

PUSAT PERUBATAN
PRIMANORA
MEDICAL CENTRE



DATUK DR NOR ASHIKIN MOKHTAR, PJJN
MD (UKM), Master OBS & GYN (MAL), MRCOG (UK), FRCOG (UK)
Founder & Executive Chairman

Brief Summary about Datuk Dr. Nor Ashikin Mokhtar's Achievements



Datuk Dr. Nor Ashikin Mokhtar is a Fellow of the Royal College of Obstetricians & Gynaecologists of London. She graduated in 1984 from the National University Of Malaysia with distinction in Obstetrics & Gynaecology.

She was a former lecturer at the National University of Malaysia before going into Private Practice. She was the associate partner to the late Dr Yeo Oon Hock who was the founder of Pantai Medical Centre. She has looked after more than ten thousand women and has delivered no less than 3000 babies.

She is also the Founder and Executive Chairman of Primanora Medical Centre a one stop medical specialist centre that looks after the needs of the women and family throughout their lifespan.

She has made her life long mission to champion women's health and has been a driving force of bringing information to women so they understand and recognize their health care choices. She also motivates and inspires women to empower themselves to make positive changes in their lives thus uplifting the standard of women's health.

Datuk Dr Nor Ashikin constantly delivers cutting-edge medical information, within group discussions and large presentations, "in a warm, enlightening, and entertaining format." As a passionate and committed leader on women's health issues, she is a frequently sought after speaker and appearing in various TV and radio talk shows.

She has worked voluntarily with the Ministry of women, family and community development as Co-chairman of the Nur Sejahtera Women's Healthcare Program. The main core objective of the

program is to maintain a commitment to reducing health inequalities especially among women in the lower income group, older women or women with disabilities.

She has also written over 200 articles in the media press, primarily through her own column ‘Women’s world’ in The Star’s Fit for life and Wanita Magazine. Datuk Dr Nora has also authored books on Breastfeeding as well as involved in a various studies on both men’s & women’s sexual health.

Datuk Dr Nor Ashikin’s efforts and her advocacy for women’s health have been recognized throughout the country and has earned her the following lifetime awards.

- i. Awarded by Honda Malaysia Sdn Bhd as one of the six personas in the Accord Perfectionist Campaign, July 2009
- ii. Awarded by AVON COSMETICS(M) SDN BHD as Mother of Career during Mothers day Celebration-My Mother My Inspiration On ‘Gemerlap Pengiktirafan Wanita Inspirasi Malaysia” 2008
- iii. Awarded the ‘Outstanding Mother of the year ward (‘Ibu Cemerlang’) during Mother’s day celebration by NONA magazine in 2008
- iv. In recognition for her contribution to the community and nation she was conferred the ‘Panglima Jasa Negara’ award which carries the title ‘Datuk’. by His Majesty XII King of Malaysia, Tuanku Syed Sirajuddin ibni Al-Marhum Tuanku Syed Putra Jalalullail’ s in **June 2005**,
- v. Finalist Tun Dr Siti Hasmah WIM Woman of the Year Award 2005 by Women’s Institute of Management of Malaysia.
- vi. Acknowledged in Galeri Jati Wanita **2003** as one of the most successful women in Malaysia for her contribution in medical and science. Galeri Jati Wanita **2003** was launched at PWTC by YAB Dato’ Seri Abdullah Ahmad Badawi, Malaysia Prime Minister.
- vii. Awarded by AVON COSMETICS (M) SDN BHD as one of the most beautiful women, stylish and has good image in the Exhibition of Gallery of Fame – Women of Beauty, Style & Image, **February 2005**.
- viii. Listed in NONA Magazine, as one of the successful professional in Malaysia, **August 2003**.
- ix. Listed amongst 20 Successful Women in Malaysia in service for women in Jelita Magazine, in commemoration of 20th edition year of Jelita Magazine, **August 1996**.

As Co Chairman Of The Nur Sejahtera Women's Healthcare Programme for the Ministry Of Women 2001 Family and Community Development



Most women put their health at the bottom of the priority list - *Diana Seri Shamsiah Jaisa jali*

THURSDAY 8 October 2003

Care for your health, women told

By VIVIAN PAL

LOVE Your Family, Celebrate Healths - this was the theme of the 10th Women's Health & Lifestyle 2003 (WHL 2003) exhibition.

Held at the Kuala Lumpur Convention Centre from Sept 23 to 25, the exhibition was organised by the Women, Family and Community Development Ministry and F&C Exhibition and Conference Sdn Bhd.

"Most women put their health at the bottom of the priority list. Statistics have shown that many diseases suffered by women can be prevented with early detection."

"The idea of WHL 2003 is to bring awareness to women on how important their health must be to them," said Minister, Family and Community Development Minister Diana Seri Shamsiah Abdul Jalil during the launch.

Also present at the launch were

Ministry parliamentary secretary Chiew Mei Fui and secretary-general, Kuala Lumpur 2003 WHL 2003 organising chairman Diana Seri Shamsiah Abdul Jalil and National Family Planning and Development Board (NFPS) Director-general Sarah Ibrahim Ismail.

Held for the second time, the exhibition, which was part of the ministry's Nur Sejahtera Women's Healthcare Programme, include programmes to address key health issues. Illustrative exhibits and posters, health screenings and counselling and more.

Among the health issues addressed at the exhibition were cancer, vaccination, obesity, nutrition and sexual health.

There were about 150 booths offering products and services ranging from beauty to health care and even life health strategies.

The latest health technologies were exhibited to keep women abreast of what is in the market.

Shaharil Ismail (far right) launching the exhibition with the press of a button. With her are (from left) National Jaisa, Dr Nur Amirah and Kuan.



Organising and Conducting various health talks and seminars since 1990's





With Members of The National Advisory Council On Women



As a finalist receiving the Tun Dr Siti Asmah Women of the Year Award 2005



Receiving The 'Pingat Panglima Jasa Negara' from His Royal Highness The DYMM Yang Di Pertuan Agong XII, Tuanku Syed Sirajuddin Ibni Al-Marhum Tuanku Syed Putra Jalalullail



Awarded by AVON COSMETICS(M) SDN BHD as Mother of Career during Mothers day Celebration-My Mother My Inspiration On 'Gemerlap Pengiktirafan Wanita Inspirasi Malaysia' 2008



**Seri Paduka Baginda Raja Permaisuri Agung
Tuanku Fauziah binti Almarhum Tengku
Abdul Rashid Launching Datuk Dr Nora's
book "Sentuhan Kasih" in 2006**



PrimaNora CARES untuk WANITA at Park Royal Hotel. Launching by Y.B. Senator Dato' Sri Shahrizat Abdul Jalil on 5th Dec 2009



BIODATA OF DATUK DR. NOR ASHIKIN MOKHTAR

Datuk Dr. Nor Ashikin Mokhtar is a Fellow of the Royal College of Obstetricians & Gynaecologists of United Kingdom, Founder and Executive Chairman of Primanora Medical Centre and a Senior Consultant Obstetrician & Gynaecologist at Pantai Medical Center, Kuala Lumpur, Malaysia.

She qualified in 1984 from the National University Of Malaysia with distinction in Obstetrics & Gynaecology. Datuk Dr Nora further trained at Malacca General Hospital, Kuala Lumpur General Hospital and concluded an attachment at The Leicester Royal Infirmary, United Kingdom. She was a former lecturer at the National University of Malaysia (HUKM) since 1992, she has her own private practice in Pantai Medical Centre before establishing Primanora Medical Centre in 2007.

Datuk Dr Nora was also the associate partner of the late Dr Yeo Oon Hock, Founder of Pantai Medical Centre from 1992 – 2006. She currently hold various important positions in both governmental and private sector.

Datuk Dr Nora has built strong links with the Ministry of Women, Family and Community Development, the National Population and Family Development Board as well commendable influence in the private health care environment.

She is a sought after speaker involving in over 100 forums & seminars, a passionate champion on women's health issues appearing in various TV and radio talk shows. She has also written over 200 articles in the media press, primarily through her own column "Women's world" in The Star's Fit for life and Wanita Magazine. Datuk Dr Nora has also authored books on Breastfeeding as well as involved in a various studies on both men's & women's sexual health.

