



The International Society
For Clinical Densitometry

Co-hosted By



3rd Announcement

25th ANNUAL SCIENTIFIC MEETING THE INTERNATIONAL SOCIETY FOR CLINICAL DENSITOMETRY 2019



Dates:

19th to 20th March 2019
(Basic & Advance DXA Course)

20th to 23rd March 2019
(Scientific Meeting)

Venue:

Hilton Kuala Lumpur, Malaysia

Conference Organisers:

Medical Conference Partners

Contact : Edward Aeruthayan (+6010 383 5608)

: May Leong (+6016 382 3985)

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Address : 4, Lenkongan Jenjarom, Taman Seputeh,
58000 Kuala Lumpur



am2019.iscd.org

About ISCD

The International Society for Clinical Densitometry (ISCD) is a professional membership association dedicated to advancing quality in the assessment of musculoskeletal health through education, certification and facility accreditation.

We are the musculoskeletal health profession's global voice, chief advocate, principle DXA educator and trusted peer group. The Society represents all professions who are dedicated to providing quality assessments and therapies to those living with osteoporosis and other bone disorders.

ISCD is an international network of industry professionals with more than 2,700 individual members from over 60 countries, collaborating to transcend borders in the service of superior patient care.



Message from Scientific Committee Chairman



Selamat Datang,

On behalf of the Scientific Committee, it is my great honor to warmly welcome you to the International Society for Clinical Densitometry (ISCD) Annual Meeting in Kuala Lumpur, Malaysia.

The burden of osteoporosis and related fragility fractures is expected to be a major problem in the world, particularly in Asia Pacific countries. In view of the ageing population and the changes in the demographic and socio-economic status of countries in the Asia Pacific region, more than half of the osteoporosis related hip fractures are predicted to occur in this region by the year 2050.

The well-developed state-of-the-art scientific program aims to provide you the latest information on osteoporosis management, both globally and regionally especially in the Asia Pacific region. Highlights on advances in various aspects of clinical densitometry and current best practice allowing both clinicians and technologists to perform better in acquiring, interpreting and applying clinically the densitometry measurements in managing their patients will also be presented during this meeting.

As this is the first ISCD Annual Meeting being held in an Asia Pacific country, there will be a mix of cultures in the planning of the scientific programs, bringing both scientific sessions and speakers from global and Asia Pacific countries. Through the scientific program, this will be the best platform and opportunity for all of us from different parts of the world to exchange opinions and to find opportunity to collaborate and to share our expertise and experience.

I would like to express my most sincere thanks to the faculty members, speakers as well as those who submit and present their abstracts and research works to make this meeting a great success. I would like to thank the members of the Scientific Committee for all their efforts in putting up the excellent scientific program.

Do join us in Kuala Lumpur, to meet all our old friends as well as meeting new friends.

See all of you in Kuala Lumpur.

Terima kasih,

Dato' Dr Joon-Kiong LEE
Scientific Committee Chair, ISCD Annual Meeting

Welcome Message from President ISCD



Dear colleagues and friends,

It is my great pleasure and privilege to welcome you to the 25th Annual Scientific Meeting of the ISCD in Kuala Lumpur, Malaysia. For the first time in ISCD history, our annual meeting will be held on the continent of Asia. We are excited and honored to be co-hosting this remarkable event with the Malaysian Osteoporosis Society (MOS) and Malaysian Society of Radiographers (MSR).

The ISCD Scientific Committee led by chair, Dato JK Lee, with committee members Christopher Shuhart (ISCD), Lai Kuan Chan (MSR) and Siew Pheng Chan (MOS) have put together a truly remarkable and integrated program. This team of experts will select the most thought-provoking topics for inclusion in the scientific sessions. In addition to the invited program, the meeting will feature presentations selected from the best abstract submissions. The ISCD's position development conference will also be integrated into the meeting, making this a unique opportunity to gain state of the art knowledge.

Kuala Lumpur offers our attendees a unique history, incredible architecture, and some of the best cuisine in the world. I encourage all our attendees to spend a few extra days in the area and see all this beautiful country has to offer.

