

# MSPP NEWSLETTER

March 2023



## MSPP Editorial Message

Dear MSPP members,

First and foremost, I hope it is not too late for me to wish everyone a happy new year 2023! Almost before we realized it, the first quarter of the year is almost over. The year 2023 brings about new challenges and opportunities to the society. We are now more ready than ever to serve all members with plenty of programs, most of which can now be done via physical mode. It is now time to re-connect eye-to-eye and talk research over coffee or lunch. The recently concluded 35<sup>th</sup> Annual MSPP Scientific Meeting was probably the last 100% virtual conference this society will ever organize. We sincerely hope that we will never again face a situation like the Covid-19 pandemic which resulted in resorting to online meetings. That being said, the pandemic did bring new technologies to the forefront, and the scientific meeting was a great success utilizing the Airmet online platform.

On behalf of the MSPP 2022/24 committee, we would like to thank the previous 2020/22 committee, especially the outgoing President, Prof. Dr. Nafeeza Mohd Ismail who did an outstanding job steering the society in the past two years. I, myself, was and still am inspired by her wisdom and leadership. I am also happy that MSPP is not lacking in succession of talented and emerging new leaders. Taking over as the new MSPP President and filling in the big shoes of Prof. Dr. Nafeeza, is Assoc. Prof. Dr. Wan Amir Nizam Wan Ahmad who has vast experience serving in the MSPP committee. I am very confident that MSPP is in good hands.

Congratulations also to the new committee members for the 2022/24 term. I am humbled to be re-elected and given the role as the Newsletter editor for the second term. The new committee wasted no time in organizing high-impact physical programs for MSPP members. On the 23<sup>rd</sup> and 24<sup>th</sup> November 2022, three MSPP flagship programs were successfully executed; MSPP Young Teacher's Award, MSPP Young Investigator Award and MSPP Refresher Course.



## MSPP 2022/2024 President's Address

Dear members,

I would like to take a moment to thank each and every one of you for your dedication and commitment to our society. Your involvement keeps us strong and vibrant, and I am grateful for all that you do.

As we begin this new year, I am confident that we can accomplish great things together. We have a lot planned, including a refresher course, the online sharing session by eminent speakers and the annual society scientific meeting, MSPP 2023 that will be hosted by UPM. I encourage you to get involved and make the most of your membership.

I would also like to encourage you to share your ideas and suggestions with the executive team and me. We are always looking for ways to improve and grow as a society, and your input is valuable.

Once again, welcome back to all of our returning members, and a warm welcome to our new members. I look forward to working with each and every single one of you, and making this a memorable and successful year for our society.

*Assoc. Prof. Dr. Wan Amir Nizam Wan Ahmad*  
MSPP President, [wanamir@usm.my](mailto:wanamir@usm.my)

We have many more exciting programs and events awaiting our members. The 36<sup>th</sup> MSPP Annual Scientific Meeting will be back via physical mode in July this year. Details are inside this issue. Don't forget to register now to get the early bird price! I hope to see you guys there. Till the next issue!

*Assoc. Prof. Dr. Izuddin Fahmy Abu*  
MSPP Vice President/Newsletter Editor  
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## HISTORY OF THE MSPP

The Malaysian Society of Pharmacology and Physiology (MSPP) started life as The Malaysian Society of Pharmacology and Experimental Therapeutics or MASPET which was formed in 1976. The society's membership later on, expanded to include physiologists, hence the decision to officially change to its present name in 1988. It has now become the primary Malaysian learned society of pharmacologists and physiologists.

Originally based in The University of Malaya, the oldest university in Malaysia, the Society has played a key role in promoting research among its members since its early days. The Society has been organizing its own Scientific Meetings as a platform for researchers to share their research findings and build networking and collaborations. The Meetings were originally held biennially, however with increasing interest and support, the frequency of the meetings was increased, and has now become an annual event, with the exception during the Covid-19 pandemic.

To date, MSPP is proud to have organized 35 scientific meetings, which were carried out on a rotational and voluntary basis among local universities. The scientific meetings have not only attracted local participants to come and share their knowledge and findings, but have also attracted many overseas participants from countries such as India, Pakistan, Iran, Iraq, Indonesia, Kuwait, Nigeria, Australia, Russia and Finland.