CLIENTS & SERVICES

Since the establishment of her practice in 1992 at Pantai Medical Centre, Bangsar, Kuala Lumpur, Datuk Dr Nor Ashikin has seen a **more than 10,000 patients and delivered more than 3000 babies**

Positions in Government sector :

1. Director Board Member, National Population and Family Development Board, Ministry of Women, Family and Community Development **2003- 2009.**
2. National Women Advisor Council Member, Ministry of Women, Family and Community Development, **2001 – 2003.**
3. Co- Chairman , NUR SEJAHTERA: Program Prihatin Kesihatan Wanita, Ministry of Women, Family & Community Development , **2001 – 2008.**
4. Scientific and Medical Advisor Board Chairman, National Population and Family Development Board, Malaysia **2003 – 2008.**
5. Member of Malaysia Cervical Cancer Prevention Advisory Board, **2006 – to date.**
6. Health Consultant, Terengganu Family Development Foundation, Malaysia, **1995 – 1998.**
7. Lecturer and Consultant of Obstetric and Gynaecology, Department of Obstetric and Gynaecology, Faculty of Medicine, Universiti Kebangsaan Malaysia (UKM), **1990 – 1991.**

Positions in private sector :

1. Medical Consultant of CARES, **2009 to date**
2. Health Consultant, Health Issue Column, New Straits Time: **2008 to date**
3. Life member of XL Result Foundation, **May 2007 to date.**
4. Executive Council Member of Osteoporosis Awareness Society of Malaysia: **2007 to date**
5. Columnist for Fit for Life, 'Women's World', The Star **2007 to date.**
6. Women Health Consultant, Wanita Magazine, **2004 – to date.**
7. Advisor Panel Committee Member, Column Star Age Well Column, STAR Newspaper, **2002 – to date.**
8. President Protem Committee Cervical Cancer Awareness Associate Kuala Lumpur: **2008 -2009**
9. Health Consultant, Women Health Issue Column, Harian Metro, **2002 – 2003.**
10. Chairman of Baby Friendly Hospital Program, Pantai Medical Center, **2001 – 2006** (Approved by WHO and Malaysia Ministry of Health as an Excellent and First Tertiary Baby Friendly Private Hospital in 2001)
11. Member of the International Society for Sexual Medicine-January **1st, 2006-December 31st,2006.**
12. Vice President, Malaysia Menopause Society, **2001 – 2003**
13. Public Awareness Committee Chairman, Malaysian Menopause Society, **1999 – 2003**
14. Executive Council Member, Malaysian Menopause Society, **1997-2001.**
15. Executive Committee Member, Andrology Society & Society for the Study of the Aging Male
16. Committee Member, Sexual Health Advisory Council of Malaysia (SHACOM).
17. Member, Malaysian Obstetric and Gynaecology Society
18. Member, Medical Protection Society (MPS)
19. Member, Life Member, Malaysian Islamic Medical Society (PPIM), from **1990**
20. Malaysia Medical Association (MMA). Committee Member, Malaysian Society for the Study of Obesity (MASO)
21. Member, Malaysian Society for the Study of Obesity (MASO). Member, International Women Society, Kuala Lumpur (WIA).
22. Member of Cervical cancer Advisory Committee of Malaysia

LIFETIME ACHIEVEMENTS

Datuk Dr Nora's involvement in various government, private and community activities has earned her the following lifetime achievements

- i. Awarded by Honda Malaysia Sdn Bhd as one of the six personas in the Accord Perfectionist Campaign, **July 2009**
- ii. Awarded by AVON COSMETICS (M) SDN BHD as Mother of Career during Mother's Day celebration-My Mother My Inspiration on 'Gemerlap Pengiktirafan Wanita Inspirasi Malaysia'- **2008**
- iii. Awarded the 'Ourstanding Mother of the year ward ('Ibu Cemerlang') during Mother's day celebration by NONA magazine in **2008**
- iv. In recognition for her contribution to the community and nation she was conferred the 'Panglima Jasa Negara' award which carries the title 'Datuk'. by His Majesty XII King of Malaysia, Tuanku Syed Sirajuddin ibni Al-Marhum Tuanku Syed Putra Jalalullail' s in **June 2005**,
- v. Finalist Tun Dr Siti Hasmah WIM Woman of the Year Award **2005** by Women's Institute of Management of Malaysia.
- vi. Acknowledged in Galeri Jati Wanita **2003** as one of the most successful women in Malaysia whose contribution in medical and science. Galeri Jati Wanita **2003** is launched at PWTC by YAB Dato' Seri Abdullah Ahmad Badawi, Malaysia Prime Minister.
- vii. Awarded by AVON COSMETICS (M) SDN BHD as one of the most beautiful women, stylish and has good image in the Exhibition of Gallery of Fame – Women of Beauty, Style & Image, **February 2005**.
- viii. Listed in NONA Magazine, as one of the successful professional in Malaysia, **August 2003**.
- ix. Listed amongst 20 Successful Women in Malaysia in service for women in Jelita Magazine, in commemoration of 20th edition year of Jelita Magazine, **August 1996**.
- x. Fellow Royal College of Obstetrician & Gynaecology London [F.R.C.O.G] **(2003)**.
- xi. Member Royal College of Obstetrician & Gynaecology London [M.R.C.O.G] **(1990)**.
- xii. Masters in Medicine (O&G), Universiti Kebangsaan Malaysia **(1990)**.
- xiii. Medicine (MD), Universiti Kebangsaan Malaysia **(1984)**. Passed with distinction in Obstetrics & Gynaecology.

DETAILS OF ACTIVITIES/SERVICES

Believing in always sharing towards building healthier communities, Datuk Dr Nor Ashikin's has been actively involved in numerous activities since 1991. Some of them are listed as follows:-

- 1 Speaker
Health Seminar "*Wake Up and Live The Life You Love: Successful Aging*" organized by Setia Kombinasi Sdn Bhd on **10th August 2010** at Selayang Hospital, Selangor.
- 2 Speaker
Health Seminar "*Successful Aging*" organized by PMCare on **9th August 2010** at Telekom Malaysia Tower, Kuala Lumpur.
- 3 Speaker
Health Seminar "*Sayangi Diri Anda*" organized by PERKEP Kontinjen Selangor on **3rd August 2010 – 5th August 2010** at Primanora Medical Centre Sdn Bhd, Kuala Lumpur.
- 4 Speaker
Health Seminar "*Good health ... great sex for a better life*" organized by STAR on **31st July 2010** at Kuala Lumpur Convention Centre, Kuala Lumpur.
- 5 Speaker
Health Seminar "" organized by Bayer Healthcare on **28th July 2010** at Sunway Pyramid, Sunway.
- 6 Speaker
Health Seminar "*Sayangi Diri Anda*" organized by PERTIWI on **24th July 2010** at Malaya University, Kuala Lumpur.
- 7 Speaker
Health Seminar "*Jalani Kehidupan Sihat*" organized by Utusan – Wanita on **3rd July 2010** at Istana Hotel, Kuala Lumpur.
- 8 Speaker
Health Seminar "*Wake up! Live the life you love*" organized by PRIDE Foundation **26th May 2010** at Menara Star, Petaling Jaya.
- 9 Speaker
Health Seminar "*Wake up! Live the life you love*" organized by Permodalan Nasional Berhad **5th May 2010** at Permodalan Nasional Berhad, Kuala Lumpur.
- 10 Speaker
Health Seminar "*Wake up! Live the life you love*" organized by Profound Learning Solution **27th April 2010** at OneWorld Hotel, One Utama, Petaling Jaya.

- 11 Speaker
Health Seminar “*Beautiful Me*” organized by Institute Marketing Malaysia (IMM) **21st April 2010** at Legend Hotel, Kuala Lumpur.
- 12 Speaker
Health Seminar “*Sayangi diri anda*” organized by Institut Tadbiran Awam (INTAN) Bukit Kiara **16th April 2010** at Intan Bukit Kiara, Kuala Lumpur.
- 13 Speaker
Health Seminar “*Sayangi diri anda*” organized by WANITA Magazine – Utusan Karya Sdn Bhd **10th April 2010** at Prince Hotel & Residence, Kuala Lumpur.
- 14 Speaker
Health Seminar “*Wake up! Live the life you love*” organized by Summit Company (M) Sdn Bhd **10th April 2010** at Adam Khoo Learning Centre, TTDI Plaza.
- 15 Speaker
Health Seminar “*Nutrition for Wellness*” organized by Nu Skin Malaysia Sdn Bhd **10th August 2009** at PNB Darby Park Retail Kuala Lumpur
- 16 Speaker
Health Seminar “*Keeping Fit During Pregnancy & Getting Back Into Shape*” organized by Danone Dumex (Malaysia) Sdn Bhd **18th July 2009** at KL Hilton, Kuala Lumpur
- 17 Speaker
Health Seminar “*Knowing Your Orgasm*” organized by SSL Healthcare Malaysia Sdn Bhd **2nd July 2009** at Le Meridien Hotel Kuala Lumpur
- 18 Panel of Judges
Panel of judges for “*Pesona De’Wajah Harmoni*” organized by Utusan Karya Sdn Bhd, **2008/2009** at Hotel Legend Kuala Lumpur
- 19 Speaker
Health Seminar “*Wake Up, Live Your Life You Love*” organized by Malaysia External Trade Development Corporation (MATRADE) **27th March 2009** at Matrade, Kuala Lumpur
- 20 Speaker
Health Seminar “*Non Smoking Day*” organized by LCCT Air Asia, **25th March 2009** at LCCT Air Asia Sepang
- 21 Speaker
Invited Guest for Kuala Lumpur International Women’s Day Celebration, **12th March 2009** at Pan Pacific Hotel Kuala Lumpur