I look forward to collaborating with our colleagues in Southeast Asia and we welcome everyone within the musculoskeletal health community to this outstanding meeting.

Sincerely,

Robert Blank, MD, PhD
President, ISCD

Scientific Committee

- Dato' Dr Joon-Kiong LEE - ISCD
- Professor Dr Christopher SHUHART - ISCD
- Professor Dr. Siew Pheng CHAN - MOS
- Ms Lai Kuan CHAN - MSR

Faculty

Alvin Ng Choong Meng
Singapore

Angela Cheung Man Wei
Canada

Anita Colquhoun
Canada

Babette Zemel
United States

Chanika Sritara
Thailand

Chan Siew Pheng
Malaysia

Chan Wing P
Taiwan

Chieng Poon Ung
Taiwan

Chionh Siok Bee
Singapore

Christopher Shuhart
United States

C. Sankara Kumar A/L Chandrasekaran
Malaysia

David Weber
United States

Derrick Chan Ding Cheng
Taiwan

Diane Krueger
United States

Dorothy Dy Ching Bing Agsaoay
Philippines

E. Michael Lewiecki
United States

Heidi Kecskemethy
United States

Hew Fen Lee
Malaysia

John J. Carey
Ireland

John Shepherd
United States

Julia Patrick Engkasan
Malaysia

Khor Hui Min
Malaysia

Lalita Wattanachanya
Thailand

Lawrence Jankowski
United States

Lee Joon Kiong
Malaysia

Leilani Mercado Asis
Philippines

Leonard Koh Kia Hu
Singapore

Leslie Morse
United States

Li Gang
Hong Kong

Manju Chandran
Singapore

Neil Binkley
United States

Paul Anderson
United States

Paulo Wu Chih-Hsing
Taiwan

Premitha Damodaran
Malaysia

Robert Blank
United States

Tanawat Amphansap
Thailand

Unnop Jaisamrarn
Thailand

Winnie Chee Siew Swee
Malaysia

Yeap Swan Sim
Malaysia



Osteoporosis Essentials - Clinicians

About the Osteoporosis Essentials Courses

The core elements of these programs is to provide a set of standard practices and information to raise the level of awareness and education in bone densitometry and osteoporosis. It will cover the latest techniques and knowledge on densitometry and the physiology, epidemiology, diagnosis and management of osteoporosis.

Faculty

Chan Siew Pheng
Malaysia

Chan Wing P
Taiwan

Chionh Siok Bee
Singapore

Manju Chandran
Singapore

Paulo Wu Chih Hsing
Taiwan

Yeap Swan Sim
Malaysia

Programme Overview

Date: 19th March 2019 (Tuesday)

Venue: Level 6, Hilton Kuala Lumpur

Time	Programme
0630 - 1800	REGISTRATION COUNTER OPENS
0800 - 0830	Overview Of Osteoporosis
0900 - 0930	Bone Measurement Device Operating Principles
0930 - 1000	X Ray Science, Radiation Safety And Quality Assurance
1000 - 1030	TEA BREAK
1030 - 1110	Clinical Evaluation Of Bone Health
1110 - 1150	Use Of Bone Densitometry For The Diagnosis Of Osteoporosis
1150 - 1230	Fracture Risk Assessment
1230 - 1300	Monitoring Treatment Of Osteoporosis
1300 - 1400	LUNCH BREAK
1400 - 1500	Clinical Management Part 1 : Prevention
1500 - 1600	Clinical Management Part 2 : Pharmacological Treatment Continued
1600 - 1700	Clinical Management Part 3 : Further Pharmacological Treatment Considerations

Date: 20th March 2019 (Wednesday)

Venue: Level 6, Hilton Kuala Lumpur

Time	Programme
0630 - 2115	REGISTRATION COUNTER OPENS
0830 - 0910	Principles Of DXA Scan Interpretation
0910 - 1000	Principles Of DXA Scan Reporting
1000 - 1030	TEA BREAK
1030 - 1230	Cases For Discussion

Registration Fee

Early Bird (USD) <i>(Ends On 19th January 2019)</i>	Post Early Bird (USD) <i>(20th January to 18th March 2019)</i>	Onsite (USD) <i>(19th March to 23rd March 2019)</i>
ISCD Members		
USD 250	USD 300	USD 350
Non-Members		
USD 350	USD 400	USD 450

For those interested in sitting for the CCD Certification Exam, please visit ISCD website at www.iscd.org/certification to apply.

