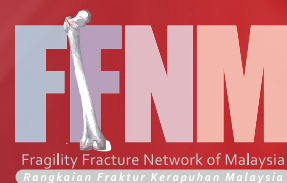


**1<sup>ST</sup>**  
**ANNOUNCEMENT**

# CALL FOR ABSTRACTS



**1<sup>ST</sup>**

**ASIAN FALLS NETWORK**

**4<sup>TH</sup>**

**FRAGILITY FRACTURE  
NETWORK OF MALAYSIA**  
**ANNUAL SCIENTIFIC MEETING 2025**

**(1<sup>ST</sup> AFN & 4<sup>TH</sup> FFNM ASM 2025)**



## **SAFE STEPS, STRONG BONES:**

**ADVANCING COLLABORATIVE CARE IN FALL PREVENTION  
AND FRACTURE MANAGEMENT**

**12<sup>th</sup> - 13<sup>th</sup>**  
**SEPTEMBER 2025**

The Vertical,  
Connexion Conference & Event Centre  
The Summit 1 Ballroom (Level M1)

For more information,  
visit our conference [HERE](#).  
Or scan the QR Code.



# WELCOME MESSAGE FROM THE ORGANISING CHAIRPERSON OF THE 1<sup>st</sup> ASIAN FALLS NETWORK MEETING 2025

Dear colleagues and friends,

On behalf of the Malaysian Falls Prevention Society, it is my great pleasure to welcome you to the 1<sup>st</sup> Asian Falls Network (AFN) Meeting & 4<sup>th</sup> Fragility Fracture Network of Malaysia (FFNM) Annual Scientific Meeting 2025, which will be held at The Vertical, Connexion Conference & Event Centre, Kuala Lumpur, on 12<sup>th</sup> – 13<sup>th</sup> September 2025. This landmark event serves as a vital platform for experts, researchers, and healthcare professionals dedicated to preventing falls and reducing fractures, particularly among the ageing population.

Falls are a major cause of injury and disability, often leading to fragility fractures that significantly affect quality of life. Under the theme 'SAFE STEPS, STRONG BONES: Advancing Collaborative Care in Fall Prevention and Fracture Management', this meeting will highlight the critical role of prevention strategies, early intervention, multidisciplinary collaboration, and innovative strategies in minimizing fall-related injuries and improving long-term outcomes.

Through evidence-based discussions and interactive sessions, we will explore cutting-edge approaches and emerging research in fall prevention, fall risk screening, balance and mobility enhancement techniques, technological advancements, multidisciplinary interventions and community-driven prevention initiatives. By collaborating across disciplines, we can build safer environments, equip individuals with proactive strategies, and enhance both general and musculoskeletal health across all stages of life, fostering healthy ageing.

We look forward to welcoming you to the conference, where we will unite in our shared mission to advance falls prevention and fracture care. Your participation will be invaluable in shaping a future where every step is a safe one. See you at the 1<sup>st</sup> AFN & 4<sup>th</sup> FFNM ASM 2025!

**Professor Dr Devinder Kaur Ajit Singh**  
Organising Chairperson  
1<sup>st</sup> AFN & 4<sup>th</sup> FFNM ASM 2025



# WELCOME MESSAGE FROM THE ORGANISING CHAIRPERSON OF THE 4<sup>th</sup> FRAGILITY FRACTURE NETWORK MALAYSIA ANNUAL SCIENTIFIC MEETING 2025

Dear Colleagues and Friends,

It is with great enthusiasm that I welcome you to the 4<sup>th</sup> Fragility Fracture Network Malaysia (FFNM) Annual Scientific Meeting 2025, held in conjunction with the 1<sup>st</sup> Asian Falls Network (AFN) Meeting on 12<sup>th</sup> – 13<sup>th</sup> September 2025 at The Vertical, Connexion Conference & Event Centre, Kuala Lumpur. This annual gathering is dedicated to addressing one of the most pressing challenges in healthcare today - fragility fractures and their profound impact on the ageing population.

Over the past few years, we have witnessed significant advancements in the field of fracture care in older adults, all thanks to the dedicated efforts of multidisciplinary teams working across healthcare disciplines. This year's theme, SAFE STEPS, STRONG BONES: Advancing Collaborative Care in Fall Prevention and Fracture Management, is a testament to the tremendous progress we have made together, as we continue to lay the foundations for a future where fall prevention and fracture management are no longer fragmented, but instead are approached holistically with a unified and patient-centred strategy.

