUNT
OF WHOLE GRAINS
AND GOOD FATS**



**MAINTAIN
OPTIMAL
BODY WEIGHT**

**FREE HbA1c
Diabetes Screening
Voucher!**



TEST YOUR KNOWLEDGE
Participate in our quiz NOW to get a
FREE HbA1c Diabetes Screening Voucher.
WWW.FORYOURSWEETHEART.MY



References:

1. National Institute of Diabetes and Digestive and Kidney Diseases. Diabetes Overview, What is Diabetes. Available on: <https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes>. Last accessed 15 July 2019.
2. Centers for Disease Control and Prevention. Diabetes and Chronic Kidney Disease. <https://www.cdc.gov/diabetes/managing/diabetes-kidney-disease.html> (accessed 23 March 2022).

IS EARLY DETECTION IMPORTANT?

Yes! Early detection is the key to better manage your condition. It can prevent serious diabetes-related complications, and prevent the permanent damage to the vital organs, such as heart, kidney and etc.

Therefore, **For Your Sweetheart Campaign** invites all Malaysians to keep themselves and their loved ones healthy with a **FREE Diabetes HbA1c Screening** at participating clinics nationwide.



GET FREE
HbA1c Diabetes Screening Now

Manage Your Diabetes
to Keep Your HEART Healthy





Scan the QR / log on to
www.foryoursweetheart.my
to Redeem Voucher

DIABETES vs CARBOHYDRATES vs BLOOD SUGAR

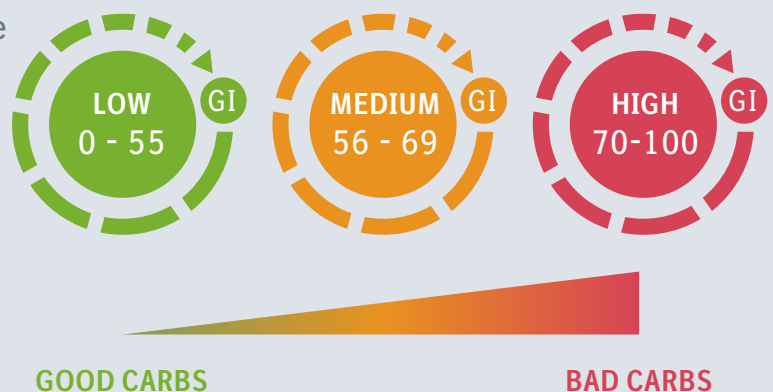
The Malaysian diet contains food that many people instantly recognize as carbohydrate rich food. This includes staples such as rice, noodles, pumpkin, carrot, sweet potato, beans, yam, sweetcorn and etc. You are probably wondering if there is any food left to eat.

The good news is that you **do not need to avoid any carbohydrate containing food**. Having diabetes does not have to limit a person's meal choices and **healthy eating for people with diabetes is no different than for everyone else**. What you need to do is to **eat a controlled amount and serving portion of carbohydrate rich food**.

GLYCEMIC INDEX (GI) - IMPORTANT TOOL FOR BETTER DIABETES MANAGEMENT

Glycemic Index (GI) is a value to measure the rate of how quickly carbohydrate in food raises the blood glucose. The higher the GI value, the greater the effect on blood sugar levels.

Understanding GI of foods can help us in controlling diabetes along with carbohydrate counting.

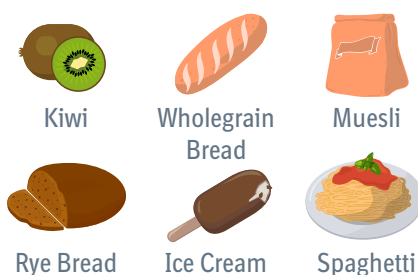


EXAMPLE OF CARBOHYDRATES AND ITS GI CATEGORY

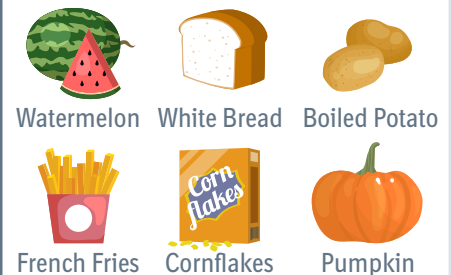
LOW GI (0 - 55)



MEDIUM GI (56 - 69)



HIGH GI (70 - 100)



THE 5 BIGGEST DIABETES DIET MYTHS & FACTS

People with diabetes often get overloaded with information from the internet as well as many other sources. Yes, some of them might be true, but some can be myths. It is very important to understand the facts about diabetes.