Osteoporosis Essentials - Technologist

About the Osteoporosis Essentials Courses

The core elements of these programs is to provide a set of standard practices and information to raise the level of awareness and education in bone densitometry and osteoporosis. It will cover the latest techniques and knowledge on densitometry and the physiology, epidemiology, diagnosis and management of osteoporosis.

Faculty

Chanika Sritara
Thailand

Chan Siew Pheng
Malaysia

Chan Wing P
Taiwan

Chieng Poon Ung
Taiwan

Hew Fen Lee
Malaysia

Zhao Yan Ling
China

Programme Overview

Date: 19th March 2019 (Tuesday)

Venue: Level 6, Hilton Kuala Lumpur

Time	Programme
0630 - 1800	REGISTRATION COUNTER OPENS
0800 - 0830	Overview Of Osteoporosis
0900 - 0930	Bone Measurement Device Operating Principles
0930 - 1000	X Ray Science, Radiation Safety And Quality Assurance
1000 - 1030	TEA BREAK
1030 - 1120	Principles Of DXA Scan Interpretation
1120 - 1210	Quality Assurance
1210 - 1300	Role Of The Technologist
1300 - 1400	LUNCH BREAK
1400 - 1500	Anatomy, Positioning And Acquisition - Spine
1500 - 1600	Anatomy, Positioning And Acquisition - Femur & Forearm
1600 - 1700	Vertebral Fracture Assessment

Date: 20th March 2019 (Wednesday)

Venue: Level 6, Hilton Kuala Lumpur

Time	Programme
0630 - 2115	REGISTRATION COUNTER OPENS
0830 - 0910	Scan Analysis
0910 - 1000	Clinical Management Of Osteoporotic Patient
1000 - 1030	TEA BREAK
1030 - 1130	Clinical Application
1130 - 1230	Clinical Cases

Registration Fee

Early Bird (USD) (Ends On 19th January 2019)	Post Early Bird (USD) (20th January to 18th March 2019)	Onsite (USD) (19th March to 23rd March 2019)
ISCD Members		
USD 150	USD 180	USD 200
Non-Members		
USD 200	USD 220	USD 240

For those interested in sitting for the CBDT Certification Exam, please visit ISCD website at www.iscd.org/certification to apply.

Advanced DXA Course

About the Advanced DXA Courses:

1 Vertebral Fracture Recognition Course
This advanced densitometry course focuses on vertebral fracture imaging in order to advance the diagnosis and treatment of patients at risk of osteoporotic fractures. The importance of vertebral fractures in the clinical management of osteoporosis will be covered, including recognition on lateral spine images of a normal spine, vertebral fractures and other findings that may be confused with vertebral fractures. Fracture recognition, analysis and best-practice patient positioning will be detailed in order to ensure ideal image acquisition, interpretation and reporting.

2 Pediatric Bone Densitometry Course
The Pediatric Bone Densitometry Course provides the most current research and best-practice techniques for obtaining and interpreting bone mineral density (BMD) measurements in children and adolescents. This educational program is designed to improve learner competence in the area of pediatric densitometry. Learners will have the opportunity to take the knowledge gained from this educational program and properly and consistently apply it into his/her professional practice.

3 DXA Body Composition Analysis Course
This live course focuses on the increase of knowledge and competence of clinicians and other healthcare professionals in order to successfully use DXA body composition analysis in the management of obesity, geriatric sarcopenia and other low muscle mass states, general health and pediatric skeletal disease. The inclusion of case studies will reinforce the knowledge gained and allow for application in the diagnosis, treatment and therapies of patients presenting with low bone mineral density.