This year's meeting will highlight the latest advances in orthogeriatric co-management, post-fracture rehabilitation protocols, secondary fracture prevention strategies, and policy development. With a multidisciplinary faculty of experts, we will share practical solutions to improve clinical pathways, optimise patient outcomes, and reduce the global burden of fragility fractures.

We invite you to join us in this important exchange of knowledge and expertise, where we will shape the future of fragility fracture management in Malaysia and beyond.

We look forward to welcoming you to this dynamic conference. See you in September!

**Dr Reena Nadarajah**  
Organising Chairperson  
1<sup>st</sup> AFN & 4<sup>th</sup> FFNM ASM 2025







## Malaysian Falls Prevention Society Council Members 2024-2026

### President

Dr Ho Yun Ying

### Vice President

Dr Nagammai Thiagarajan

### Secretary

Dr Roshaslina Rosli

### Assistant Secretary

Ms Janet Bong May Ing

### Treasurer

Ir. Associate Professor Dr Goh Choon Hian

### Committee Member

Associate Professor Dr Mohd Shahezwan Wahab

## 1<sup>st</sup> Asian Falls Network Meeting Organising Committee

### Advisor

Professor Dr Tan Maw Pin

### Organising Chairperson

Professor Dr Devinder Kaur Ajit Singh

### Organising Co-Chairperson

Professor Dr Nur 'Izzati Saedon

### Secretary

Dr Roshaslina Rosli

### Assistant Secretary

Dr Kok Sim Hui

### Treasurer

Ir. Associate Professor Dr Goh Choon Hian  
Dr Ho Yun Ying

### Scientific Chairperson

Dr Lim Wan Chieh

### Scientific Co-Chairperson

Associate Professor Dr Mohd Shahezwan Wahab

### Scientific Committee

Dr Siti Nurbaya  
Dr Nagammai Thiagarajan

### International Advisor

Assistant Professor Dr Soh Leng Hsien  
Assistant Professor Dr Wayne LS Chan



## Fragility Fracture Network of Malaysia Council Members 2024-2026

### President

Dr Elizabeth Chong Gar Mit

### Vice President

Associate Professor Dr Mohd Ariff bin Sharifudin

### Secretary

Dr Lim Wan Chieh

### Assistant Secretary

Dr Lim Hong Tak

### Treasurer

Dr Cheah Min Hui

### Committee Member

Dato' Dr Lee Joon Kiong  
Associate Professor Dr Khor Hui Min  
Associate Professor Dr Terence Ong Ing Wei  
Dr Siti Nurbaya Mohd Naww  
Ms Catherine Choong Qian Yi  
Dr Chung Wai Mun  
Dr Danny Foo  
Dr Tay Voon Yaa  
Dr Pan Chee Huan  
Dr Timothy Cheng Tsin Hen  
Dr Thong Fu Yuen  
Dr Reena Nadarajah  
Associate Professor Dr Hakimah binti Mohammad Sallehuddin  
Associate Professor Dr Loh Pui San  
Dr Malarkodi Suppamutharwyam

## 4<sup>th</sup> Fragility Fracture Network of Malaysia ASM Organising Committee

### Advisor

Dato' Dr Lee Joon Kiong  
Associate Professor Dr Khor Hui Min

### Organising Chairperson

Dr Reena Nadarajah

### Organising Co-Chairperson

Dr Ram Kumar Rao

### Scientific Chairperson

Dr Thong Fu Yuen

### Scientific Co-Chairperson

Dr Malarkodi Suppamutharwyam

### Committee

Dr Lui Ken Yi

## REGISTRATION FEE

### Main Congress 12<sup>th</sup> - 13<sup>th</sup> September 2025

	Early Bird Registration (until 15 <sup>th</sup> July 2025)	Regular Registration (from 16 <sup>th</sup> July 2025)
Malaysian (MyFalls/ FFNM Member)	MYR 550	MYR 650
Malaysian (Non-MyFalls/ Non-FFNM Member)	MYR 700	MYR 800
Medical Officers / Masters Trainees (Malaysian)	MYR 500	MYR 550
House Officers / Allied Health Professional (Malaysian)	MYR 450	MYR 500
International Delegates (other than ASEAN)	USD 400	USD 450
ASEAN Delegates	USD 300	USD 350

\*ASEAN Members: Brunei Darussalam, Cambodia, Indonesia, LAO PDR, Myanmar, the Philippines, Singapore, Thailand & Vietnam.