Members of MSPP consist of scientists and medically qualified personnel who work in academia, industry and also health services. The society's scope encompasses a broad spectrum of pharmacology and physiology including the basic and applied aspects of both areas. The society not only promotes research activities but also stresses on the teaching aspect of both disciplines through a series of refresher courses.

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## 35<sup>th</sup> MSPP Annual Scientific Meeting 2022 Report

From the 26<sup>th</sup> to 28<sup>th</sup> July 2022, the 35<sup>th</sup> MSPP Annual Scientific Meeting (MSPP 2022) was conducted via Airmet online platform in view of COVID related restrictions. This second virtual scientific meeting was hosted by the Faculty of Medicine, Universiti Teknologi MARA, and supported by the British Pharmacological Society (BPS) Assessment as the main sponsor.

The 35<sup>th</sup> MSPP meeting attracted a total of 155 registered participants, coming not only from Malaysia, but also attracted those from China, India, Iraq, Pakistan, Palestine, Russia, UK, and Yemen. A total of 65 abstracts were received, with 41 of them selected for virtual poster display and another 24 abstracts selected for oral presentations.

The opening ceremony of MSPP 2022 was officiated by Prof. Dato' Dr. Husaini Omar, Director General of Higher Education, Ministry of Education (MoE) Malaysia. This year's meeting centred on the theme "From Omics to Organism: Linking Basic Research with Healthcare Enhancement", where the keynote talk was delivered by the President of the Academy of Sciences Malaysia, Prof. Emerita Datuk Dr. Asma Ismail, entitled "Linking Research to Healthcare with Values" which was very well-received.

35th Scientific Meeting: Malaysian Society of Phar... View Schedule

← LIVE 04:18 Keynote Lecture 81 people in session REC

35th Annual Scientific Meeting of  
Fakulti Perubatan  
UNIVERSITI TEKNOLOGI MARA  
MALAYSIAN SOCIETY OF PHARMACOLOGY AND PHYSIOLOGY  
Supported by:  
BPS ASSESSMENT  
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SUBWAY LABQUIP

SPEAKER  
Prof. Emerita Datuk Dr Asma Ismail  
President, Academy of Sciences Malaysia  
Malaysia

SPEAKER  
Prof. Dr Harbindar

Search for an attendee

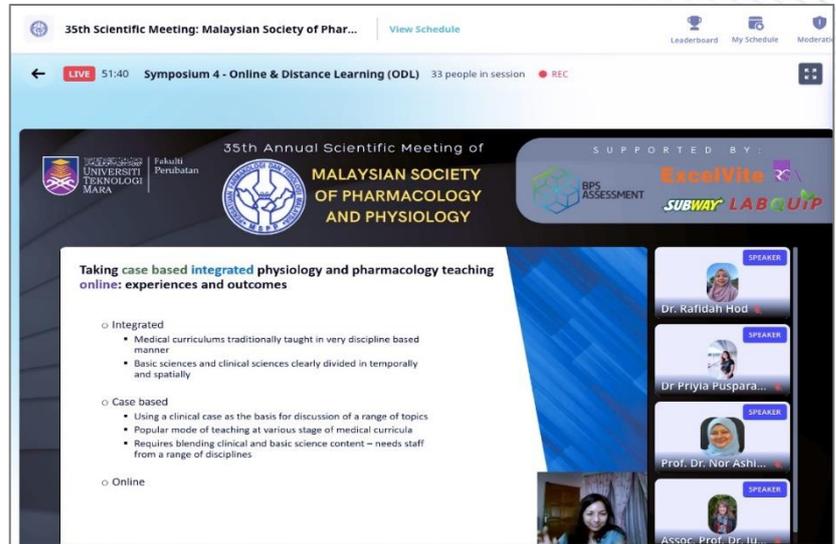
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### 35<sup>th</sup> MSPP Annual Scientific Meeting 2022 Report