- 22 Speaker
Panel for Health Forum “Very Bery Spa Party” organized by Tupperware, **10th December 2008** at One World Hotel
- 23 Speaker
Health Seminar “*Health and You*” organized by Malaysian Association of Professional Secretaries & Administrators, Training & Development, May Monthly Event, **24th May 2008** at The Piccolo Hotel
- 24 Presenter
Health Seminar “*Menopause Support Group (Soft Launch of Red Hot Women Club)*” organized by PrimaNora Medical Centre in collaboration with MERCK Sdn Bhd at PrimaNora Medical Centre Sdn Bhd Level 3, Plaza TTDI, Jalan Wan Kadir 3, Taman Tun Dr. Ismail, 60000 Kuala Lumpur – **16 February 2008**
- 25 Presenter
Health Seminar “*Program Dandanan Diri*” organized by PERKEP, Ibu Pejabat Polis Kontinjen, Kuala Lumpur – **29 January 2008**
- 26 Presenter
Health talk : “*Beautiful Me*” organized by Kelab Rotary Shah Alam at Kelab Shah Alam – **28 December 2007**
- 27 Presenter
Health talk : “*Menopause*” for Program Kesihatan Reproduktif Wanita organized by LPPKN Labuan at Labuan Ballroom Hotel Sheraton – **22 July 2007.**
- 28 Presenter
Health talk : “*Beautiful Me*” for “*Family Wellness*” campaign organized by PUSPANITA JPM at Jabatan Perdana Menteri, Putrajaya – **28 June 2007**
- 29 Presenter
Health talk : “*Beautiful Me*” organized for Health Awareness Campaign, INTAN, Bukit Kiara, Kuala Lumpur – **18 May 2007**
- 30 Presenter
Health seminar “*Beautiful Me*” organized by Persatuan Perkhidmatan Tadbir & Diplomatik, Malaysia (PPTD) Wanita at Dewan Sri Baiduri, INTAN Bukit Kiara, Kuala Lumpur, **May 2007.**
- 31 Presenter
Health Talk : “*Cervical Cancer*” organized by Hong Leong Bank Priority Banking Customers & Merck Sharp & Dohme (I.A.) Corp. (MSD), Dewan Pantai, Pantai Medical Centre, Kuala Lumpur, **April 2007**

- 32 Presenter
Public Forum : “*Feeling Good*” organized by Malaysian Menopause Society, in conjunction with the 6th Malaysian Congress on Menopause, Berjaya Times Square Hotel & Convention Centre, Kuala Lumpur, **April 2007**
- 33 Presenter
Public Forum : “*How To Have Easy Pregnancy*” & “*How To Space Your Pregnancy*” organized by Pusat Perubatan Medical Centre, in conjunction with Reproductive Health Month / Pregnancy Week, Dewan Pantai, Pantai Medical Centre, Kuala Lumpur, **February 2007.**
- 34 Chairperson
Public Forum : “*Love the Freedom : Benefits Beyond Contraception*” organized by Schering (M) Sdn. Bhd., Dewan Pantai, Pantai Medical Centre, Kuala Lumpur, **November 2006.**
- 35 Presenter
Health Symposium, International Women Wellness and Lifestyle 2006, “*Period Pain: Is it affecting your life?*”, Putra World Trade Centre, Kuala Lumpur, **December 2006**
- 36 Presenter
Women Trade Outreach Programme, Health seminar “*Kecergasan dan Kesihatan*” organized by Malaysia External Trade Development Corporation (MATRADE), Puteri Pacific Hotel, Kuala Lumpur, **December 2006.**
- 37 Presenter
Health In The City Public Forum, “*Take Ownership in Cervical Cancer Prevention*” organized by Health Today Magazine, Le Meridien Kuala Lumpur, **November 2006**
- 38 Presenter
Public Forum: The Truth Women Should Know, “*HRT – What Does It Really Mean?*” organized by Obstetrical and Gynaecological Society of Malaysia, OH! Only Health Magazine & Partners in Health in conjunction with the XVIIIth Figo World Congress, Equatorial Hotel Kuala Lumpur, **November 2006**
- 39 Presenter
Health seminar “*Wanita di Era Emas*” organized by National Population and Family Development Board, Jln. Raja Laut, Kuala Lumpur, **November 2006**
- 40 Presenter
Public Forum on ‘Enhancing Marital Relationship through Intimacy’, “*Women’s Sexual Health*” organized by Malaysian Healthy Ageing Society, Hilton Petaling Jaya, **September 2006.**

- 41 Presenter
Health seminar “*Persiapan Menuju Era Emas*” organized by Puspanita & Jabatan Hal Ehwal Wanita Sabah, Promenade Hotel, Kota Kinabalu, Sabah, **September 2006**
- 42 Presenter
Dinner Symposium “*HPV and Cervical Cancer Prevention : Why vaccinate the adolescent?*” organized by Merck Sharp & Dohme (I.A.) Corp. in conjunction with 28th Annual Congress of Malaysian Pediatrician Association, Hyatt Regency Johor Bahru, Johor, **August 2006.**
- 43 Presenter
Symposium “*Life as a doctor*” (Student Session – What it takes to be a doctor?), The International Congress of Medicine, Putrajaya International Convention Centre, organized by Faculty of Medicine, MARA University of Technology, Shah Alam, Selangor, **August 2006**
- 44 Chairperson
Public Forum “*Towards a Healthier Future for Women*” organized by Partners in Health, Only Health Magazine, B’yyu Air Cantee Spa, Solvay Pharma & TigaS, SMIDEC Auditorium, **July 2006**
- 45 Chairperson
“*Exercise Tips : How to Advise Elderly on Exercise?*” Second National Men’s Health & Aging Conference in conjunction with The First Japan-ASEAN Men’s Health & Aging Conference organized by Malaysian Society of Andrology and The Study of The Aging Male (MSASAM), Hilton Kuala Lumpur, **June 2006.**
- 46 Presenter
Women Wellness Workshop, “*Healthy Living for a Healthier You*”, organized by Only Health Magazine in conjunction of OH! Magazine 4th Anniversary Celebration, Hotel Istana Kuala Lumpur, **May 2006.**
- 47 Presenter
“*Cervical Cancer*” organized by Majlis Pembangunan Wanita dan Keluarga (MPWK) Negeri Sabah and Lembaga Penduduk dan Pembangunan Keluarga Negara (LPPKN) Negeri Sabah, Hyatt Regency, Kota Kinabalu, Sabah, **May 2006**
- 48 Chairperson
“*Challenge for the Women*” – Mercilon RemindHer Launch organized by Organon (M) Sdn Bhd, Clark Hatch, Mont Kiara, Kuala Lumpur, **April 2006**
- 49 Presenter
Untukmu Wanita : Sihat & Bahagia, organized by Sistem Televisyen Malaysia Berhad, Nikko Hotel, Kuala Lumpur, **March 2006.**

- 50 Presenter
Wanita & Kesihatan, organized by Utusan Karya Sdn Bhd, Putra World Trade Centre, **January 2006**.
- 51 Presenter
Menopause, organized by National Population and Family Development Board, Ministry of Women, Family and Community Development and Mineral and Geosciences Department, **November 2005**.
- 52 Presenter
Low Dose HRT, Benefits Beyond Contraception, organized by Prime College and supported by Wyeth (M) Sdn Bhd, Prime College, Kuala Lumpur, **November 2005**.
- 53 Presenter
Wanita. Kesihatan dan Kecantikan, organized by Persatuan Suri dan Anggota Wanita(PUSPANITA), Jab. Perkhidmatan Awam, Putrajaya, **November 2005**
- 54 Presenter
Female Sexual Dysfunction, organized by 3rd APCRSH, Sunway Pyramid Convention Centre, **November 2005**.
- 55 Presenter
Healthy Tips for A Beautiful Body, organized by Women Council, Ministry of Social Development and Urbanization, Sarawak, Hilton Kuching, Sarawak, **November 2005**.
- 56 Presenter
Low Dose HRT, Benefits Beyond Contraception, organized by Taylors College, supported by Wyeth (M) Sdn Bhd, Taylors College, Kuala Lumpur, **October 2005**.
- 57 Chairman of Organising Committee
Women: Health & Lifestyle 2005, organized by Ministry of Women, Family and Community Development, Kuala Lumpur Convention Centre (KLCC), Kuala Lumpur, **23 – 25 September 2005....drew 30000 visitors throughout the 3 day event**
- 58 Presenter
Why Women Say No To Sex?, organized by Women : Health & Lifestyle 2005, Ministry of Women, Family and Community Development, Kuala Lumpur, **September 2005**.
- 59 Presenter
Low Dose Oral Contraceptives: Benefits Beyond Contraception, organized by Wyeth Pharmaceuticals, Kuala Lumpur, **August 2005**