#### PAYMENT METHOD

- Online Transfer / Local Bank Transfer
- Telegraphic Transfer (for overseas)

#### Banking Details

Account Name: **Association Fragility Fracture Network of Malaysia**

Bank Name: **CIMB Bank Berhad**

Bank Address: S21, Lorong Ara Kiri 1, Lucky Garden, Bangsar, 59100 Kuala Lumpur,  
Wilayah Persekutuan Kuala Lumpur, Malaysia.

Account Number: **8009617380** (MYR)

Bank Swift Code: **CIBBMYKLXXX**

ROS number: **PM-018-14-29082018**

Please indicate **AFNFFNM2025** under remarks column



**REGISTER NOW!**

**The Conference Secretariat will email the Official Receipt to you once your payment has been verified by the bank.**

#### TERMS AND CONDITIONS

##### Cancellation and Refund Policy

No refunds will be issued for cancellations. However, you may nominate an alternate representative to attend in your place by notifying the Conference Secretariat at [ConfSec@afnffnm.com](mailto:ConfSec@afnffnm.com). Please note that this cancellation policy is final and non-negotiable.

##### Official Receipt

The Conference Secretariat will email your official receipt once your payment has been verified by the bank.

##### Disclaimer

While every effort will be made to ensure that all aspects of the conference proceed as scheduled, the Organising Committee reserves the right to make necessary changes should unforeseen circumstances arise.

##### Personal Protection Data

Personal information collected by the Conference Secretariat will be used exclusively for this conference.

## IMPORTANT NOTES

**Please ensure that your email address and mobile number are correct as we will be sending your registration confirmation and e-certificate to your registered email.**



# CALL FOR ABSTRACTS

**SUBMIT YOUR RESEARCH, BE PART OF THE 1<sup>ST</sup> AFN & 4<sup>TH</sup> FFNM ASM 2025.**

## ABSTRACT SUBMISSION

### IMPORTANT DATES

**1.**

**1<sup>ST</sup> MAR 2025**

Registration Opens

**2.**

**1<sup>ST</sup> MAR 2025**

Abstract Submission Opens

**3.**

**1<sup>ST</sup> MAR - 15<sup>TH</sup> JUN 2025**

Early Bird Registration Fee

**4.**

**30<sup>TH</sup> APRIL 2025**

Abstract Submission Closes

**5.**

**15<sup>TH</sup> MAY 2025**

Announcement of Acceptance

**6.**

**1<sup>ST</sup> JUN 2025**

Presenter Confirmation

**7.**

**1<sup>ST</sup> SEPT 2025**

Registration Closing Date

**8.**

**12<sup>ST</sup> - 13<sup>TH</sup> SEPT 2025**

Conference

## ABSTRACT CATEGORIES

We welcome Individuals who have conducted research in the field of Fragility Fracture and Falls to submit abstracts under the following topics listed below. Case reports can be submitted too.

### AFN

- ✓ **Policy Or Practice Changes Related to Fragility Fractures and Falls**
- ✓ **Understanding Falls**
- ✓ **Falls in Specific High-Risk Populations**
- ✓ **Formulating, Measuring and Evaluating Fall Prevention Programs**
- ✓ **Innovative Strategies in Falls Evaluation and Prevention**

### FFNM

- ✓ **Acute Management Of Fragility Fractures**
- ✓ **Exercise, Rehabilitation, and Mobility Solutions**
- ✓ **Secondary Prevention of Fragility Fractures**
- ✓ **Policy Or Practice Changes Related to Fragility Fractures and Falls**

## ABSTRACT SUBMISSION GUIDELINES

We have prepared the following abstract guidelines to assist you in preparing your abstract for the congress.

Before submitting your abstract, please ensure that you have read the below guidelines carefully. All the information that you should require is included below.

It is **important** to read these carefully when preparing for your submission.

1. **All submissions must be in English**, with proper grammar and spelling, to ensure suitability for publication. Presentations will also be conducted in English.
2. **Submission should be submitted in the template provided.**
3. **Submission titles should be no longer than 25 words** and must clearly reflect the nature of the presentation.
4. **Submissions should not exceed 400 words**, excluding the title, section headings, images, author names, and affiliations. Submissions

should be clear, concise, and emphasize key aspects, findings, and conclusions of the study.

