



MyWoman International Congress

Optimising Women's Health

Date : 7 - 8 Aug 2026

Venue : DoubleTree by Hilton Shah Alam



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Organised by

**College of Obstetricians &
Gynaecologists, AMM (COGAMM)**

MyWoman International Congress



Dr Premitha Damodaran

President,
College of Obstetricians and
Gynaecologists, Academy of medicine
Malaysia

Welcome to the MyWoman International Congress 2026.

Building on the remarkable success of the virtual MyO&G Conference in 2022 and the 56th Malaysia-Singapore Congress of Medicine in conjunction with the MyWoman International Congress in 2023, we are truly delighted to once again gather in person for what promises to be a truly superlative meeting. There is something invaluable about being in the same room, exchanging ideas, sharing experiences, challenging perspectives, and reconnecting with colleagues and friends from across the region and beyond.

This year's congress has been made possible through the dedication, vision, and tireless efforts of our organising committee. Their commitment has shaped a program that is not only academically robust, but also relevant, practical, and forward-looking, designed to inspire, challenge, and ultimately elevate the care we provide to women at every stage of life.

Over the course of two days, you can look forward to a series of top-notch lectures delivered by leading experts in the field, alongside interactive sessions, meaningful discussions, and opportunities to engage with thought leaders. Beyond the scientific program, this congress is also about connection—meeting up with old friends, forging new collaborations, and being part of a community united by a shared purpose.

The MyWoman International Congress 2026 promises an engaging and thought-provoking experience, equipping participants with fresh insights, evidence-based updates, and practical strategies that can be translated into everyday clinical practice.

As we build on the momentum of previous meetings, we hope these conversations will continue well beyond these two days, driving innovation, strengthening partnerships, and advancing women's health across our region and globally.

Welcome, and we wish you an inspiring and enriching congress

Objective

The congress will bring together leaders and experts in women's health, particularly in obstetrics and gynaecology, to deliver engaging keynote lectures, invited talks, Meet-the-Expert sessions, and symposia. It will serve as a dedicated platform for the exchange of knowledge, clinical expertise, and the latest research aimed at strengthening women's healthcare across the continuum of obstetric and gynaecological care. The programme is designed to inform clinical practice, foster innovation, and encourage meaningful discussion and collaboration among clinical, scientific, and allied health professionals.

Objectives of the Congress:

- **Disseminating Knowledge:** To share the latest research findings, evidence-based clinical practices, and technological advancements in obstetrics and gynaecology to support high-quality, patient-centred women's healthcare.
- **Promoting Awareness:** To enhance awareness among healthcare professionals of key issues affecting women's health, reproductive health, maternal outcomes, and overall quality of life.
- **Encouraging Collaboration:** To facilitate networking and collaboration among obstetricians and gynaecologists, researchers, allied health professionals, and patient advocates to drive innovation and improve the standard of women's healthcare.

Scientific Programme

Day 1 - 7th August 2026 (Friday)

Time	Programme
0730 - 0830	Registration and welcome reception
Symposium 1 (Obstetrics 1) Moderator: Assoc Prof Dr Ng Beng Kwang	
0830 - 0850	Early Detection and Management of Complicated Multiple Pregnancy (Prof Dr Jamiyah Hassan)
0850 - 0910	Dilemmas In Management Of Fetal Growth Restriction (Prof Dr Tan Lay Kok)
0910 - 0930	Re-Defining Meaningful NIPT: Smarter Screening, Sharper Focus (TBC)
0930 - 0950	Q&A
0950 - 1010	Opening Ceremony
1010 - 1040	Tea break
Symposium 2 (Obstetrics 2) Moderator: Dr Nur Rowaidah Roslan	
1040 - 1100	Iron Deficiency From Pregnancy To Postpartum: Bridging The Gap In Maternal Care (TBC)
1100 - 1120	Placenta Accreta Spectrum: Conservative Vs Caesarean Hysterectomy (Dr Yong Soon Leong)
1120 - 1140	CTG Abnormalities And HIE (Dr Carol Lim Kar Koong)
1140 - 1200	Q&A
1200 - 1230	Lunch Symposium 1 Moderator: Dr Siti Hajar Abd Azman Topic : Missed, Misunderstood and Undertreated: The Clinical Reality of Endometriosis (TBC)