Let's check out the myths and facts below.

MYTH - Avoid eating potato, sweet potato, pumpkin, and corn.

TRUTH - All the stated food above is in the food group of carbohydrate. Yes, carbohydrate intake will increase the blood sugar level. However, these starchy vegetables are highly nutritious and consist of various vitamins, minerals, antioxidants and fiber which are essential to our body. One should never avoid taking these, but to control the portion size.



MYTH - Diabetes should eat more vegetables and fruits than people without diabetes.

TRUTH - Vegetables and fruits provide good source of fiber, vitamins and minerals. It is crucial to take adequate fiber as it helps to protect against heart disease, cancer and diabetes. Recommend 2 serving of fruits and 3 serving of vegetables daily.



MYTH - Eating less/ skipping breakfast can helps to manage diabetes and help to reduce the fluctuation of blood sugar level.

TRUTH - It's important not to skip meals in order to prevent cravings and overeating at later meals and blood sugar tends to fluctuate and making diabetes hard to control.



MYTH - Drinking coffee or alcoholic drinks can increase blood sugar level.

TRUTH - Sugar, syrups, condensed milk and sweetened milk are carbohydrates. Therefore, black coffee with NO added sugar is the best choice. While alcohol, can interfere with the oral diabetes medication or insulin which will lead to low blood sugar level (hypoglycemia). Thus, best to avoid alcohol intake.



MYTH - All 'sugar free' / Sugar substituted products are good and able to consume as much as you wish.

TRUTH - Sugar-free products do not mean they are carbohydrate-free. Read the food labels can help to understand the nutrition content better.



Visit our Expert Guide on www.foryoursweetheart.my for more details explanation.

SIMPLE • HEALTHY COOKING

with Chef Nik Michael Imran

*"I aim to retain amazing flavour of food while
modifying the nutrient intake without making patients
feel like they don't have a choice regarding their diet."*



SCAN THE QR / LOG ON TO
WWW.FORYOURSWEETHEART.MY
TO VIEW THE FULL RECIPE VIDEO



BREAKFAST WRAP

SIMPLE • HEALTHY
COOKING

Main Meal



MINUTES

20



CALORIES (KCAL / SERVING)

414



PROTEIN (G)

37.53



SERVES

2



CARBOHYDRATE (G)

35.95



FAT (G)

14.19

INGREDIENTS

2 Wholemeal Wraps

1 Tomato, Sliced

1/2 Avocado, Thinly Sliced

50g Lettuce

2 Eggs

**200g Chicken Tenders,
Poached At 68°C for
1 Hour**

1 tbsp Chives, Finely Sliced

**50g Button Mushrooms,
Stems Removed and Diced**

2 tbsp Fat-Free Mayonnaise

**1 tsp Hot Sauce, Optional
Salt to Taste**

INSTRUCTIONS:

1. Make mushroom scrambled eggs by beating eggs together with salt, then cook in a non-stick pan over medium low heat. Stir often until you get a soft scramble. Add in mushrooms and allow to warm through. Turn off fire and mix in chives. Set aside.
2. Spread a thin layer of mayonnaise on tortilla and toast on a pan on medium low heat, mayonnaise side up. On a quarter of the wrap add lettuce and tomato. On the next quarter, add mushroom scrambled eggs. On the third quarter, add a fan of thinly sliced avocados. On the final quarter, add diced chicken with some salt to taste. Fold tortilla in half, then half again. Continue toasting both sides of tortilla on the pan until lightly browned.
3. Serve immediately with some hot sauce.