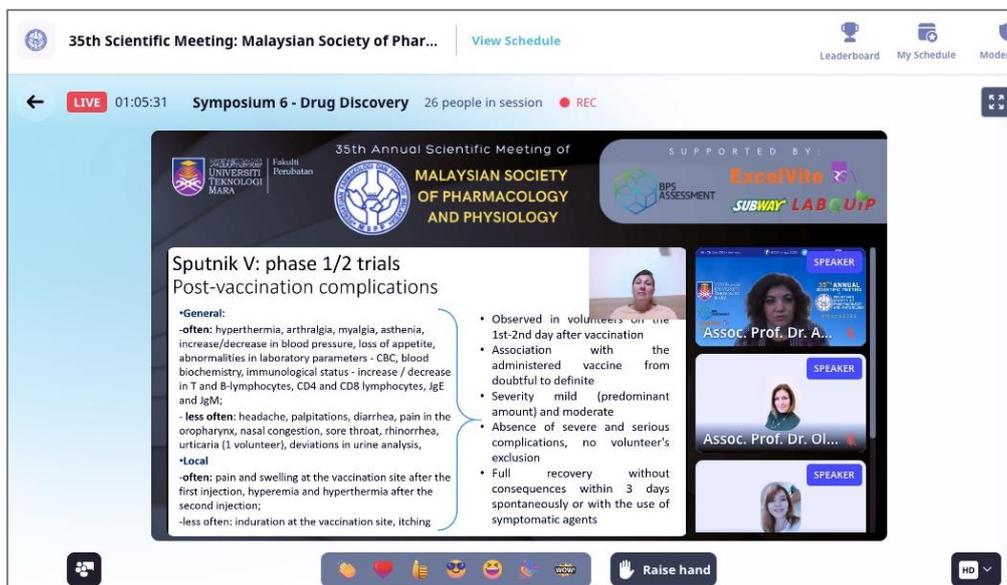
Participants of this year's meeting were awarded 20 CPD points from the Malaysian Medical Association. They had the opportunity to listen to distinguished local and international speakers including Prof. Dr. Harbindar Jeet Singh (UiTM), Prof. Dr. Raja Afandi Raja Ali (UKM) and Prof. Dr. Igor Smolenov (USA) who shared their research ideas and findings across five plenary talks and six symposia tracks.



At the end of the third day, prizes were given to the top three oral presentations and top three posters out of the seven selected for the "Rapid Fire" session. Three of the most active meeting participants, selected using the Airmet points system, were also awarded prizes.

MSPP 2022 was well-received and garnered mostly positive feedbacks from participants and speakers alike due to the combination of high-quality content and innovative use of the online platform. The organising committee must be highly commended for making MSPP 2022 a beneficial and interesting virtual event.