5. **Only standard abbreviations are permitted.** Special or uncommon abbreviations should be avoided; if necessary, provide the full term in parentheses when first mentioned.
6. **References are not required** for submissions.
7. **Tables, graphs, and images are allowed**, with a **maximum of two** in total per submission. Graphs / Images are to be placed in the allocated areas of the template provided (Can be in PNG / JPG format.)
8. **All abstracts must follow the format outlined below** for either Case Reports or Original Research and should be as informative as possible:
  - Introduction: Background and specific objectives of the study.
  - Methods: Description of the methods, materials, and analytical procedures used.
  - Results: Summary of relevant results with sufficient detail to support the conclusions.
  - Conclusion: Final conclusions drawn from the study.

### Research Based :

**Introduction**  
(including objectives)

**Materials  
and Method**

**Results**

**Discussion**

**Conclusion**

### Case Report :

**Introduction**  
(including objectives)

**Case  
Description**

**N/A**

**Discussion**

**Conclusion**



# PROGRAMME

## DAY 1 - 12<sup>th</sup> September 2025 (Friday)

Start	End	AFN HALL	FFNM HALL
0700	0800	Registration Open	
0800	0830	Sponsored <b>Breakfast Symposium</b>	
0830	0900	<b>OPENING CEREMONY</b>	
0900	0940	<b>PLENARY 1 / KEYNOTE</b> <b>Bridging Interdisciplinary Approaches to Falls Prevention and Bone Health</b> Speakers : Dr Chen Shu Yu (SIN) & Dato' Dr Lee Joon Kiong (MYS)	
0940	1010	<b>PLENARY 2</b> <b>Integrating Emerging Technologies in Fall and Fracture Prevention</b> Speaker : Prof Dr Teh Pei Lee (MYS)	<b>PLENARY 3</b> <b>Perioperative Pain Management</b> Speaker : Dr Lui Ken Yi (MYS)
1010	1040	Sponsored <b>Morning Tea Symposium</b>	
1040	1055	Tea Break / Exhibit Visit / E-poster Viewing	
1055	1200	<b>SYMPOSIUM 1</b> <b>Implementation of the World Falls Guidelines - A case sharing session</b>  <ul style="list-style-type: none"> <li>• <b>Malaysia Experience</b> Speaker : Prof Dr Tan Maw Pin (MYS)</li> <li>• <b>Singapore Experience</b> Speaker : Prof Dr Christopher Lien Tsung Chien (SIN)</li> <li>• <b>Indonesia Experience</b> Speaker : Dr Susiana Nugraha (IDN)</li> </ul>	<b>SYMPOSIUM 2</b> <b>Acute Management: Best Practices for the Immediate Treatment of Patients with Fragility Fractures</b>  <ul style="list-style-type: none"> <li>• <b>Coping with Frail Patients</b> Speaker : Dato' Dr Tunku Muzafar Shah bin T. Jaafar (MYS)</li> <li>• <b>Anesthesia for Geriatric Hip Fracture: Balancing Risk and Recovery</b> Speaker : Dr Fadzwan Binti Basri (MYS)</li> <li>• <b>Management Algorithms for Geriatric Hip Fractures</b> Speaker : Dr Kunalan A/L Ganthei Annamalai (MYS)</li> </ul>