- 60 Presenter
“*Senggugut*”, organized by National Population and Family Development Board, Ministry of Women, Family and Community Development, **August 2005**.
- 61 Presenter
Cervix Cancer, organized by Keluarga Utusan Malaysia, **August 2005**
- 62 Presenter
“*Barah Pangkal Rahim*”, organized by National Population and Family Development Board, Ministry of Women, Family and Community Development, **June 2005**
- 63 Presenter
Menopause, organized by Phillip Wain (M) Sdn Bhd, Kuala Lumpur, **May 2005**
- 64 Chairman
Symposium: Embrace The Golden Age Naturally, organized by Malaysia Representative Committee of the Royal College of Obstetricians & Gynaecologists, supported by Obstetrical and Gynaecological Society of Malaysia, and in collaboration with National Population and Family Development Board, Kuala Lumpur, **5 March 2005**.
- 65 Presenter
Tip – tip Kesihatan Wanita, Kedutaan Indonesia, Kuala Lumpur, **February 2005**
- 66 Visiting Lecturer
Medical Course, Department of Obstetric and Gynaecology, Faculty of Medicine, Universiti Malaya, Malaysia, **January 2005**
- 67 Presenter
Healthy Tips for a Beautiful Body, organized by Only Health Magazine, to mark the launching of Health Calendar in Aid of the UTAR Education Fund, Kuala Lumpur, **December 2004**
- 68 **Chairman of Organizer Committee**
Women Seminar: Health and Lifestyle 2004, organized by Ministry of Women, Family and Community Development, Dewan Tun Hussein Onn, PWTC, Kuala Lumpur, **October 2004**.
- 69 Presenter
Healthy Tips for Women’s Health, Women Seminar: Health and Lifestyle 2004, organized by Ministry of Women, Family and Community Development, Dewan Tun Hussein Onn, PWTC, Kuala Lumpur, **October 2004**.
- 70 Presenter
Your Midlife Journey: What Every Woman Should Know, Women Seminar: Health

and Lifestyle 2004, organized by Ministry of Women, Family and Community Development, Dewan Tun Hussein Onn, PWTC, Kuala Lumpur, **October 2004**

- 71 Presenter
Cervical Cancer, Women Seminar: Health and Lifestyle 2004, organized by Ministry of Women, Family and Community Development, Dewan Tun Hussein Onn, PWTC, Kuala Lumpur, **October 2004**.
- 72 Presenter
Wanita dan Kesihatan, organized by PERKEP (Persatuan Keluarga Polis) Bukit Aman, Kuala Lumpur, **October 2004**
- 73 Presenter
Contraception While Breastfeeding, World Breastfeeding Week Reception 2004, Kuala Lumpur, **August 2004**.
- 74 Presenter
Understand Your Body & Pregnancy, Phillip Wain Fitness & Beauty, Kuala Lumpur, **July 2004**
- 75 Presenter
Barah & Simptom Pro Menopaus, Health and Women Seminar, organized by Muslim Women's Welfare Board Malaysia and Selayang Municipal Council, Selangor, **June 2004**.
- 76 Presenter
Health and Women Seminar, organized by Badan Kebajikan Angkatan Tentera, Maktab Turus Angkatan Tentera, Malaysia Ministry of Defense, **May 2004**
- 77 Presenter
Program Untukmu Wanita : Sihat & Berjaya, organized by Sistem Televisyen (M) Bhd. (TV3), **May 2004**.
- 78 Presenter
Women Health Seminar, organized by PUSPANITA, Branch of The Inland Revenue Board, Jalan Duta, **May 2004**.
- 79 Presenter
Nur Bestari Program – Health and Women, organized by Ministry of Women, Family and Community Development, and Non-Governmental Organizations (NGO), Renaissance Hotel, Kelantan, **May 2004**.
- 80 Presenter
Menopause and Women Health Seminar, organized by PUSPANITA, The Prime Minister's Department Branch, Putrajaya, **December 2004**.

- 81 Presenter
Nur Bestari Program – *Women and Health*, organized by Ministry of Women, Family and Community Development, and Non-Government Organization (NGO), Port Dickson, N. Sembilan, **October 2003**.
- 82 Presenter
Topic: *Health and Law for Women*, organized by PUSPANITA-Ministry of Domestic Trade and Consumer Affairs, Kuala Lumpur, **October 2003**.
- 83 Presenter
Men's Health +Awareness Programme, organized by Malaysian Society of Andrology (MSA), LPPKN, PMC and SJMC at Forest Research Institute Malaysia (FRIM), inauguration by YB Dato Seri Sharizat Abdul Jalil, Ministry of Women, Family and Community Development, **10 August 2003**.
- 84 Presenter
Nur Bestari Program – *Women and Health*, organized by Ministry of Women, Family and Community Development and PUSPANITA, Penang, **August 2003**.
- 85 Co-Chairman and Organizer
Jogathon under Man Health Awareness Program, organized by Malaysian Society of Andrology (MSA) and the Study of the Aging Male'.Public Program organized together with Pfizer, Pantai Medical Center, Dewan Bandaraya Kuala Lumpur, Harian Metro, The STAR, and LPPKN, launched by YB Dato' Seri Shahrizat Abdul Jalil, Ministry of Women, Family and Community Development, FRIM Kepong, **August 2003**.
- 86 Presenter
Topic: *HRT; For Whom, For What, For How long*, organized by Guardian Pharmacy Sdn Bhd and Wyeth, Petaling Jaya, **July 2003**
- 87 Presenter
Hormone Therapy Symposium, organized by Schering AG, MMA and MPS, Seremban, **July 2003**.
- 88 Presenter
Topic: *Health for Women – Abnormal Bleeding*, organized by PUSPANITA-The Inland Revenue Board, **July 2003**
- 89 Presenter
Topic: *HRT; The Story so Far and Low Dose Estrogen – The Way Forward*, organized by Schering AG, MMA and Malaysia Pharmaceutical Society, Kuantan, **June 2003**.
- 90 Presenter
Nur Bestari Program – *Women and Health*, organized by Ministry of Women,

Family and Community Development, PERKEP (Persatuan Keluarga Polis Diraja Malaysia) and BAKAT (Badan Kebajikan Keluarga Angkatan Tentera), Kuantan, Pahang, **June 2003**

- 91 Presenter
Topic: *Understanding Menopause And HRT For Quality Of Life*, organized by Wanita UMNO Bahagian Putrajaya, PUSPANITA-Jabatan Perdana Menteri and Putrajaya Hospital, Putrajaya, **April 2003**.
- 92 Presenter
Topic: *Women's Health Programme-Menopause*, organized by Malaysia International Shipping Corporation Berhad, Kuala Lumpur, **March 2003**
- 93 Presenter
Topic: *Menopause* (Lecture for PERTIWI Member), Kelab Golf Perkhidmatan Awam, Bukit Kiara, Kuala Lumpur, **18 February 2003**
- 94 Presenter
Topic: *Breast Cancer Fear & HRT – How Justified Is it?* Organized by O&G Society Malaysia, MMS and Malaysian Pharmaceutical Society, Petaling Jaya, January 2003
- 95 Presenter
Topic: Breastfeeding after Caesarean (Public Forum), Dewan Besar Pantai Hospital, Bangsar, **2 November 2002**
- 96 Presenter
Topic: *Breastfeeding After Caesarean* (Forum Umum), Dewan Besar Hospital Pantai, Bangsar, **November 2002**
- 97 Presenter
Topic: *Memahami Menopos dan Terapi Penggantian Hormon - Nur sejahtera Program*, Wilayah Persekutuan. Organized by KPWK, LPPKN & Persatuan Perancang Keluarga Selangor & Wilayah Persekutuan, inauguration by YB Dato' Seri Shahrizat Abdul Jalil, Ministry of Women, Family and Community Development, **20 October 2002**
- 98 Presenter
Topic: *Women and Health*, Nur Bestari Program, organized by Ministry of Women and Family Development, Malacca, **April 2002**.
- 99 Presenter
Topic: *Osteoporosis: Evidence Based Medicine*, Review of Therapeutic Agents, organized by Malaysian Osteoporosis Society and MMA, **February 2002**

- 100 Chairman
1st Event Organized In Malaysia In Conjunctions With United Nation World Men's Day, organized by MEDACT, LPPKN, MSA, MMS, FPMPAM, PMC & SJMC and inauguration by Dato' Chua Jui Meng, Minister of Health Malaysia, **November 2001**
- 101 Presenter
Topic: *Men's health Living Longer & Better* 1st Event Organized In Malaysia In Conjunctions With United Nation World Men's Day, organized by MEDACT, LPPKN, MSA, MMS, FPMPAM, PMC & SJMC and inauguration by Dato' Chua Jui Meng, Minister of Health Malaysia, **November 2001**
- 102 Presenter
Topic: *Why women say no to sex*, The International Family Conference – Family First, Bringing the Heart Home, Hotel Renaissance, inauguration by Dato' Seri Dr. Mahathir Mohamad, **25 – 28 October 2001**.
- 103 Presenter
HER Campaign 2001/Summer's Eve, Quality Hotel, Shah Alam, inauguration by YBhg Datin Seri Zahrah Kechik, wife of Selangor Chief Minister, **22 September 2001**.
- 104 Chairman
Nur Sejahtera: Sihat & Segak (Launch Of Video Tape Era Emas/Golden Years), organized by Ministry of Women, Family and Community Development, LPPKN, MMS & PMC and inauguration by YBhg Datin Sri Endon Mahmud, PWTC, KL, **August 2001**.
- 105 Presenter
Topic: *Penjagaan Kesihatan Menjelang Menopos*, Nur Sejahtera Program: Sihat & Segak (Launch Of Video Tape Era Emas/Golden Years), organized by Ministry of Women, Family and Community Development, LPPKN, MMS & PMC and inauguration by YBhg Datin Sri Endon Mahmud, PWTC, KL, **August 2001**
- 106 Presenter
Public Program - *Anggun Sihat & Bahagia Sepanjang Hayat*, organized by MMS, HAWA, PERKIM, PUSPANITA & LPPKN, Pulau Pinang, **May 2001**.
- 107 Chairman and Presenter
Women's Health Fair In Conjunction With 3rd Malaysian Congress On Menopause, organized by MMS, Subang, **April 2001**.
- 108 Organizer and Presenter
Seminar Anggun Sihat & Bahagia Sepanjang Hayat (Seremban – organized by MMS & HAWA Negeri Sembilan), **March 2001**