*By Dr. Muhammad Huzaimi Haron*  
*MSPP Exco / Chair, 35<sup>th</sup> MSPP Annual Scientific Meeting*  
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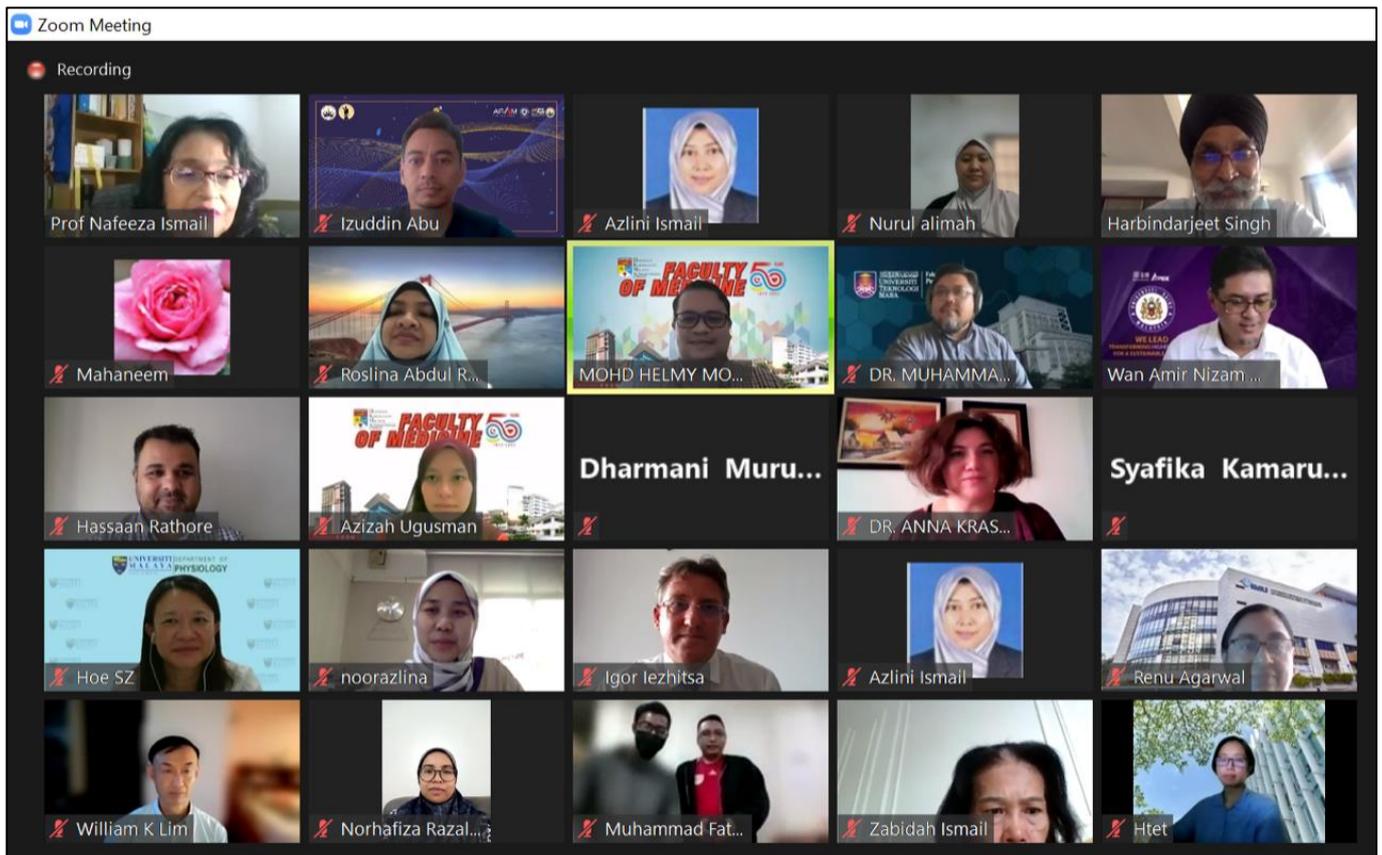
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## MSPP Annual General Meeting & Election of Office Bearers for 2022/2024 Term

The MSPP Annual General Meeting (AGM) 2022 was held virtually on the 26<sup>th</sup> July 2022 in conjunction with the 35<sup>th</sup> MSPP Annual Scientific Meeting. The AGM was attended by 36 MSPP members. The election of MSPP office bearers for the 2022/2024 term was also conducted virtually. Adapting with new norms and technology, our second virtual AGM and election was a great success!

Flip to the next page to see our elected MSPP 2022/2024 office bearers.



Some of the members who attended the MSPP AGM 2022

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## MSPP Executive Committee 2022/2024



### PRESIDENT

**Assoc. Prof. Dr. Wan Amir Nizam Wan Ahmad**  
Biomedicine Program, School of Health Sciences,  
Universiti Sains Malaysia.  
**Research interest:** Cardiovascular and metabolic  
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### VICE PRESIDENT

**Assoc. Prof. Dr. Izuddin Fahmy Abu**  
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### HONORARY SECRETARY

**Assoc. Prof. Dr. Mohd Helmy Bin Mokhtar**  
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### TREASURER

**Dr. Nurul Alimah Abdul Nasir**  
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### EXCO

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### EXCO

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### EXCO

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mechanism of non-alcoholic steatohepatitis  
(NASH) & non-alcoholic fatty liver disease, male  
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### EXCO

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### EXCO

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### EXCO

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### EXCO

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### MSPP Young Teacher's Award 2022

The MSPP Young Teacher's Award 2022 competition was held physically on 23<sup>rd</sup> November 2022 in the Faculty of Medicine, Universiti Kebangsaan Malaysia (UKM). The topic for Physiology was 'Ventilation and Perfusion', whereas the topic for Pharmacology was 'Current Modalities Treatment for Asthma'. The competition had attracted several young Physiology and Pharmacology lecturers from various institutions including Universiti Sultan Zainal Abidin, International Medical University, UKM and Monash University Malaysia to join as the contestants for this year's event.