Registration Fee

Doctors		
Early Bird (USD) <i>(Ends On 19th January 2019)</i>	Post Early Bird (USD) <i>(20th January to 18th March 2019)</i>	Onsite (USD) <i>(19th March to 23rd March 2019)</i>
ISCD Members		
USD 200	USD 250	USD 300
Non-Members		
USD 300	USD 350	USD 400

Radiographers		
Early Bird (USD) <i>(Ends On 19th January 2019)</i>	Post Early Bird (USD) <i>(20th January to 18th March 2019)</i>	Onsite (USD) <i>(19th March to 23rd March 2019)</i>
ISCD Members		
USD 100	USD 150	USD 200
Non-Members		
USD 150	USD 200	USD 250

Faculty

- Babette Zemel (United States)
- Chieng Poon Ung (Taiwan)
- David Weber (United States)
- John J. Carey (United States)
- Paulo Wu Chih Hsing (Taiwan)
- Robert Blank (United States)

Programme Overview

Date: 19th March 2019 (Tuesday)

Venue: Level 6, Hilton Kuala Lumpur

Time	Programme
0630 - 1800	REGISTRATION COUNTER OPENS
DXA BODY COMPOSITION ANALYSIS COURSE	
0830 - 0910	Methods Other Than DXA For Body Composition Testing
0910 - 1000	DXA Technology For Total And Regional Body Composition Measures
1000 - 1030	TEA BREAK
1030 - 1110	Scan Acquisition And Analysis
1110 - 1150	Body Composition Reporting And Reference Data
1150 - 1230	Current Uses Of DXA Body Composition In Clinical Practice And Research
1230 - 1310	Use Of DXA In Obesity And Sports, Commercial Applications And Future Uses
1310 - 1400	LUNCH BREAK
VERTEBRAL FRACTURE RECOGNITION COURSE	
1400 - 1430	Introduction To Vertebral Fracture Assessment
1430 - 1500	Technical Considerations
1500 - 1530	Vertebral Fracture Recognition And Interpretation
1530 - 1600	Principles Of Reporting VFA
1600 - 1630	Case Study Review And Workshop
1630 - 1700	Vertebral Fracture Recognition Workshop

Date: 20th March 2019 (Wednesday)

Venue: Level 6, Hilton Kuala Lumpur

Time	Programme
0630 - 2115	REGISTRATION COUNTER OPENS
0830 - 1000	PEDIATRIC BONE DENSITOMETRY COURSE
1000 - 1030	TEA BREAK
1030 - 1300	PEDIATRIC BONE DENSITOMETRY COURSE
1300 - 1400	LUNCH BREAK

Wednesday March 20, 2019

Start	End	Ballroom C	Ballroom B	Ballroom A
7.00am	8.30pm	Registration		
6.30pm	7.30pm	Opening Ceremony		
7.30pm	8.30pm	Keynote Lecture : Immunomodulation - A New Perspective For Osteoporosis Management? Gang Li		
8.30pm	9.30pm	Welcome Reception with Exhibitors and Dinner at Foyer		