- 109 Organizer and Presenter
Seminar Anggun Sihat & Bahagia Sepanjang Hayat (Labuan Sabah - organized by MMS, HAWA, Labuan & Lions Club), **February 2001**
- 110 Organizer and Presenter
Robin Hood Health Talk On Osteoporosis And Menopause, organized by Robin Good Health Talk Committee, Petaling Jaya, **November 2000**
- 111 Chairman and Presenter
Seminar Anggun Sihat & Bahagia Sepanjang Hayat, organized by LPPKN, Pantai Medical Centre & Majalah Ibu, inauguration by YB Dato' Seri Sharizat Abdul Jalil, Ministry of Women, Family and Community Development, Kuala Lumpur, **October 2000.**
- 112 Chairman
Breastfeeding Promotion Week Program, Pantai Medical Center, Theme 'Breast Is Best', 1 **August 2000.**
- 113 Presenter
Topic: *Myths and Realities of Breastfeeding*, Breastfeeding Promotion Week, Pantai Medical Center, Theme 'Breast Is Best', 1 **August 2000**
- 114 Presenter
Health Seminar: *Wanita Anggun, Sihat dan Bahagia Sepanjang Hayat*, organized by Biro Hal Ehwal Wanita MAYC Kebangsaan, cooperation with MMS & Malaysian Association Of Youth Club, Pfizer, Wyeth and Roche, Puteri Resort Malacca, **20 August 2000.**
- 115 Presenter
Public *Forum*, organized by Mutiara Perbadanan Johor, Johor Specialist Hospital, Schering, Wyeth, Pfizer, Antah and NewZealand Milk, Johor Bahru, Johor, **June 2000**
Presenter
Public *Forum*, organized by Jawatankuasa Kesihatan Majlis Penasihat Wanita Sabah, Wyeth, Schering and Pfizer, Kota Kinabalu, **June 2000**
- 116 Presenter
Health Seminar, Topic: *Menopause*, organized by PERKEP Marin Wilayah Sabah, Sanbay Hotel, Sandakan Sabah, **May 2000**
- 117 Presenter
Topic: *Understanding the Biological Changes in the Human Person*, organized by Malaysian Management Institute, Kuala Lumpur, **March 2000**
- 118 Chairman
Public Forum Regarding the *Health and Menopause*, organized by PERKEP Marin Sandakan, Jawatankuasa Kesihatan Majlis Penasihat Wanita Sabah, Mutiara

Perbadanan Johor, Johor Specialist Hospital, Malaysian Association of Youth Club, ROBIN GOOD Health Talk Committee, HAWA Labuan & Lion's Club, HAWA Negeri Sembilan, LPPKN, Pantai Medical Center and Ibu Magazine, **May 2000 – April 2001**

- 119 Presenter
Topic: *Menopause*, Public Forum, organized by PERKEP Marin Sandakan, Jawatankuasa Kesihatan Majlis Penasihat Wanita Sabah, Mutiara Perbadanan Johor, Johor Specialist Hospital, Malaysian Association of Youth Club, ROBIN GOOD Health Talk Committee, HAWA Labuan & Lion Club, HAWA Negeri Sembilan, LPPKN, Pantai Medical Center and Majalah Ibu, **May 2000 – April 2001**
- 120 Presenter
Topic: *Understanding Menopause*, Health Seminar: *Anggun & Sihat Sepanjang Hayat Menjelang Menopos*, inauguration by YB Datuk Wira Hj Mohd Ali Mohd Rustam, Deputy Minister of Health Malaysia, **14 November 1999**.
- 121 Presenter
Medical Symposium for General Practitioners, Topic 1: *Psychological Complaints* and Topic 2: *HRT – Preparations & Routes*, organized by Medical Education Committee, Pantai Medical Center and Malaysian Menopause Society, **15 August 1999**
- 122 Chairman and Presenter
Public Forum Regarding the Menopause, organized by Persatuan Perancang Keluarga Kelantan, MMS and LPPKN Kelantan, Perdana Hotel, Kota Bharu, Kelantan, **18 June 1999**.
- 123 Chairman and Presenter
Public Forum Regarding the Menopause, organized by MMS and FFPAM, Sheraton Hotel, Subang Jaya, Selangor, **9 May 1999**
Chairman and Presenter
Public Forum Regarding Menopause, organized by Persatuan Usahawan Wanita Wawasan Malaysia and FFPAM, Grand Continental, Kuantan, Pahang, **25 April 1999**.
- 124 Chairman and Presenter
Public Forum Regarding Menopause, *Graceful and Health Aging*, organized by MMS, MAS and FFPAM, Akademi Penerbangan Malaysia, Sheraton Imperial Hotel, inauguration by YB Datin Paduka Hj Zaleha Binti Ismail, Minister of National Unity and Social Development, **31 October 1999**
- 125 Presenter
Great Expectations Workshop, organized by AIA, Modern Mum, Pureen, Phillip Wain and Pantai Medical Center, Pan Pacific Hotel, **14 May 1994**.

ARTICLES IN MASS MEDIA

Datuk Dr Nor Ashikin has built close relationship with the media. She has appeared in print, audio as well as electronic media since 1991. Being influential in women's health, Datuk Dr Nor Ashikin has been invited over and over again by the media as regular column contributor through her very own column in major newspapers and magazines.

- 1 Article: *Improving relationship sex* The Star Health At Large 26th September 2010
- 2 Article: *Fight Your Fatigue* The Star Health At Large 12th September 2010
- 3 Article: *Enjoying Sex* The Star Health At Large 29th August 2010
- 4 Article: *Sexy Health* The Star Health At Large 15th August 2010
- 5 Article: *Top 10 Dieting Mistakes* The Star Health At Large 1st August 2010
- 6 Article: *Crash and Burn* The Star Health At Large 18th July 2010
- 7 Article: *A Belly Good Wrap* The Star Health At Large 4th July 2010
- 8 Article: *Bleeding Women* The Star Health At Large 20th June 2010
- 9 Article: *Raging Hormones* The Star Health At Large 30th May 2010
- 10 Article: *Her First Period* The Star Health At Large 16th May 2010
- 11 Visitor Guest: Topic: *Tips Kesihatan Semasa & Selepas Mengandung (Pemakanan)*, Program 1Konsumer Bernama-TV, 9th May 2010
- 12 Article: *The Battle of The Bulge* The Star Health At Large 2nd May 2010
- 13 Visitor Guest: Topic: *Respons*, Program Apa Apa Aje TV3, 29th April 2010
- 14 Article: *Sleepless in KL* The Star Health At Large 18th April 2010
- 15 Article: *Bugs In The Gut* The Star Health At Large 4th April 2010
- 16 Article: *Eating For Baby* The Star Health At Large 21st March 2010
- 17 Visitor Guest: Topic: *International Women's Day*, Program Breakfast Grille Show BFM89.9 8th March 2010
- 18 Article: *The Plan* The Star Health At Large 7th March 2010
- 19 Article: *Somesthing's Fishy* The Star Health At Large 21st February 2010

