

## **AIMM President's message for AGM 2019**

We would like to thank everyone for their cooperation and support shown towards AIMM.

2018 was a fruitful year for AIMM due to the acclaimed success of our Inaugural International Integrative Medicine Conference (IIIMC) in February, and then the International Annual Nutritional and Lifestyle Medicine Symposium in November.

Both were a true representation of the Participatory approach (P4 medicine) to health as spearheaded by integrative medicine, where patients are empowered with the knowledge and guided by practitioners in pursuit of their own health and wellness.

In summary, we conveyed solutions “on what’s best for the patients” in terms of safety, efficacy and sustainability.

We are very grateful to the Director General of Health, Datuk Dr. Noor Hisham Abdullah who graciously signed the certificates of the delegates and speakers for both international events.

In the ‘spirit of giving back to the community’ AIMM participated in a children’s football charity funded by IC PLT in August 2018. The fund was earmarked at the gala dinner of our Inaugural International Integrative Medicine Conference.

Let us not forget, that the landscape of medicine is ever changing and it is dangerous not to evolve. Success of health depends on mosaic of factors ranging from rational, evidence-based to emotive, psychosocial, socio-economic, spiritual, occupational, intellectual and environmental influences.

Hence, the theme for the 2<sup>nd</sup> International Integrative Medicine Conference from 4<sup>th</sup> to 6<sup>th</sup> October 2019 is Integrated Health and Wellness for Humanity.

We hope to forge new interdisciplinary collaborations leading to important breakthroughs in our understanding of health responses to environmental change and for improving our ability to design new perspectives for improved human health.

Yours humbly,

Dr. Janethy Balakrishnan Bokström