Thursday March 21, 2019

Start	End	Ballroom C	Ballroom B	Ballroom A
7.00am	4.30pm	Registration		
7.00am	8.00am	Office Hours 1 (Sentral Exchange B) Anita Colquhoun & Leonard Koh Kia Hu		
8.00am	8.45am		Plenary 1: Osteoporosis: Lessons From The Past, Present & Future Chan Siew Pheng	
8.45am	9.30am		Plenary 2 : Assessing Skeletal Health / Emerging Technologies Robert Blank	
9.30am	10.30am	Tea Break with Exhibitors & Poster Session		
			Symposium : Osteoporosis Epidemiology In Asia	
10.30am	11.00am	PDC Pediatrics Babette Zemel & David Weber	S1.1 : Burden And Risk Assessment Leilani Mercado-Asis	Master Class DXA By GE Healthcare Clinician - Chieng Poon Ung Technologist - Anita Colquhoun
11.00am	11.30am		S1.2 : DXA: Does It Have A Role In Clinical Decision Making? E. Michael Lewiecki	
11.30am	12.00pm		S1.3 : FRAX In Asia? Are We Over Treating? Leonard Koh Kia Hu	
12.00pm	12.15pm		Q&A	
12.15pm	1.00pm		Lunch Symposium	
12.15pm	1.00pm	Office Hours 2 (Sentral Exchange B) John Carey & Diane Krueger		
1.00pm	1.55pm	Lunch Break at Vasco		
2.00pm	2.55pm	Meet The Experts D1.1 - DXA Pitfalls Manju Chandran	Meet The Experts D1.2 - AFF Alvin Ng Choong Meng	Meet The Experts D1.3 - The Other Giop - Gynaecologist Induced Osteoporosis Premitha Damodaran
			Symposium : DXA Quality Metrics	
3.00pm	3.30pm	PDC Orthopedics: Periprosthetic Paul Anderson	S2.1: Quality Assurance Chanika Sritara	Oral Abstracts & Best Clinician Abstract Award Chief Judge: Angela Cheung Man Wei 2nd Judge: John J. Carey 3rd Judge: Heidi Kecskemethy
3.30pm	4.00pm		S2.2: Phantoms, Positioning And Precision Chan Wing P.	
4.00pm	4.30pm	PDC: Spinal Cord Injury Leslie Morse	S2.3: Calibration - How To Cross Calibrate Lawrence Jankowski	
4.30pm	4.45pm		Q&A	
4.45pm	5.30pm	Tea Break with Exhibitors & Poster Session		
5.00pm	6.30pm		ISCD AP Panelist Members Meeting	

Scientific Meeting Programme Overview

Friday March 22, 2019

Start	End	Ballroom C	Ballroom B	Ballroom A
7.00am	5.00pm	Registration		
7.00am	8.00am	Office Hours 3 (Sentral Exchange B) <i>John Shepherd & Diane Krueger</i>		
8.00am	8.55am	Meet The Experts D2.1 - DXA "Vertebral Fracture Recognition" <i>Chieng Poon Ung</i>	Meet The Experts D2.2 - Artificial Intelligence And DXA <i>John Shepherd</i>	Meet The Experts D2.3 - DXA Body Composition Clinical Relevance <i>Chionh Siok Bee</i>
9.00am	9.45am		Plenary 3 : Ageing and Sarcopenia <i>Neil Brinkley</i>	
9.45am	10.30am	Tea Break with Exhibitors & Poster Session		
			Symposium : Special Population	
10.30am	11.00am	PDC Monitoring: Serial Bone Measures With DXA <i>E. Michael Lewiecki</i>	S3.1 : Cancer And Bone <i>Chan Siew Pheng</i>	Master Class DXA By Hologic <i>Clinician - Paulo Wu Chih-Hsing</i> <i>Technologist - Diane Krueger</i>
11.00am	11.30pm		S3.2 : HIV And Bone <i>Lalita Wattanachanya</i>	
11.30pm	12.00pm		S3.3 : Diabetes And Bone <i>Hew Fen Lee</i>	
12.00pm	12.15pm		Q&A	
1.00pm	1.55pm	Lunch Break at Vasco		
2.00pm	2.55pm	Meet The Experts D2.4 - DXA "Vertebral Fracture Recognition" (Repeated) <i>Chieng Poon Ung</i>	Meet The Experts D2.5 - Recent Advancements In DXA Body Composition <i>John Shepherd</i>	Meet The Experts D2.6 - DXA Body Composition Clinical Relevance (Repeated) <i>Chionh Siok Bee</i>
3.00pm	3.30pm	PDC Transgendering And DXA <i>Unnop Jaisamrarn</i>	Bone Turnover Markers Consensus In Asia Pacific <i>Paulo Wu Chih-Hsing & Lee Joon Kiong</i>	Oral Abstracts Young Investigator Awards <i>Chief Judge: Angela Cheung Man Wei</i> <i>2nd Judge: John J. Carey</i> <i>3rd Judge: Heidi Kecskemethy</i>
3.30pm	4.00pm			
4.15pm	5.00pm		Plenary 4 : Fragility Fracture Network "The Triad of Orthopaedics, Geriatrics and Rehab" <i>C. Sankara Kumar & Khor Hui Min & Julia Patrick Engkasan</i>	
5.05pm	6.00pm		Fragility Fracture Network Society Launch	
6.00pm	6.30pm	Tea Break with Exhibitors & Poster Session		
6.30pm	7.30pm	Thank you Reception & Faculty Appreciation		