LOW GI ROTI CANAI WITH SALMON FISH CURRY



MINUTES

20



CALORIES (KCAL / SERVING)

692



PROTEIN (G)

49.26



SERVES

2



CARBOHYDRATE (G)

48.38



FAT (G)

25.11

INGREDIENTS

2 pcs *Frozen Low GI Roti Canai*

40ml *Cooking Oil*

1 *Red Onion, Thinly Sliced*

10 *Shallots, Thinly Sliced*

4 *Cloves Garlic,
Thinly Sliced Inch Ginger,
Cut into Matchsticks*

1/2 tbsp *Mix Fenugreek /
Halba Campur
(Fenugreek, Cumin, Fennel
Seed and Mustard Seed)*

2 tbsp Each *Mix 2 Brands
of Fish Curry Powder*

2 tbsp *Kurma Powder*

1/3 Can *Crushed Tomato*

1 tbsp *Tamarind Water
(Air asam jawa)*

650ml *Water*

2 Stems *Curry Leaves*

100g *Coriander*

400g *Salmon*

2 *Ripe Tomatoes*

1 *Red Chili*

2 *Okra*

Salt to Taste

INSTRUCTIONS:

1. Add oil in a pot on medium heat, sauté onion and shallots until their tips are starting to brown.
2. Add Mix Fenugreek / halba campur to toast them lightly, being careful not to burn them. Once fragrant, add ginger and garlic. Saute everything until lightly browned.
3. Add curry powder and kurma powder. Saute lightly the powder mixture before adding water. Leave to simmer for about 5 minutes until oil starts to come to the surface (pecah minyak)
4. Then add crushed tomatoes and tamarind water. Bring to boil.
5. Add curry leaves and coriander stems (reserve leaves for garnish). Season with salt to taste before adding the salmon, tomato, red chilli, and okra. Cook salmon for 5 minutes.
6. Once salmon is cooked and vegetables are soft, turn off the heat and add coriander leaves. Leave the pot covered before serving.
7. Pan fry the roti canai straight from the freezer on medium-high heat. Follow timing and instructions on roti canai packet for best results.
8. Serve roti canai with curry on the side or on top, as you wish.



GRILLED CHICKEN LEMON GARLIC YOGHURT SALAD



MINUTES

20



CALORIES (KCAL / SERVING)

323



PROTEIN (G)

21.91



SERVES

2



CARBOHYDRATE (G)

11.8



FAT (G)

21.18

INGREDIENTS

100g *Romaine Lettuce, Chopped*
5 *Cherry Tomatoes, Sliced in Half*
1/4 *Red Onion, Thinly Sliced*
1/2 *Japanese Cucumber, Diced*
4 *Mini Mozzarella Balls*
1/2 *Lemon*
2 *Cloves Garlic, Grated*
20g *Fresh Parsley, Finely Chopped*
50g *Low-Fat Greek Yoghurt*
1 tsp *Cumin Powder*
1 tsp *Turmeric Powder*
1 tsp *Garlic Powder*
1/2 tsp *Cinnamon Powder*
2 tbsp *Mayonnaise*
2 pcs *Chicken Thigh/Breast, Boneless*
Paprika to Taste
Cayenne Powder to Taste
Black Pepper
Salt to Taste

INSTRUCTIONS:

1. Prepare marinade for chicken: Mix mayonnaise, cumin, garlic powder, turmeric, paprika, cinnamon, cayenne, and some black pepper.
2. Toss chicken in marinade. Can be used immediately or marinated in advance for up to 24 hours.
3. In a hot heavy pan, sear one side of the chicken until golden brown and crispy, about 4 minutes. Then, flip and cook the other side until cooked through, about 3 minutes.
4. Prepare yoghurt dressing for salad: Mix together yoghurt, garlic, black pepper, lemon juice, fresh parsley and salt.
5. In a bowl, gently toss lettuce, tomato, cucumber and onion with the prepared yoghurt dressing. Top with thickly sliced chicken and mozzarella balls. Serve right away.