Scientific Programme

Day 1 - 7th August 2026 (Friday)

Time	Programme
1230 - 1300	Lunch Symposium 2 Moderator: Dr Cynthia Kumar Topic : Implanon in High-Risk Mothers: A Proactive Approach to Maternal Safety (Prof Dr Jamiyah Hassan)
1300 - 1430	Lunch break
1430 - 1500	Lunch Symposium 3 Moderator: Dr Zainab Hananah Abang Abdullah Topic : Rethinking Bacterial Vaginosis Management: Where Does Dequalinium Chloride Fit in? (Assoc Prof Dr Ng Beng Kwang)
1500 - 1530	Lunch Symposium 4 Moderator: Dr Aini Hanan Azmi Topic : Bridging the Gap in Maternal Care: Effective Iron Repletion and Daily Nutritional Support (TBC)
1530 - 1550	Plenary 1 Moderator: Dr Ainaa Syazana Mohamad Topic : Advancements In Weight Management Preconception, Pregnancy, and Postpartum (Dr Muniswaran Ganeshan)
Symposium 3 (Obstetrics 3) Moderator: Dr Premitha Damodaran	
1550 - 1610	Managing Cancer In Pregnancy (Prof Emeritus Datuk Dr Siti Zawiah Omar)
1610 - 1630	Medico-Legal Litigation In Obstetrics: Latest Update (Prof Dr J. Ravichandran)
1630 - 1650	Simulation Training In High-Risk Obstetrics Practice (Prof Dr Zaleha Abdullah Mahdy)
1650 - 1710	Q&A
1710 - 1830	Tea Break

Scientific Programme

Day 2 - 8th August 2026 (Saturday)

Time	Programme
0730 - 0820	Registration
Symposium 5 (Gynaecology 1) Moderator: Dr Nur Rowaidah Roslan	
0820 - 0840	Restoring and Maintaining Vaginal Ecosystem Balance Across a Woman's Lifespan (<i>Assoc Prof Dr Ng Beng Kwang</i>)
0840 - 0900	TBC
0900 - 0920	Transdermal Estrogen: Evidence, Efficacy, and Evolving Perspective (<i>Dr Premitha Damodaran</i>)
0920 - 0940	Q&A
Symposium 6 (Gynaecology 2) Moderator: Dr Zainab Hananah Abang Abdullah	
0940 - 1000	Beyond Routine Care: Transforming O&G Surgery to Minimise Surgical Site Infections (<i>Assoc Prof Dr Ng Beng Kwang</i>)
1000 - 1020	Management Of High-Risk HPV: From Watchful Waiting To Proactive Viral Clearance (<i>TBC</i>)
1020 - 1040	Achieving Surgical Confidence: Rapid Hemostasis and Adhesion Prevention (<i>Dr Siti Hajar Abd Azman</i>)
1040 - 1100	Q&A
1100 - 1130	Tea break
1130 - 1200	Debate Moderator: Assoc Prof Dr Ng Beng Kwang Topic : Microwave Ablation Vs Myomectomy For Symptomatic Uterine Fibroids (<i>Prof Dr Mukhri Hamdan Vs Dr Sevellaraja A/L N. Supermaniam</i>)

Scientific Programme

Day 2 - 8th August 2026 (Saturday)