- 20 Visitor Guest: Topic: *Penyusuan ibu khas buat ibu yang bekerja*, Program Nona TV3, 21st February 2010
- 21 Article: *Stretch mark woes* The Star Health At Large 7th February 2010
- 22 Article: *Floored by the pelvis* The Star Health At Large 24th January 2010
- 23 Article: *Finding Breast Cancer Genes* The Star Health At Large 10th January 2009
- 24 Article: *The Morning After.....* The Star Health At Large 27th December 2009
- 25 Article: *Having a C-Section* The Star Health At Large 13th December 2009
- 26 Article: *Why Some Miscarry* The Star Lifestyle Parenting 2nd December 2009
- 27 Article: *Untimely Pause* The Star Health At Large 29th November 2009
- 28 Article: *Sex and The Pregnant Woman* The Star Lifestyle Parenting 18th November 2009
- 29 Article: *Don't Stress It* The Star Health At Large 1st November 2009
- 30 Article: *H1N1and Pregnancy* The Star Health At Large 11th October 2009
- 31 Article: *No More Babies* The Star Health At Large 20th September 2009
- 32 Article: *Gift of Life* The Star Health At Large 6th September 2009
- 33 Visitor Guest: Topic: *Safety & Efficacy Of Cervical Cancer Vaccination*, Program The Breakfast Show NTV7, 04th November 2009
- 34 Medical Advisor : "*Cervical Cancer Vaccination*" Programme by GlaxoSmithKline (GSK), PJ Hilton, 30th October 2009
- 35 Visitor Guest: Topic: *Morning Sickness*, Program Ladies Day Out NTV7, 28th October 2009
- 36 Visitor Guest: Topic: *Suntikan Elak Kanser Rahim*, Program Yang Terhangat Nasi Lemak Kopi O TV9, 10th October 2009
- 37 Article: *Fluoride Folly?* The Star Health At Large 23rd August 2009
- 38 Article: *Sleep Tight* The Star Health At Large 9th August 2009
- 39 Article: *A Painful, bleeding experience* The Star Health At Large 26th July 2009

- 40 Article: *Such gall* The Star Health At Large , 12th July 2009
- 41 Article: *Aging Women's Health: Start Young* Medical Tribune Malaysia Focus 1st July 2009
- 42 Article: *Stuffed guts* The Star, Health At Large, 28th June 2009
- 43 Visitor Guest, Topic: *Endometriosis*, Program Selamat Pagi Malaysia: Segmen Tanyalah Doktor RTM 1, 18th June 2009
- 44 Article : *Stringing up my Gs*,The Star, Health At Large, 31st May 2009
- 45 Article : *Health & You*, *New Straits Times*, 26th May 2009
- 46 Article : *Mirror, Mirror On The Wall....*, The Star, Health At Large ,17th May 2009
- 47 Article : *Sad and Saggy*, The Star, Health At Large, 3th May 2009
Visitor Guest, Topic: *Kandungan Luar Rahim*, Program Response RTM 1, 23rd April 2009
- 48 Visitor Guest, Topic: *Perancangan Selepas Bersalin*, Program Response RTM 1, 23rd April 2009
- 49 Article : *Look At The Fatty Acid* , , The Star, Health At Large, 19 April 2009
- 50 Article : *Hitting The G-Spot*, The Star, Health At Large, 5th April 2009
- 51 Article : *Concerns About Colorectal Cancer*, The Star, Health At Large, 22 March 2009
- 52 Article : *When Love Hurts*, , The Star, Health At Large, 8th March 2009
- 53 Article : *Staying Healthy, Girl To Granny*, The Star, Health At Large,8 March 2009
- 54 Article : *When Women Smoke*, The Star, Health At Large, 22 February 2009
- 55 Article : *Talcum Powder and Cancer*, The Star, Health At Large, 25 January 2009
- 56 Article : *Slim and Sleek*, The Star, Health At Large, 11 January 2009
- 57 Article : *Sihat Dan Cantik Seiring*, *Utusan Malaysia* 23 Disember 2008
- 58 Article : *Firm Has Women's Interests At Heart*, The Star, Health At Large, 22 December 2008

- 59 Article : *Pedih Ulu Hati Ketika Hamil, Berita Mingguan,7 December 2008*
- 60 Article : *The Killer Shoes, , The Star, Health At Large ,30 November 2008*
- 61 Article : *Pemeriksaan Kanser Payu Dara, Berita Harian 21 November 2008*
- 62 Article : *Resort Mewah bagi Warga Emas, Berita Harian 19 November 2008*
- 63 Article : *PrimaNora Bangun 2 Projek Hartanah, Utusan Malaysia 19 November 2008*
- 64 Article : *Mamogram Percuma untuk NGO, Utusan Malaysia 18 November 2008*
- 65 Article : *Women Golfers Raise RM 3.000,The Star, Health At Large, 16 November 2008*
- 66 Article : *Not Red Enough,The Star, Health At Large, 15 November 2008*
- 67 Article : *Planning Families With Hormones, The Star, Health At Large, 2 November 2008*
- 68 Article : *The Baby Blues, The Star, Health At Large, 21 September 2008*
- 69 Article : *Post-pregnancy Healing, The Star, Health At Large, 7 September 2008*
- 70 Article : *Feeling Yeasty? , The Star, Health At Large, 24 August 2008*
- 71 Article : *Support The Rubber Industry, The Star, Health At Large, 10 August 2008*
- 72 Article : *Do You CARE? , The Star, Health At Large, 3 August 2008*
- 73 Article : *First Malaysian astronaut cares - YourCommunity, Malay Mail 28 July 2008*
- 74 Article : *CARES On Cervical Cancer, The Sun, 28 July 2008*
- 75 Article : *Keeping cervical cancer in check - Nation, New Straits Times 25 July 2008*
- 76 Article : *Pusat Perubatan Untuk Wanita, Utusan Malaysia, 22 July 2008*
- 77 Article : *When It's Not Just PMS, , The Star, Health At Large, 15 June 2008*
- 78 Article : *The mating game,The Star, Health at Large,1 June 2008.*
- 79 Article : *Cysts in the ovaries,The Star, Health at Large,18 May 2008*

- 80 Article : *Hairy Belle, The Star, Health at Large, 6 April 2008*
- 81 Article : *Stop That Leak, New Straits Times, 25 February 2008.*
- 82 Article : *Stop That Leak, Life & Times, New Straits Times, 25 February 2008*
- 83 Article : *Just Leaky, The Star, 24 February 2008.*
- 84 Article : *Gejala Menopaus, Metro Ahad 24 February 2008*
- 85 Article : *Gejala Menopaus, Sihat, Metro Newspaper, 24 February 2008*
- 86 Live on Radio Programme on Women's Health, Radio Wanita Berhad Villa 6, Jalan Maktab 6, Off Jalan Perumahan Gurney, 54000 Kuala Lumpur, 20 February 2008.
- 87 Medical Advisor : "*Bladder Weakness*" Programme by Kimberly Clarks, One World Hotel, 19 February 2008
- 88 Visitor Guest, Topic: *Bladder Weakness*, Breakfast Show, NTV7; 13 February 2003
- 89 Article : *Pregnant Skin, The Star, 10 February 2008.*
- 90 Article : *Come on, baby; The Star; 27 January 2008*
- 91 Article : *Losing A Baby , The Star, Health At Large, 13 January 2008*
- 92 Article : *Looking For The Perfect Bra, The Star; 30 December 2007*
- 93 Article : *To Vaccinate or Not?, The Star, Health At Large, 16 December 2007*
- 94 Article : *No More Cervical Cancer, The Star, Health At Large, 18 November 2007*
- 95 Article : *10 Mitos Yang Anda Perlu Ketahui Tentang Kaedah Pencegahan Kehamilan & Perancang Keluarga - Kesihatan Wanita, Wanita Magazine, November 2007.*
- 96 Article : *Sexual Problems , The Star, Health At Large, 4 November 2007.*
- 97 Article : *Sorry dear, I have a headache, The Star, Health At Large, 21 October 2007.*
- 98 Article : *Golden Relationships, The Star, Health At Large, 30 September 2007.*
- 99 Article : *Controlling Birth, The Star; 16 September 2007*
- 100 Article : *Sex During Pregnancy, The Star; 02 September 2007.*
- 101 Article : *Sihat Semasa Hamil - Kesihatan Wanita, Wanita Magazine, September 2007.*

- 102 Article : *Nine Month, The Star; 19 August 2007.*
- 103 Article : *Nectar of the gods, The Star; 05 August 2007*
- 104 Article : *I'm So Leaky, The Star, Health At Large, 5 August 2007*
- 105 Article : *Keajaiban Susu Ibu - Kesehatan Wanita, Wanita Magazine, August 2007.*
- 106 Article : *Why and when a women need a health check? - The Star, Health At Large, 22 July 2007.*
- 107 Article : *Help, there's blood!, The Star, Health At Large, 8 July 2007*
- 108 Article : *What do you know about STDs?,The Star, Health At Large, 24 June 2007.*
- 109 Article : *The Discharging Matters, The Star, Health At Large, 11 June 2007*
- 110 Article : *Seks Semasa Hamil, Wanita Magazine, June 2007*
- 111 Article : *Love, Sex and the Uterus - The Star, Health At Large, 1 April 2007*
- 112 Article : *Where Has My Little Girl Gone?,The Star, Health At Large, May 2007*
- 113 Article : *Where Has My Little Girl Gone?, The Star, May 2007.*
- 114 Article : *Love, Sex and the Uterus,The Star, Health At Large, 1 April 2007*
- 115 Article : *Asid Folik & Kehamilan Anda, Wanita Magazine, May 2007*
- 116 Article : *Love, Sex and the Uterus, The Star, 1 April 2007*
- 117 Article : *Haid : Adakah Ia Normal Atau Tidak ?, Wanita Magazine, April 2007*
- 118 Article : *Menangani Cabaran Penuaan- Fizikal, Emosi & Mental, Wanita Magazine, February 2007.*
- 119 Article: *Apakah Makna Kepada Kaum Wanita, Suntikan pencegahan jangkitan virus HPV, Wanita Magazine, January 2007*
- 120 Article : *Klitoris, Wanita Magazine, December 2006.*
- 121 Article: *Kesehatan Anda Bermula Dengan Anda, Wanita Magazine, August 2006*
- 122 Article : *Mirena Alat Dalam Rahim(ADR), Wanita Magazine, July 2006*
- 123 Article : *Infeksi GBS Sewaktu Mengandung, Wanita Magazine, May 2006*