The competition was judged by Assoc. Prof. Dr. Damayanthi Durairajanayagam (Universiti Teknologi MARA), Dr. Raja Elina Afzan Raja Ahmad (Universiti Malaya) and Assoc. Prof. Dr. Priya Pusparajah (Monash University Malaysia) for Physiology category, while Prof. Dr. Norazlina Mohamed (UKM) Prof. Datin Dr. Sharida Fakurazi (Universiti Putra Malaysia) and Assoc. Prof. Dr. Wan Amir Nizam Wan Ahmad (Universiti Sains Malaysia) judged for Pharmacology category.



The winner for Physiology category was Dr. Adila A. Hamid from UKM, while Dr. Nicholas Khong from Monash University Malaysia was the winner for Pharmacology category. The announcement of winners was made during the closing ceremony of MSPP Refresher Course on 24<sup>th</sup> November 2022. Winners received a cash prize worth RM 500, trophy and certificate, respectively. Congratulations to all the winners!

By Assoc. Prof. Dr. Azizah Ugusman  
MSPP Exco/Chair, MSPP Young Teacher's Award  
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### MSPP Young Investigator Award 2022

The Malaysian Society for Pharmacology and Physiology (MSPP) organized a face-to-face event for MSPP Young Investigator Award (YIA) 2022 in conjunction with MSPP Refresher Course 2022. This event was held on the 24<sup>th</sup> of November 2022 at Bangi Resort Hotel, Bandar Baru Bangi, Selangor Darul Ehsan.

We had 3 participants vying for the honour: Dr. Wong Sok Kuan from Universiti Kebangsaan Malaysia, Dr. Tan Yong Chia from Universiti Sains Malaysia, and Dr. Md. Sanower Hossain from International Islamic University Malaysia. All participants were required to showcase their research work and achievements in an oral presentation. The judging panel consisted of Prof Dr. Nor Azizan Abdullah (Universiti Malaya), Prof Dr. Lam Sau Kuen (University Tunku Abdul Rahman), and Assoc. Prof. Dr. Lee Learn Han from Monash University Malaysia.



It was a tough decision for the judges as all the presenters did an astonishing job in showcasing their work and achievements. Ultimately there can only be one winner, and the MSPP Young Investigator Award 2022 was conferred to Dr. Wong Sok Kuan from Universiti Kebangsaan Malaysia. Congratulations to the winner and all participants for a job well done!

By Assoc. Prof. Dr. Roslina Abdul Rahim  
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## MSPP Refresher Course 2022

The annual Refresher Course is an initiative by the MSPP which aims to refresh educators on the basic pharmacology and physiology of core topics which are challenging to deliver. These sessions are also intended to provide educators, especially the early career academics, with role modelling opportunities in seeing first hand how a complex topic can be delivered in a manner that makes it engaging and simple to understand. With this in mind, we strive to invite highly regarded educators known for their expertise in a given field to deliver short, focused talks; and also provide an networking opportunities for the attendees with senior members of the academic community.

This year's event was held on the 24<sup>th</sup> of November 2022 in Bangi Resort Putrajaya; and was a half day event from 8.30 to 1pm, and followed by lunch for all participants with the National Advisory participants a taster of both research as well as medical education. We were also very fortunate and grateful for Biomics Solutions Sdn. Bhd. for providing sponsorship for the event as well sponsoring 10 prizes for a Lucky Draw event. The event was open to all – MSPP members as well as non MSPP members. The event was also accredited for 1 CPD point by the Malaysian Medical Council. We had a total of 32 participants who attended on the day.

Poster for the MSPP Refresher Course 2022. The poster features a purple and white color scheme. At the top, it says 'LIMITED TO 50 PARTICIPANTS ONLY & FIRST COME FIRST SERVE BASIS!'. Below that, the MSPP logo and 'THE MALAYSIAN SOCIETY OF PHARMACOLOGY AND PHYSIOLOGY' are displayed. The main title is 'MSPP REFRESHER COURSE 2022' followed by 'Bangi Resort Hotel' and the date '24th November 2022 | 8.30 a.m. - 1.00 p.m.'. Two speakers are featured: Assoc. Prof. Dr. Siti Fatimah Ibrahim (Department of Physiology, Faculty of Medicine, UKM) and Assoc. Prof. Dr. Anna Krasilnikova (Department of Pharmacology, Faculty of Medicine, UiTM). The topics are 'Refresher Physiology: Action Potential & Synaptic Transmission' and 'Refresher Pharmacology: Principles of Antimicrobial Therapy'. A 'Register Now!!' call to action is present with a QR code and the URL 'http://bitly.ws/v3YR'. Logos for the organizing institutions and sponsors (Biomics Solutions and Biomics EduHub) are also shown.