 **Scientific Meeting Programme Overview**

Saturday March 23, 2019

Start	End	Ballroom C	Ballroom B	Ballroom A
7.00am	10.00am	Registration		
				Symposium : Non-Pharmacological Treatment - Current Concepts/ Controversies
8.00 am	8.30am			S4.1 : Calcium And the Sunshine Pill: Bone of Contention Winnie Chee
8.30 am	9.00am			S4.2: Exercise And Fall Reduction Dorothy Dy Ching Bing Agsaoy
9.00 am	9.15 am			Q&A
			Symposium : FLS - Capture The Fracture	
9.00am	9.30am	PDC Cross Calibration And LSC Update Lawrence Jankowski	S5.1 : Evidence That Makes A Difference Derrick Chan Ding Cheng	
9.30am	10.00am		S5.2 : Overcoming Barriers Tanawat Amphansap	
10.00am	10.30am		S5.3 : Fracture Captured : What's Next? (Rehab) Dorothy Dy Ching Bing Agsaoy	
10.30am	10.45am		Q&A	
11.00am	11.30am		Closing Remarks and Closing Ceremony	
11.30am	12.30pm	Annual Business Meeting And Presidential Address (For ISCD Members)		

Registration Fee

ISCD 2019

Doctors			Radiographers		
Early Bird (USD) <i>(Ends On 19th January 2019)</i>	Post Early Bird (USD) <i>(20th January to 18th March 2019)</i>	Onsite (USD) <i>(19th March to 23rd March 2019)</i>	Early Bird (USD) <i>(Ends On 19th January 2019)</i>	Post Early Bird (USD) <i>(20th January to 18th March 2019)</i>	Onsite (USD) <i>(19th March to 23rd March 2019)</i>
ISCD Members					
USD 350	USD 400	USD 450	USD 250	USD 275	USD 300
Non-Members					
USD 450	USD 500	USD 550	USD 300	USD 325	USD 350

- To register, visit conference website am2019.iscd.org
- Registration includes coffee breaks and lunch.
- All registrations are in USD and payment via PayPal, Credit Card and online transfer is accepted.

These Course And Meeting Are Designed For

- Endocrinologists
- Orthopaedic Surgeons
- Rheumatologists
- Radiologists
- Geriatricians
- Obstetricians and Gynaecologists
- Oncologists
- Physicians / General Practitioners
- Trainees / Medical Officers
- Radiographers
- Dietitians
- Nurses
- Allied Health Professionals and anyone involved in the management of patients with osteoporosis

Exhibitors

To receive more information regarding exhibit sponsorship for this conference, please contact the conference secretariat Edward Aeruthayan or May at secretariat@am2019.iscd.org





Malaysia Quick Facts

LANGUAGE

Bahasa Malaysia is the national language and English is widely spoken. The ethnic groups also speak various languages and dialects.

VISA

Most visitors from ASEAN countries do not need a visa. Nationals from at least 125 countries do not need a visa for short stays.

- 40 countries (Asia & Oceania)
- 41 countries (Europe)
- 21 countries (America)
- 23 countries (Africa)

To check Visa requirements, please visit <http://www.imi.gov.my/index/php/en/visa/visa-requirement-by-country.html>

GETTING TO THE CONFERENCE VENUE

Mode of Transport	Travel Time	Cost
KLIA Ekspres Train <i>High speed train connecting the airport to KL's main transportation hub (KL Sentral)</i>	28 minutes. Direct Non-Stop. Hilton Kuala Lumpur is located adjacent to KL Sentral.	MYR 55 / USD 13.72
KLIA 2 Transit Train <i>Just like the KLIA Ekspres train service, the KLIA Transit train service shares the same tracks as the KLIA Ekspres, connecting klia2 to the KL Sentral Station to KL's main transportation hub (KL Sentral)</i>	39 minutes. 4 short stops along the way.	MYR 55 / USD 13.82
Airport Taxi	50 minutes	MYR 120 / USD 30.14
GRAB (Car Hailing App)	50 minutes	MYR 65 / USD 16.33

* Rate of MYR to USD is converted as of exchange rate at June 2018.