SIMPLE

HEALTHY

PAD KRA PAO WITH BROWN RICE

SIMPLE • HEALTHY
COOKING

Main Meal



MINUTES

20



SERVES

2



CALORIES (KCAL / SERVING)

427



CARBOHYDRATE (G)

26.93



PROTEIN (G)

24.89



FAT (G)

24.25

INGREDIENTS

150g *Chicken Thighs*

1 tbsp *Low Sodium Soy Sauce*

1 1/2 tbsp *Fish Sauce*

1 tbsp *Oyster Sauce*

1 tbsp *Thai Palm Sugar*

5 *Cili Padi, Roughly Chopped*

6 *Cloves Garlic, Roughly Chopped*

1 *Shallot, Roughly Chopped*

2 tbsp *Grapeseed Oil*

50g *Thai Holy Basil*

100g *Cooked Brown Rice*

1 *Fried Egg*

Salt to Taste

INSTRUCTIONS:

1. In a mortar and pestle, pound together cili padi, garlic, shallots, and a little salt into a rough paste.
2. Add oil in a wok on medium-high heat until it starts to shimmer. Then add the pounded paste and stir fry until fragrant and lightly browned.
3. Add minced chicken and stir vigorously to break up clumps. Continue cooking until meat turns white, about 1-2 minutes.
4. Add fish sauce, soy sauce, oyster sauce and dark soy sauce. Stir fry until well combined. Continue until barely any liquid left.
5. Add in Thai holy basil, turn off heat and stir together until leaves are lightly wilted.
6. Serve with brown rice and top with a fried egg.

QUINOA GORENG KAMPUNG

SIMPLE • HEALTHY
COOKING

Main Meal



MINUTES

20



SERVES

2



CALORIES (KCAL / SERVING)

379



CARBOHYDRATE (G)

35.83



PROTEIN (G)

23.11



FAT (G)

16.55

INGREDIENTS

2 tbsp *Grapeseed Oil*

6 *Garlic*

4 *Shallots*

4 *Cili Padi, Red & Green*

1 tsp *Belacan*

20g *Dried Anchovies*

6 pcs *Tiger Prawns*

185g *Tri-Color Quinoa*

30g *Japanese Cucumber*

30g *Tomato*

1 *Fried Egg*

1 tbsp *Spring Onion*

Salt to Taste

INSTRUCTIONS:

1. Roughly chop garlic, cili padi and shallot. Place into pestle and mortar together with belacan and ikan bilis. Add a little salt and pound into a coarse paste.
2. Heat up oil in a wok on medium heat. Once the oil is shimmering, lightly sauté prawns until it starts to turn red, about 1 minute.
3. Add the coarse paste in and stir fry until fragrant and lightly toasted, about 3-5 minutes.
4. Add quinoa and toss everything together on high heat until well mixed, about 2 minutes.
5. Turn off the fire and add cucumber and tomato. Toss lightly to combine. Season with salt to taste.
6. Serve with a fried egg on top and garnish with spring onion.

MAPO TOFU

SIMPLE • HEALTHY
COOKING

Main Meal



MINUTES

20



SERVES

1



CALORIES

(KCAL / SERVING)

430



CARBOHYDRATE (G)

57.83



PROTEIN (G)

21.45



FAT (G)

13.42



INGREDIENTS

1 Cup *50/50 Brown and White Rice, Cooked*

120g *Soft Tofu, Diced*

30g *Chicken, Minced*

2 tsp *Corn-starch*

1 tsp *Oyster Sauce*

1/2 tsp *Toban Djan (Chilli Bean Sauce)*

1/2 tsp *Stevia*

1 *Cili Padi, Finely Sliced*

1 *Garlic, Finely Diced*

1 *Spring Onion*

1 tsp *Cooking Oil*

1/2 tsp *Sesame Oil*

90g *Asparagus, Diced*
Drizzle Of Dark Soy Sauce for Colour, Optional

Salt to Taste

Water

INSTRUCTIONS:

1. Mix minced chicken with cornstarch (1tsp), oyster sauce and 2tsp of water. Mix well and set aside to marinate for 5-10 minutes. Mix together 1tsp corn-starch with 2tsp water in another small bowl.
2. Preheat a wok. Add cooking oil, garlic and cili padi. Sauté garlic until golden brown, then add chicken. Stir fry until chicken is cooked, then add toban djan. Continue to stir fry for another minute, then add a splash of water, salt, stevia, oyster sauce (1tsp) and dark soy sauce. Stir to combine, then add tofu and asparagus. Carefully stir the mixture so as not to break up the tofu, then cover with a lid and let simmer for 4-5 minutes.
3. Add prepared corn-starch mix while stirring and allow to simmer until the sauce thickens enough to coat the tofu. Lastly, add sesame oil and a sprinkle of spring onion.
4. Serve with brown and white rice.