The topics selected this year were 'Action Potential & Synaptic Transmission' for Physiology, and 'Principles of Antimicrobial Therapy' for Pharmacology. These are both challenging topics to deliver and we were very fortunate to secure two senior, excellent educators to share their expertise with us – Associate Professor Dr Siti Fatimah Ibrahim from the Department of Physiology, Faculty of Medicine, Universiti Kebangsaan Malaysia (UKM) and Associate Professor Dr Anna Krasilnikova from the Department of Pharmacology, Faculty of Medicine, Universiti Teknologi MARA (UiTM).

### MSPP Refresher Course 2022

Our amazing speakers certainly lived up to their reputation, delivering really interesting and engaging talks on their respective topics. Both talks were followed by lively Q&A sessions.

The schedule for the day also included the award ceremony for the winners of the Young Investigator and Young Teacher Awards, and of course the lucky draw which brought an amazing element of fun and excitement to the day for which we are very grateful to Biomics for making that portion of the event possible. Overall the event ran smoothly and fulfilled its objectives. Comments and feedback from those who attended indicated that they enjoyed the day. Thank you to the entire organizing committee, speakers and participants for making it such a memorable event.

By Assoc. Prof. Dr. Priyia Pusparajah

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MSPP Exco / Co-chairs, MSPP Refresher Course



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## MSPP Undergraduate Student Chapter – 1<sup>st</sup> Meeting

The MSPP Undergraduate Student Chapter program is a new initiative by the MSPP. The first meet-up session with interested candidates took place on the 27<sup>th</sup> January 2023 via Google Meet. The meeting was attended by 21 students from various institutions around the country.

The agenda included an ice-breaking session, followed by a briefing on the society, the roles of MSPP Undergraduate Student Chapter and a discussion on future events. The students proposed a range of interesting and creative ideas. The society is excited see Pharmacology and Physiology enthusiasts emerge and get the ball rolling with their upcoming events.

Muhammad Zulhelmy bin Zailan from UiTM was appointed as the first President of the undergraduate chapter, while Pavithra Kathiresan from IMU and Ooi Sze Hui from USM was appointed as the Vice President and Secretary respectively.

We applaud and wish all the best to the students participating in this program. We hope that our initiatives in connecting and sharing knowledge will benefit the undergraduates, and also empower them with leadership skills and sense of responsibilities while undertaking their role.

*By Dr. Noor Azlina Abu Bakar*  
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### WHAT IS UNDERGRADUATE STUDENT CHAPTER?

- Program that recruits potential undergraduate candidates to serve as MSPP undergraduate representatives for academic events and programs organised by MSPP.

### Objectives of the program:

- To expose undergraduate students to existing society and inform them about future careers
- Hiring student representatives as the channel for the society to connect with undergraduate students from various institutions in Malaysia and be part of MSPP in organizing events.

### What is the plan for this program?



LECTURE SERIES



MEET AND GREET  
THE PROFESSIONAL



CARRIER TALK



ETC.

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## MSPP Undergraduate Student Chapter Committee 2023



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**Ooi Sze Hui (USM)**  
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## Upcoming Event: 36<sup>th</sup> MSPP Annual Scientific Meeting 2023 Don't Miss Out Early-Bird Discount and Other Offers!

**36th MSPP ANNUAL SCIENTIFIC MEETING 2023**  
REGISTRATION FEE  
7 - 8 AUGUST 2023  
PHARMACOLOGY & PHYSIOLOGY  
POST-MILLENNIAL ERA CHALLENGES & OPPORTUNITIES

TYPE	FEE
MSPP MEMBER	RM850
NON-MEMBER	RM900
STUDENT	RM500
INTERNATIONAL	USD200

**CONFERENCE TRACKS:**

- Drug discovery & development
- Cardiopulmonary pharmacology & physiology
- Neuropharmacology & neurophysiology
- Communicable/Infection Pharmacology
- Omics Approaches in Drug Discovery
- Stem Cells & Regenerative Medicine

**CONTACT US NOW**

[www.36thmspp2023.com](http://www.36thmspp2023.com)  
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Bangi Resort Hotel, Selangor

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The Faculty of Medicine and Health Sciences (FMHS), Universiti Putra Malaysia and The Malaysian Society of Pharmacology and Physiology (MSPP) are proud to host the **36<sup>th</sup> MSPP ANNUAL SCIENTIFIC MEETING** which will be held from **7-8<sup>th</sup> August 2023**, at **Bangi Resort Hotel, Selangor**.