CONFERENCE VENUE & CONFERENCE HOTEL

Hilton Kuala Lumpur Hotel ★★★★★
 3, Jalan Stesen Sentral 5, Kuala Lumpur Sentral, 50470 Kuala Lumpur, Wilayah Persekutuan.

ABOUT HILTON KUALA LUMPUR HOTEL

The ultimate lifestyle hotel, Hilton Kuala Lumpur showcases stylish rooms and suites, gastronomical excellence, an elegant spa, and magnificent event space in the heart of the vibrant KL Sentral area. Towering 35 floors, right next to the Nu Sentral shopping mall, this Kuala Lumpur hotel is a destination in itself. Discover a world of exciting attractions nearby, including the iconic Petronas Towers and China Town.

- Winner of the Haute Grandeur Global Hotel Awards 2017 for Best Beauty Spa & Best Destination Spa, The Spa & Gym
- Spacious rooms with floor-to-ceiling windows and Hilton Serenity beds
- 10 restaurants and bars, including renowned Chinese and Japanese
- Air-conditioned Linkway to KL Sentral Station
- 2017 TripAdvisor Travelers' Choice winner

LOCAL CURRENCY

MYR is known as Malaysian Ringgit. Estimated exchange rate at MYR 4.00 = USD 1.00

SHOPPING & DINING OUT HOURS

- Most shopping malls and restaurants are open from 10am – 10pm all week.
- Pubs are open from 6pm – 2am.



Experience

KUALA

LUMPUR

Kuala Lumpur fondly known as KL, is a modern and bustling city and is one of the region's most prosperous capitals. KL consists of a melting pot of cultures infused together and boasts a variety of attractions such as interesting heritage sites, shopping, entertainment, nature and adventure.

Here are some attractions you would not want to miss while you are here in Kuala Lumpur.

Petronas Twin Towers

The 452 metres tall **Petronas Twin Towers** is the tallest building in Malaysia, and was once the tallest building in the world.

At the base of the Petronas Twin Towers is Suria KLCC, which is a shopping mall that is very popular among tourists. Tourists can also take a stroll along the beautiful landscaped KLCC Park, which is located at the side of the twin towers, where it features a jogging track, walking paths, water fountain and a wading pool for children.

Besides the mall and the park, there are also other attractions such as the Aquaria KLCC, Petronas Art Gallery and Petrosains Science Center inside the Petronas Twin Towers.

Batu Caves

Batu Caves is an iconic and most frequented tourist attraction in Kuala Lumpur.

It is a limestone hill comprising 3 major caves featuring temples and Hindu shrines. Outside Batu Caves stands the world's tallest golden statue of Lord Murugan, a Hindu Deity, at 42.7 metres tall.

The attraction of Batu Caves includes the steep 272 steps climb up to finally view the stunning skyline of the city centre. Along your way up, you will see lots of monkeys frolic around the caves.

Malaysian Food

Food can be considered as the national obsession. It is not uncommon to be greeted by the phrase "*Sudah makan?*" which means "Have you eaten?". Malaysian food is heavily influenced by Thai, Chinese, Indonesian and Indian cuisine. As elsewhere in Asia, rice is an essential staple. Some of the popular Malaysian food are *Nasi Lemak*, *Char Kuey Teow*, *Roti Canai* and Curry laksa. Our local delicacies will definitely tantalise your tastebuds.

National Museum

The National Museum of Malaysia is a beautiful building characterized by traditional Malay Minangkabau-style architecture which stands in the heart of the city of Kuala Lumpur. It displays an excellent introduction to Malaysia's history, economy, geography, arts, crafts and culture.