TENZARU SOBA



MINUTES

20



SERVES

2-3



CALORIES (KCAL / SERVING)

270



CARBOHYDRATE (G)

55.7



PROTEIN (G)

13



FAT (G)

<5

INGREDIENTS

200g *Dried Buckwheat Soba Noodles*

120ml *Tsuyu (Soy-based dipping sauce)*

2 *Spring Onion, Thinly Sliced*

100g *Baby Spinach*

30g *Cherry Tomatoes, Halved*

2 tbsp *Roasted Sesame Dressing*

1 *Egg*

150g *All-Purpose Flour*

25g *Baking Soda*

250ml *Soda Water*

6pcs *Tiger Prawn*

2 tbsp *Roasted Seaweed, Shredded*

2 tsp *Fresh Wasabi*

160ml *Cold Water*

A Few Ice Cubes

Cooking Oil

INSTRUCTIONS:

SOBA PREPARATION

1. In a pot of boiling water, boil buckwheat soba noodles according to the packet instructions (estimated 5 minutes). Have a bowl of ice water and a strainer ready in the sink. Once noodles are ready, pour into strainer and toss under running water to quickly cool down noodles. Then, transfer noodles into the bowl of ice water and leave to chill while preparing next steps.
2. Strain noodles out of iced water and serve on bamboo mat on a plate. The bamboo mat is to help in draining any remaining water from the noodles so it would not soak in the water and become soggy.

DIPPING SAUCE

3. In a jug, mix tsuyu with cold water. Pour into dipping bowls to serve.
4. In a small plate, assemble a small amount of wasabi in between some seaweed and spring onion. Serve on the side with dipping bowl.

SALAD

5. Mix a salad of baby spinach and cherry tomatoes with roasted sesame dressing to serve on the side.

PRAWN TEMPURA

6. Whisk egg with soda water in a mixing bowl. Add ice cubes to keep cold. Mix flour with baking soda and whisk together before adding into egg and soda water mixture. Mix lightly with a pair of chopsticks until just starting to come together.
7. Heat oil in a pot on medium. Powder prawns in flour then dip into batter to completely coat prawns. Lower prawn into oil while swirling around for about 10-20 seconds to form a light crust, then let it fry until cooked for about 2 minutes (depending on size). Drain excess oil on a kitchen towel and serve with soba.

BROWN PASTA ALLA PUTTANESCA

SIMPLE • HEALTHY
COOKING

Main Meal



MINUTES

20



CALORIES (KCAL / SERVING)

457



PROTEIN (G)

26.24



SERVES

3



CARBOHYDRATE (G)

47.27



FAT (G)

19.98

INGREDIENTS

225g *Whole Grain Spaghetti*

4 1/2 tbsp *Extra Virgin Olive Oil*

4 *Cloves Garlic, Thinly Sliced.*

1 *Anchovy Fillet, Finely Minced.*

60g *Capers, Roughly Chopped.*

60g *Sliced Black Olives*

335g *Canned Whole Tomatoes*

140g *Canned Tuna (In Water)*

1tbsp *Fresh Parsley*

30g *Parmesan Cheese*

Black Pepper to Taste.

Chili Flakes to Taste.

Salt to Taste

INSTRUCTIONS:

1. Add olive oil in a pan on medium-low heat, then add in garlic and anchovies. Lightly sauté for 5 minutes to infuse the oil. Be careful not to burn the garlic.
2. Add chili flakes, capers and olives. Continue to sauté for 2 minutes.
3. Add tomatoes and stir everything to combine. Leave to simmer for 3 minutes.
4. Add pasta and pasta water and vigorously toss to combine. The tossing action will help thicken up the sauce as it reduces slightly.
5. Season with salt and black pepper. Then add tuna and toss until tuna is heated through. Stir in fresh parsley.
6. Serve with some fresh parsley on top with parmesan cheese.