With the theme "**PHARMACOLOGY AND PHYSIOLOGY POST-MILLENNIAL ERA CHALLENGES AND OPPORTUNITIES**", it will feature presentations spanning a variety of research areas including:-

1. Drug discovery and development
2. Cardiopulmonary pharmacology & physiology
3. Neuropharmacology and neurophysiology
4. Communicable/Infection Pharmacology
5. Omics Approaches in Drug Discovery
6. Stem Cells and Regenerative Medicine

Check out the following opportunities now:

1. Discounted fees for group registration (Group of 5, free 1).
2. Free gifts for early bird registration.
3. Travel aids for students.
4. 16 CPD points with e-certificate.
5. Best posters and oral presenter awards.

For online registration, please visit:-

<https://forms.gle/Zj9uYLAC8D96jq7P7>

Important dates are as follows:-

1. Conference date: 07-08/08/2023
2. Early bird registration: Open until 30/05/2023
3. Abstract submission date: Open for registration on 02/01/2023
4. Abstract due date: 01/07/2023

For further information, please refer to the conference poster and visit the conference website at:-

<https://www.36thmspp2023.com>

Please contact the conference secretariat at [mspp2023upm@gmail.com](mailto:mspp2023upm@gmail.com) for any inquiries.

Kindly disseminate this invitation to your colleagues and friends. We look forward to having you at this significant event!

## MSPP Membership

MSPP is now 266-members strong! 205 are annual members, and 61 are Life Members.

We wish to congratulate our newest Life Members of MSPP as follows:-

**Dr. Fitri Fareez Ramli**



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Universiti Kebangsaan Malaysia

**Dr. Heethal Jaiprakash**



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International Medical University

**Assoc. Prof. Dr. Basma Ezzat**



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International Islamic University Malaysia

## Research News: Coffee with Milk - Anti-Inflammatory Combo?

Good news for coffee and milk lovers. Can something as simple as a cup of coffee with milk have an anti-inflammatory effect in humans? Apparently so, according to a new study from the University of Copenhagen. The study found that a combination of proteins and antioxidants doubles the anti-inflammatory properties in immune cells. Antioxidants known as polyphenols are found in humans, plants, fruits and vegetables. Polyphenols are known to be beneficial for humans, as they help reduce oxidative stress in the body that gives rise to inflammation. In the study, researchers investigated how polyphenols behave when combined with amino acids, the building blocks of proteins.

"In the study, we show that as a polyphenol reacts with an amino acid, its inhibitory effect on inflammation in immune cells is enhanced. As such, it is clearly imaginable that this cocktail could also have a beneficial effect on inflammation in humans," says Professor Marianne Nissen Lund who headed the study.

Previous studies by the researchers demonstrated that polyphenols bind to proteins in meat products and milk. In another new study they tested whether the molecules also bind to each other in a coffee drink with milk.

Indeed, coffee beans are filled with polyphenols, while milk is rich in proteins. "Our result demonstrates that the reaction between polyphenols and proteins also happens in some of the coffee drinks with milk that we studied.



In fact, the reaction happens so quickly that it has been difficult to avoid in any of the foods that we've studied so far," says Prof. Marianne.

Therefore, the researcher does not find it difficult to imagine that the reaction and potentially beneficial anti-inflammatory effect also occur when other foods consisting of proteins and fruits or vegetables are combined. "I can imagine that something similar happens in, for example, a meat dish with vegetables or a smoothie, if you make sure to add some protein like milk or yogurt," says Prof. Marianne.

Industry and the research community have both taken note of the major advantages of polyphenols. As such, they are working on how to add the right quantities of polyphenols in foods to achieve the best quality.

Source: ScienceDaily, 30 January 2023.

[www.sciencedaily.com/releases/2023/01/230130090347.htm](http://www.sciencedaily.com/releases/2023/01/230130090347.htm)

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