- 124 Article : *Discaj Vagina, Wanita Magazine, April 2006*
- 125 Article: *Cara Berbincang Dengan Doktor Anda, Wanita Magazine, March 2006.*
- 126 Article: *Deconstructing Cervical Cancer, The Star, February 2006*
- 127 Article: *Apa Anda Tahu Tentang STD?, Wanita Magazine, January 2006*
- 128 Article: *Kenali Diri Semasa Hamil, Wanita Magazine, December 2005.*
- 129 Article: *Pendarahan Rahim Yang Berlebihan, Wanita Magazine, November 2005.*
- 130 Article: *Kenali Sakit Kepala Migrain, Wanita Magazine, October 2005*
- 131 Article: *Panduan Ibu Baru di Tempat Kerja, Wanita Magazine, August 2005.*
- 132 Article: *Berat Berlebihan, Wanita Lebih Berisiko, Wanita Magazine, July 2005.*
- 133 Article: *Diet Sihat Semasa Hamil, Wanita Magazine, June 2005*
- 134 Article: *Seksualiti Di Usia Emas, Wanita Magazine, May 2005.*
- 135 Article: *Penjelasan gambaran sebenar TPH, Wanita Magazine, April 2005*
- 136 Article: *Usah Menderita Kerana Endometriosis, Wanita Magazine, March 2005.*
- 137 Article: *Mitos dan Fakta Pil Pencegah Kehamilan, Wanita Magazine, February 2005*
- 138 Article: *Implikasi Histerektomi, Wanita Magazine, January 2005*
- 139 Article: *Infeksi Saluran Kencing, Wanita Magazine, December 2004.*
- 140 Article: *Mengandung Pada Usia Lanjut, Wanita Magazine, November 2004*
- 141 Article: *Panduan Hidup Sihat Bagi Wanita, Wanita Magazine, October 2004*
- 142 Article: *Jangkitan Vagina - Kenali jenis dan cara rawatannya, Wanita Magazine, September 2004.*
- 143 Article: *Kaedah Pencegahan Penyakit, Majalah Wanita, August 2004*
- 144 Article: *Facing menopause without fear, The Star, July 2004.*
- 145 Visitor Guest : *Fibroid, Program Wanita Hari Ini, TV3, July 2004*
- 146 Article: *Clarifying the Picture on HRT, The Star, 11 July 2004*

- 147 Article: *Wanita dan Diet*, Wanita Magazine, July 2004
- 148 Article: *Menopause*, Wanita Magazine, June 2004
- 149 Visitor Guest, Topic: *Therapy Alternative to Hormone Replacement Therapy*, Wanita Hari Ini, TV3, 22 December 2003.
- 150 Visitor Guest, Topic: *Menghadapi Histerektomi*, Program Wanita Hari Ini, TV3, 15 December 2003.
- 151 Article: *Sex in the golden years*, 14 December 2003
- 152 Visitor Guest, Topic: *Puasa Untuk Ibu Mengandung*, Program Wanita Hari Ini, TV3, 10 November 2003.
- 153 Visitor Guest, Topic: *Terapi Penggantian Hormon Untuk Kualiti Hidup Di Eramas/Menopos*, Program Wanita Hari Ini, TV3, 20 October 2003.
- 154 Visitor Guest, Topic: *Perancang Keluarga Untuk Wanita Empat Puluhan Ke Atas*, Program Wanita Hari Ini, TV3, 6 October 2003
- 155 Visitor Guest, Topic: *Understanding Eramas/Menopause*, Program Wanita Hari Ini, TV3, 18 August 2003.
- 156 Article: *Wanita Usia 50-an Berisiko Sakit Jantung*, Berita Harian (Minda), August 2003
- 157 Article: *Breast Is Best*, (Only Health (Oh!) Magazine, August 2003
- 158 Article: *HRT- Dos Sesuai Kurangkan Risiko Penyakit*, Berita Harian (Kesihatan), August 2003.
- 159 Article: *Defining Virginity*, Youth, The Star (Youth), July 2003
- 160 Article: *Difficult Labours* [The Star (Health At Large)], July 2003.
- 161 Visitor Guest, Topic: *Breast Feeding*, Program Wanita Hari Ini, TV3, 30 June 2003.
- 162 Visitor Guest, Topic: *Pengenalan Program Nur Sejahtera*, Program Wanita Hari Ini, TV3, together with YB Dato' Seri Sharizat Abd Jalil & Pn. Fatimah Saad, 28 June 2003
- 163 Panel Member, for column Star Health & Aging, The Star.
- 164 Specialist Consultant for Women Health Issues, Health Column, Harian Metro (Article and, Question and Answer, May 2003 – September 2003).

- 165 Article: *The Process of Elimination* The Star, 13 April 2003
- 166 Article: *I am Woman*, The Star, March 2003.
- 167 Article: *Disease Can Strike After Menopause*, The Borneo Post, March 2003
- 168 Article: *Healthy Lifestyle, Regular Check-Up Still Best Way To Prevent Illness*, The Borneo Post, March 2003.
- 169 Article: *Women Should Be Wary Of Post Menopausal Diseases*, Sunday Tribune, March 2003.
- 170 Article: *US Lab Research Result On HRT Is Not Convincing*, Nanyang Siang Pau Malaysia, February 2003.
- 171 Article: *HRT- Risiko Hidup Kanser Buah Dada Rendah*, Mingguan Malaysia, February 2003
- 172 Article: *No Cancer Risk In HRT Treatment*, Malay Mail, January 2003
- 173 Article: *Flawed HRT Study*, The Star, January 2003
- 174 Article: *Menopause And Oestrogen Loss*, The Star, October 2002.
- 175 Article: *Is HRT Really Doing More Harm?* The Sunday Times, July 2002
- 176 Article: *Hormon Pengasih Daripada Susu Ibu*, Pa&Ma Magazine, June 2002
- 177 Article: *Getting More Intimate*, Health Today, June 2002.
- 178 Article: *Memahami Bahaya Mengandung Luar Rahim*, NONA Magazine, December 2001.
- 179 Article: *Not Tonight, dear*, New Straits Times, 13 December 2001.
- 180 Article: *There's life after Menopause*, New Straits Times, 4 December 2001.
- 181 Article: *Women's Sexual Health Chat*, Sunday Mail, 18 November 2001
- 182 Article: *Cutting to the Core of Marriage*, New Straits Times, 29 October 2001.
- 183 Visitor Guest, Topic: *Doctor and You*, Program Jendela Pagi (Segmen Herba), RTM 1, 14 June 2001.
- 184 Visitor Guest, NONA Programme, TV3, in commemoration of Mother's Day, 2001.

- Recording talk in Konti Radio Malaysia Labuan regarding various aspect of women's health, 2 February 2001.
- 185 Recording Programme of Health Guidance, Radio 1, Bilik Hubungan Radio 1, Bangunan Pusat Siaran Antarabangsa (IBC), Angkasapuri, Kuala Lumpur, 8 December 2000
- 186 Article: *Jaga Kesihatan Ketika Usia Muda*, Harian Metro, 17 October 2000.
- 187 Article: *Persediaan Sebelum Proses Penuaan*, Mingguan Malaysia, 8 October 2000.
- 188 Article: *Penyusuan Ibu- banyak timbul tanggapan salah*, Utusan Malaysia, 10 August 2000
- 189 Article: *Doc-Women Right to Decide on HRT*, Daily Express (Sabah), 12 June 2000
- 190 Article: *Kejatuhan Rahim – boleh diatasi dengan pesari*, Utusan Malaysia, 3 December 1999.
- 191 Article: *No 'pause' to healthy living in old age*, New Straits Times, 9 November 1999.
- 192 Article: *Preparing for Graceful Aging*, STAR Metro, 29 October 1999.
- 193 Article: *Women Begin Life at 51*, News Strait Times, 19 October 1999.
- 194 Article: *Mudah Bersalin Jadi Idaman*, Majalah Ibu, May 1999
- 195 Article: *The Gentler Sex in Surgery*, News Straits Times, 20 October 1998
- 197 Article: *Informasi Berguna Tentang Menopos*, Mingguan Wanita, 9 August 1998.
- 198 Article: *Susukan Anak Kurang Risiko Kanser*, Berita Harian, 6 August 1998.
- 199 Specialist Consultant of Obstetric and Gynaecology, Perempuan Magazine, November 1997
- 200 Article: *Cabaran Wanita 40-an*, Wanita Magazine, April 1997.
- 201 Article: *Pilih Kaedah Merancang Bersesuaian*, Wanita Magazine, September 1994.
- 202 Article: *Mangsa Utama Fibroids*, Seri Dewi Magazine, September 1994.
- 203 Article: *Vaginismus-Masalah Psikoseksual Wanita*, Wanita Magazine, March 1994.
- 204 Article: *Kehidupan di Alam Rahim*, Timang Magazine, September/October 1991