COCONUT CREPES

SIMPLE • HEALTHY
COOKING

Dessert



MINUTES

20



SERVES

10



CALORIES (KCAL / SERVING)

190



CARBOHYDRATE (G)

8



PROTEIN (G)

7.4



FAT (G)

14

INGREDIENTS

4 Eggs

250ml Coconut Milk

35g Coconut Flour

1tbsp Corn-starch

**200g Strawberries,
Quartered**

80ml Allulose Sweetener

450g Fresh Ricotta

INSTRUCTIONS:

1. To make the batter, mix together eggs and coconut milk until combined. Then, add coconut flour and corn-starch and whisk until homogenous.
2. In a non-stick pan, heat on medium-low. Ladle in enough batter to form a thin layer. Leave untouched until the middle of the crepe starts to turn dry, then flip over and cook the other side for 1 minute. If the crepe is sticking to the pan, it helps to loosen the edges by sliding a spatula tip in between the crepe and pan. Continue until the batter is finished.
3. With the cooked crepes, fold them into half, and then half again to form quarters.
4. In a non-stick pan, add water, Allulose Sweetener and strawberries. Cook on medium-high heat until syrupy and strawberries have softened slightly. Then, add the crepes in a single layer and cook for 30 seconds to warm through.
5. Serve crepes on to a plate and top with a dollop of fresh ricotta. Serve immediately.

* tbsp – tablespoon; tsp – teaspoon

* Allulose Sweetener may cause gastrointestinal intolerance (nausea, headache, diarrhea, abdominal pain) when consuming in an excessive amount (more than 0.9g/kg body weight/d) even though we are lacking conclusive scientific evidence.

RASPBERRY AND BANANA MOUSSE

SIMPLE • HEALTHY
COOKING

Dessert



MINUTES

20



SERVES

2



CALORIES (KCAL / SERVING)

150



CARBOHYDRATE (G)

28.2



PROTEIN (G)

8.9



FAT (G)

<1

INGREDIENTS

2 Egg Whites, Pasteurised

1 tbsp Stevia

**60g Banana,
Frozen and Sliced**

50g Raspberry, Frozen

40g Strawberries

30g Blueberries

INSTRUCTIONS:

1. Prepare a blender. Add egg whites and stevia in the blender and blend on low to mix well for 1 minute. Then, increase speed to high until stiff peaks have formed. Transfer contents into a mixing bowl.
2. Add banana and raspberry into the same blender and blend on medium until the colour is uniform. Fold blended banana and raspberry into egg white mix bit by bit to make into a mousse.
3. In a glass cup, fill the base with a mix of strawberries and blueberries. Top with mousse and serve immediately.



DIABETES MALAYSIA (DM)

Diabetes Malaysia (DM) formerly known as Persatuan Diabetes Malaysia is a non-profit, non-governmental organization formed in 1981 and registered in 1983 to help people with diabetes to lead healthy and productive lives. DM has 14 State Branches and 39 District Branches with about 13,351 active members in 2018 comprising people with diabetes, medical and health professionals and others interested in diabetes. Our mission is to promote diabetes care through awareness, prevention, education and management.



MALAYSIAN DIABETES EDUCATORS SOCIETY (MDES)

The Malaysian Diabetes Educators Society (MDES) is one of the leading Malaysian organizations for healthcare professionals providing diabetes education and management.

MDES aims to improve the quality of life for people affected by diabetes, as well as those who are at risk, by enhancing self-management skills through education and public awareness.



**Malaysian Endocrine
& Metabolic Society**

MALAYSIAN ENDOCRINE & METABOLIC SOCIETY (MEMS)

MEMS was formed in 1981, aimed to advance knowledge and practice in the field of endocrinology through promotion of research and organising post-graduate teaching courses as well as organising congresses.



For more information, log on to our official website

www.foryoursweetheart.my