



Launch of College of Obstetricians & Gynaecologists Singapore (COGS) GDM Guidelines (from left to right) A/Prof Ng Kee Chong; Prof Tan Kok Hian; Prof Kenneth Kwek; Dr Amy Khor; Prof George Yeo; A/Prof Yong Tze Tein



WELCOME MESSAGE



Dear Colleagues and Friends,

On behalf of the Organising Committee, I bid a warm welcome to all of you to the Asia Pacific Diabetes in Pregnancy Conference (APDIP) & Integrated Platform for Research in Advancing Metabolic Health Outcomes of Women and Children (IPRAMHO) International Meeting 2019 at KK Women's and Children's Hospital, Singapore.

Diabetes, obesity and gestational diabetes mellitus (GDM) is a worldwide challenge. Asia-Pacific ethnicities are particularly prone to diabetes and gestational diabetes with high prevalence. This meeting brings together clinicians, nurses and health professionals to discuss on Gestational Diabetes Mellitus (GDM), obesity and metabolic diseases for women and children in our Asia-Pacific region. The best preventive efforts start upstream from preconception and at conception in the womb to the early childhood years and thus the optimal strategy for Singapore current 'War on Diabetes' must necessarily begin with effective battles against diabetes at this early phase. We had a very successful meeting in 2018 where the College of Obstetricians and Gynaecologists, Singapore Guidelines on the Management of Gestational Diabetes was launched. Through the meeting, we have also achieved and published the AFOG MFM Committee Consensus of GDM screening.

For this year, besides discussing Asia-Pacific perspectives in gestational diabetes management, we will also deliberate on perinatal nutrition, in line with the theme of Optimal Perinatal Nutrition for Better Metabolic Health. Excessive nutrition of women of childbearing age increase the risk of complications in both pregnancy and infants such as Gestational Diabetes (GDM), macrosomic babies, predispositions to increased risk of non-communicable diseases and obesity throughout the life-course. There is now increasing evidence for the need to optimize perinatal nutrition from international studies as well as local

cohort studies in Singapore. For this meeting, we will feature the launch of Perinatal Society of Singapore - Perinatal Nutrition Guidelines and we would like to thank Senior Minister of State Dr Amy Khor for the support of the launch. The programme will also include a study visit to Metabolic Research Center at New Punggol Polyclinic, SingHealth and also an education session - National Training Program on GDM Management. On Day 2, the programme will invite the AFOG MFM committee and regional experts in GDM to discuss perinatal nutrition approaches and to address the current gaps in GDM education and research in Asia-Pacific region. Here we have support from various hospitals in countries of Asia-Oceania including Australia, China, Indonesia, Japan, Myanmar, Malaysia, Philippines, Singapore, Sri Lanka, Vietnam & Thailand. There will be an AFOG MFM consensus workshop on perinatal nutrition and also a research investigator network meeting to review the progress of our joint multi-centre research effort in GDM in Asia-Pacific region.

We are happy for the strong support by several key organizations - Perinatal Society of Singapore (PSS), College of Obstetricians & Gynaecologists, Singapore (COGS), Obstetrical & Gynaecological Society of Singapore (OGSS), Maternal Fetal Medicine (MFM) Committee of the Asia and Oceania Federation of Obstetrics & Gynaecology (AFOG) and SingHealth Duke-NUS OBGYN Academic Clinical Programme and SingHealth Duke-NUS Diabetes Centre. We thank the sponsors and also the support of the NMRC collaborative centre grant - Integrated Platform for Research in Advancing Metabolic Health Outcomes in Women and Children (IPRAMHO) involving KK Women's and Children's Hospital, SingHealth Polyclinics and National Health Group Polyclinics. We look forward to seeing you at this exciting APDIP Conference & IPRAMHO International Meeting! We thank everyone for the support and wish everyone a fruitful academic experience.



Prof TAN Kok Hian

Chairman, Organising Committee
Lead, NMRC Integrated Platform for Research in Advancing Metabolic Health Outcomes of Women and Children (IPRAMHO)
President Perinatal Society of Singapore
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