COURSES, WORKSHOPS & CONGRESSES

Keeping abreast with current clinical and medical advancement, Datuk Dr Nor Ashikin has participated numerous courses, workshops, congresses , forums and so forth , both local and international to acquire updated skills and knowledge in the field of O&G: -

- 1 Participant for the *Never Work Again Program* by Succes Resources Your Learning Partners on **3rd – 6th June 2010** at Singapore Expo Hall 2
- 2 Participant for the *8th International Scientific Meeting 2009* by Royal College of Obstetricians and Gynaecologist on **7th – 9th Dec 2009** at Emirates Palace, Abu Dhabi
- 3 Participant for the *Fifth Malaysian Conference on Anti Ageing and Aesthetic Medicine* organized by Society for Anti-Aging and Aesthetic Medicine Malaysia (SAAAMM) on **May 17-19, 2008** at the Shangri-La Kuala Lumpur
- 4 Participant, Workshop – Update Urogynecology and Application of MESH, organized by Obstetrical & Gynaecology Society Malaysia, Hospital Serdang and Ministry Of Health Malaysia, Hospital Serdang, Serdang, **18th – 19th April 2007**.
- 5 Participant, Third ISUOG Obstetric Ultrasound Outreach Course, organized by Department of Maternal Fetal Medicine KK Women's & Children's Hospital, Singapore, **13th – 15th April 2007**.
- 6 Participant, 9th World Congress on Controversies in Obstetrics Gynecology & Infertility- Juan Carlos Convention Center, **Barcelona, Spain, 22nd – 25th March 2007**.
- 7 Organizing Committee Member, the XVIIIth International Federation of Gynaecology and Obstetrics (FIGO) World Congress, organized by Obstetrical and Gynaecological Society of Malaysia, Kuala Lumpur Convention Centre, Kuala Lumpur, **5-10 November 2006**.
- 8 **Organizer, Public Forum: The Truth Women Should Know**, organized by Obstetrical and Gynaecological Society of Malaysia, OH! Only Health Magazine & Partners in Health in conjunction with the **XVIIIth FIGO World Congress**, Equatorial Hotel Kuala Lumpur, **November 2006**.
Committee member of the XVIII FIGO world Congress.
- 9 Participant, 7th European Congress on Menopause, ICEC – Istanbul Convention & Exhibition Centre, **Istanbul, Turkey, 3rd to 7th June 2006**.
- 10 Seminar Chairman, First National Men's Health and Aging Conference, KL Hilton Hotel, Kuala Lumpur, **26th Jun 2005**.
- 11 Participant, 7th World Congress on Controversies in Obstetrics Gynecology &

- 12 Infertility, **Athens, Greece, 14 – 17 April 2005.**
- 13 Participant, 6th World Congress of Controversies on Obstetrics, Gynaecology & Infertility, **Bangkok, 25 – 28 November 2004.**
- 14 4th Asian & Oceanic Congress of Andrology, Penang, Malaysia, **26-28 Mac 2004.**
Participant, Renaissance III/2nd Scientific Meeting of the Asia of Pacific Menopause Federation, Royal Cliff, **Pattaya, Thailand, 7-12 March 2004**
- 15 Participant, 11th World Congress of Gynecological Endocrinology, **Florence, Italy, 26-29 February 2004**
- 16 Participant, Conference of Science Upholds Faith, organized by QIDS Education Foundation, cooperation with IKIM (Institut Kefahaman Islam Malaysia), **5 - 6 November 2003**
- 17 Participant, Computer Technology Exhibition, Expo OIC 2003 (Persidangan Pertubuhan Negara-Negara Islam), **11 – 18 October 2003**
- 18 Visiting Committee to **Melbourne and Sydney** for investigate the Women Health Program at Australia Institute of Family Studies, Breast Screen Victoria, The Jean Hailes Foundation, Royal Women's Free Hospital, Family Planning Victoria, Victorian Cervical Cystology Registry and Macquarie University-Institute of Early Childhood, representative of LPPKN and Ministry of Women, Family and Community Development, **28 September – 2 October 2003.**
- 19 Participant, Seminar ICT and Working from House, organized by PUSPANITA, Ministry of Women, Family and Community Development, **4 September 2003.**
- 20 Participant, Computer Technology Exhibition 2003, 5th ASEAN Communications and Multimedia Expo and Forum 2003, MIECC, Mines Resort City, **2 – 5 September 2003.**
- 21 Participant, Women Summit Session 2003, inauguration by YB Dato' Seri Abdullah Haji Ahmad Badawi, Malaysia Deputy Prime Minister, Mandarin Hotel, Kuala Lumpur, **25 August 2003.**
- 22 Organizer, Men's Health Awareness Program, organized by Malaysian Society of Andrology (MSA), FRIM, **10 August 2003**
- 23 Participant, EMAS 6th European Congress on Menopause, **Bucharest, Romania, May 2003.**
- 24 Participant, Xenical Own Event, Monte Carlo, **14 – 16 March 2003.**
- 25 Participant, Breast Cancer Fear And Hormone Therapy – How Justified Is It?

Malaysia, **January 2003.**

- 26 Participant, 7th Asian Congress of Sexology, Singapore, **November 2002**
Participant, Women Summit Session 2002, *Nur: Memupuk Generasi Berilmu*, inauguration by YB Dato' Seri Sharizat Abdul Jalil, Ministry of Women, Family and Community Development, Sunway Lagoon Resort Hotel, **20 August 2002**
- 27 Participant, The 10th World Congress on The Menopause, **Berlin, German, June 2002.**
- 28 Participant, The International Workshop For Menopause, HRT And Cardio-Vascular Risk, **Rome, Italy, April 2002**
- 29 Participant, Sexual Function In The Menopause: The Need For Androgen Therapy, Petaling Jaya, Malaysia, **April 2002.**
- 30 Participant, Diagnostic & Operative Hysteroscopy Workshop, Kuala Lumpur, Malaysia, **March 2002.**
- 31 Participant, Male & Female Sexual Dysfunction, Singapore, **November 2002.**
- 32 Participant, XV World Congress of Sexology, **Paris, June 2001**
- 33 Participant, 1st Scientific Meeting of the Asia-Pacific Menopause Federation, **Korea, May 2001**
- 34 Participant, First Asian International Society for the Study of the Aging Male (ISSAM) Meeting on the Aging Male, Kuala Lumpur, Malaysia, **March 2001**
- 35 Visiting to Melbourne, Royal Women's Free Hospital Melbourne. Representative of Pantai Medical Center to view the Baby Friendly Hospital Program at **Melbourne, Australia, 2000.**
- 36 Participant, XVI World Congress of the International Federation of Gynaecology and Obstetric, **Washington D.C., September 2000.**
- 37 Participant, 17th Asian & Oceanic Congress of Obstetrics & Gynaecology, Singapore, **July 2000**
- 38 Participant, 10th Malaysian Congress of Obstetrics & Gynaecology, Kuala Lumpur, Malaysia, **June 2000**
- 39 Participant, Joint RCOG/RCR Course in Obstetrics Ultrasound, RCOG, **London, February 2000.**
- 40 Participant, The 9th International Menopause Society World Congress on The

Menopause, **Japan, October 1999.**

- 41 Participant, Training Seminar on Climateric-Menopause, Malaysia, **July 1999.**
- 42 Participant, XV World Congress of the International Federation of Gynaecology and Obstetrics, **Copenhagen, Denmark, August 1997.**
- 43 Participant, Menopause Society World Congress on Menopause, **Sydney, November 1996**

OTHERS

Besides Datuk Dr Nor Ashikin's involvement in both government and private hospitals, she has also authored books on Breastfeeding both in English and Malay language.

- 1 External Examiner for Medical Final Exam, Universiti Kebangsaan Malaysia
- 2 Involved in men's health community study in Malaysia, by MSASAM and Universiti Malaya Medical Center (UMMC) and support with Ministry of Women and Family Development, **October 2003 – date**
- 3 Involved in sexual activity study among women in Malaysia, by Faculty of Medicine, Universiti Malaya, Pantai Medical Center and Pfizer, ongoing
- 4 Visiting Lecturer for Medical Course, Department of Obstetric and Gynaecology, UKM.
- 5 Published books on breastfeeding
 - i. Breastfeeding Management Manual, 2005.
 - ii. *Sentuhan Kasih*, 2006
- 6 Published study

Prevalence and correlates of erectile dysfunction (ED) among Malaysian aging males, Sex Med 2004, Supplement 1, 2004.