1200	1230	Sponsored <b>Lunch Symposium</b>	
1230	1430	Lunch / Exhibit Visit / Friday Prayers	
1430	1535	<b>SYMPOSIUM 3</b> <b>Falls in Specific Populations</b>  <ul style="list-style-type: none"> <li>• <b>Falls in Neurological Diseases</b> Speaker : Assoc Prof Dr Hakimah Sallehuddin (MYS)</li> <li>• <b>Falls in Cardiovascular Diseases - Including Syncope and Postural Hypotension</b> Speaker : Assoc Prof Dr Nur Izzati binti Saedon (MYS)</li> <li>• <b>The Dizzy Truth: Understanding Vertigo in the Elderly</b> Speaker : Dr Puraviappan S P Periyannan (MYS)</li> </ul>	<b>SYMPOSIUM 4</b> <b>Post-Fragility Fracture Rehabilitation: Effective Rehabilitation Techniques to Enhance Recovery Following A Fracture</b>  <ul style="list-style-type: none"> <li>• <b>Weight-Bearing after Hip Fracture Surgery: A Balancing Act- Challenges and Dilemmas</b> Speaker : Dr Chua Tjun Huat Ivan (SIN)</li> <li>• <b>Factors Impacting Early Mobilization: Implementing Change to Improve Outcomes for All Patients</b> Speaker : Dr Gordon Pang Hwa Mang (MYS)</li> <li>• <b>Interdisciplinary Approach to Reduce Post-op Immobilisation</b> Speaker : Dr Abdul Rahman Abdul Hamid (MYS)</li> </ul>
		<b>Poster Presentation Session 1</b>	
1535	1605	<b>PLENARY 4</b> <b>Age-Friendly Infrastructure and Environmental Modifications For Safer Steps Forward</b> Speaker : Sr Dr Ainoriza Bt Mohd Aimi (MYS)	<b>PLENARY 5</b> <b>The Osteoporotic Spine: Problems and Solutions</b> Speaker : Prof Datuk Dr Sabarul Afian Mokhtar (MYS)
1605	1625	Tea Break / Exhibit Visit	
1625	1730	<b>SYMPOSIUM 5</b> <b>Pragmatic Approaches to Falls Prevention</b>  <ul style="list-style-type: none"> <li>• <b>Falls Risk Increasing Drugs</b> Speaker : Ms Renuka Rahoo (MYS)</li> <li>• <b>Home Environmental Modification in Preventing Falls</b> Speaker : Tengku Mohd Asri bin Tengku Makhtar (MYS)</li> <li>• <b>Mobility, Balance, Muscle Strength and Falls</b> Speaker : Ms Janet Bong (MYS)</li> </ul>	<b>SYMPOSIUM 6</b> <b>Challenging Cases in Daily Practice</b>  Moderators : Dr Reena Nadarajah (MYS) / Dr Ram Kumar Rao (MYS)  Panelists : Dr Yeap Swan Sim (MYS) / Dr Kunalan A/L Ganthei Annamalai (MYS) / Assoc Prof Dr Terence Ong Ing Wei (MYS) / Dr Nagammai Thiagarajan (MYS)
1730		End of Day 1 - Main Congress	