Time	Programme
1200 - 1230	Lunch Symposium 5 Moderator: Dr Cynthia Kumar Topic : Maximizing Mirena: Addressing Heavy Menstrual Bleeding and Safeguarding Against Endometrial Hyperplasia (Dr Premitha Damodaran)
1200 - 1230	Lunch Symposium 5 Moderator: Dr Ainaa Syazana Mohamad Topic : Break Free from Urgency: Moving Beyond AM (Dr Ida Lilywaty MD Latar)
1300 - 1400	Lunch break
1400 - 1430	Lunch Symposium 7 Moderator: Dr Siti Hajar Abd Azman Topic : GnRH Agonist in Endometriosis: Hormonal Mechanisms & Clinical Outcomes (TBC)
1430 - 1500	Lunch Symposium 8 Moderator: Dr Phon Su Ee Topic : Vitamin D Across the Female Lifespan: A Multisystem Determinant of Women's Health (Dr Maiza Tusimin)
1500 - 1520	Plenary 2 Moderator: Dr Premitha Damodaran Topic : Menopause Hormone Therapy After The Age Of 60 (Assoc Prof Dr Ang Seng Bin)
Symposium 8 (Gynaecology 3) Moderator: Assoc Prof Dr Ng Beng Kwang	
1520 - 1540	Oral Contraceptive For The Modern Woman: Individualising For Her Health, Her Journey (Prof Dr Nur Azurah Abd Ghani)
1540 - 1600	Reduction of Endometriosis Cysts: Benefits of Utilizing Medical Therapy (TBC)
1600 - 1620	Why Route Matters: Transdermal Estrogen in POI, Surgical Menopause, and Beyond (Dr Aini Hanan Azmi)

Scientific Programme

Day 2 - 8th August 2026 (Saturday)

Time	Programme
1620 - 1640	Q&A
1640 - 1730	Closing & Prizegiving



Registration

Category	On and Before 30 June 2026	From 1st July 2026
Specialist/Consultant	RM650	RM750
General Practitioner	RM500	RM600
Trainee / Medical officer	RM500	RM600
House Officer/ Pharmacist/ Paramedic/ Nurse	RM400	RM500
Undergraduate Student	RM300	RM400
International Participant	USD300	USD400

We will be offering a 50% discount for the first 200 registrants under the Specialist/Consultant and Medical Officer/House Officer registration categories.

Register Online at
MenopauseRoadshow.com.my

Cancellation and Refund Policy

1. The Congress Secretariat must be notified in writing of all cancellations. Refunds will be made after the Congress as follows:

Cancellation on or before 30 June 2026	50% Refund
Cancellation after 30 June 2026	No Refund

Speakers



Prof Dr Tan Lay Kok



Dr Premitha Damodaran



Assoc Prof Dr Ang Seng Bin



Assoc Prof Dr Ng Beng Kwang



Prof Dr Zaleha Abdullah Mahdy



Prof Dr Nur Azurah Abd Ghani



Prof Dr Jamiyah Hassan



Prof Dr J. Ravichandran



Prof Emeritus Datuk Dr Siti Zawiah Omar

Speakers



Dr Yong Soon Leong



Dr Muniswaran Ganeshan



Dr Siti Hajar Abd Azman



Prof Dr Mukhri Hamdan



**Dr Sevellaraja A/L N.
Supermaniam**



Dr Ida Lilywaty MD Latar



Dr Maiza Tusimin



Dr Carol Lim Kar Koong



Dr Aini Hanan Azmi

Speakers



Dr Cynthia Kumar



**Dr Zainab Hananah
Abang Abdullah**



Dr Phon Su Ee



Dr Nur Rowaidah Roslan



**Dr Ainaa Syazana
Mohamad**

Accommodation

The organising committee has negotiated special rates for the congress



Congress Hotel

DoubleTree by Hilton Shah Alam

Finance Avenue, I-City, 40000
Shah Alam, Selangor

03-5650 0200

<https://www.hilton.com/en/hotels/zbsadi-doubletree-shah-alam-i-city>

Guest Room

- RM360.00+ (RM388.80nett) per room per night with One (01) breakfast (single occupancy)
- RM420.00+ (RM453.60nett) per room per night with Two (02) breakfast (double occupancy)

- The above rates are quoted in Malaysian Ringgit (RM) currency
- Price quoted is subject to change with or without notice.
- Both accommodation rooms and room categories are subject to availability upon confirmation
- The price quoted is nett with in-room internet access

Sponsors

DIAMOND



PLATINUM



GOLD



Sponsors

SILVER



E-Certificate

Certificate of Attendance

A certificate of attendance will be issued to all participants via the registered email. Please ensure that your email address and all personal details are accurate. You can confirm your details on the website and during day of registration.