# PROGRAMME

## DAY 2 - 13<sup>th</sup> September 2025 (Saturday)

Start	End	AFN HALL	FFNM HALL
0700	0800	Registration Open	
0800	0830	Sponsored <b>Breakfast Symposium</b>	
0830	0900	<b>PLENARY 6</b> <b>The Future of Balance Training: Standardising Intensity for Better Outcomes in Falls and Fracture Prevention</b> Speaker : <a href="#">Dr Melanie Farlie (AUS)</a>	<b>PLENARY 7</b> <b>Geriatric Ankle Fractures</b> Speaker : <a href="#">Dr Thong Fu Yuen (MYS)</a>
0900	1005	<b>SYMPOSIUM 7</b> <b>Psychosocial Factors and Falls</b> <ul style="list-style-type: none"> <li><b>Falls Efficacy</b> Speaker : <a href="#">Asst Prof Dr Shawn Soh Leng-Hsien (SIN)</a></li> <li><b>Falls and Cognitive Impairment</b> Speaker : <a href="#">Dr Normala Mesbah (MYS)</a></li> <li><b>Preventing Falls - Leveraging Social Support Networks</b> Speaker : <a href="#">Dr Teoh Gaik Kin (MYS)</a></li> </ul>	<b>SYMPOSIUM 8</b> <b>Policy Development: Insights into Creating Supportive Policies that Promote Best Practices in Fracture Care</b> <ul style="list-style-type: none"> <li><b>The Journey of a Thousand Miles Begin with a Single Step</b> Speaker : <a href="#">Dr Elizabeth Chong Gar Mit (MYS)</a></li> <li><b>Beyond Hips: Expanding the Fracture Frontier</b> Speaker : <a href="#">Dr Chua Tjun Huat Ivan (SIN)</a></li> <li><b>Orthogeriatric Nursing: Key Nursing Roles and Interventions in Orthogeriatric Nursing Care</b> Speaker : <a href="#">Pn Azlila binti Rahim (MYS)</a></li> </ul>
1005	1025	Sponsored <b>Morning Tea Symposium</b>	
1025	1130	<b>SYMPOSIUM 9</b> <b>Management of Falls in Various Clinical Settings</b> <ul style="list-style-type: none"> <li><b>Falls in the Community</b> Speaker : <a href="#">Dr Noor Harzana binti Harrun (MYS)</a></li> <li><b>Inpatient Falls (Malaysian Patient Safety Goals)</b> Speaker : <a href="#">Dr Elizabeth Chong Gar Mit (MYS)</a></li> <li><b>Falls in Institutional Care</b> Speaker : <a href="#">Dr Ho Yun Ying (MYS)</a></li> </ul>	<b>SYMPOSIUM 10</b> <b>Fracture Liaison Service: Challenges Faced and the Way Forward</b> <ul style="list-style-type: none"> <li><b>Challenges in Implementing &amp; Sustaining a FLS</b> Speaker : <a href="#">Dr Ram Kumar Rao (MYS)</a></li> <li><b>FLS Coordinator: What a Difference It Makes!</b> Speaker : <a href="#">Ms Norhafizatul Akma Shohor (MYS)</a></li> <li><b>FLS in Primary Care</b> Speaker : <a href="#">Prof Dr Paulo Chih-Hsing Wu (TWN)</a></li> </ul>
		<b>Poster Presentation Session 2</b>	<b>Poster Presentation Session 2</b>
1130	1235	<b>PLENARY 8</b> <b>Sarcopenia &amp; Osteosarcopenia: An Overview</b>  <b>Sarcopenia &amp; Osteosarcopenia: Updates in Identification &amp; Approach</b> Speaker : <a href="#">Prof Dr Shahrul Bahyah Kamaruzzaman (MYS)</a>  <b>Translating Local Sarcopenia Research into Action to Optimise Health Outcomes</b> Speaker : <a href="#">Prof Dr Suzana Shahar (MYS)</a>	
1235	1305	Sponsored <b>Lunch Symposium</b>	
1305	1400	Lunch	
1400	1630	<b>Sarcopaenia Workshop</b> <ul style="list-style-type: none"> <li><b>Insights to Muscle Health Evaluation</b> Speaker : <a href="#">Dr Chia Jia Qian (SIN)</a></li> <li><b>Exercise Prescription and Functional Assessments for Sarcopenia Intervention</b> Speaker : <a href="#">Beh Soot Yee (SIN)</a></li> <li><b>Enabling Lifestyle Modifications For Sarcopenia Management</b> Speaker : <a href="#">Ms Lee Jin Yih (SIN)</a></li> </ul> <p>*Limited 60 seats only</p>	<b>The International Society for Clinical Densitometry (ISCD) Orthopedic Osteoporosis and Densitometry Course</b> <ul style="list-style-type: none"> <li><b>Understanding DXA and its Indications, Acquisition, and Interpretation + Advanced Bone Health Assessment</b> Speaker : <a href="#">Prof Dr Paulo Chih-Hsing Wu (TWN)</a></li> <li><b>Bone Health Optimisation</b> Speaker : <a href="#">Dato' Dr Lee Joon Kiong (MYS)</a></li> <li><b>Risk Assessment, Osteoporosis Treatment, and Treatment Monitoring</b> Speaker : <a href="#">Assoc Prof Dr Hakimah Sallehuddin (MYS)</a></li> <li><b>Secondary Fracture Prevention</b> Speaker : <a href="#">Dr Reena Nadarajah (MYS)</a></li> </ul>
1630	1700	<b>AWARDS PRESENTATION AND CLOSING CEREMONY</b>	
1700		End of Day 2 - Main Congress	

### Conference Secretariat



**LE E**VENTS SDN BHD

17-05, Level 17, Stellar Suites,  
Jalan Puteri 4/7, Bandar Puteri Puchong,  
47100, Puchong, Selangor, Malaysia  
Tel : +6016 663 6452

### For enquiries, email the corresponding addresses:

Registration / Sponsorship: [ConfSec@afnffnm.com](mailto:ConfSec@afnffnm.com)

Abstract submission : [Abstract@afnffnm.com](mailto:Abstract@afnffnm.com)

AFN Membership : [myfallsociety@outlook.com](mailto:myfallsociety@outlook.com)

FFNM Membership : [ffnmalaysia@gmail.com](mailto:ffnmalaysia@gmail.com)