

The Star
15/3/18

Cooking up a healthy career

NUTRITION and dietetics changed Georgen Thye's life, helping him lose 30kg.

After seeing countless patients suffering from chronic diseases caused by unhealthy lifestyles in the first four years of his career working as a clinical dietitian, he decided to change his focus from sick care to prevention and health promotion.

"With my interest in cooking and knowledge sharing, I started a Facebook page in 2016 called Georgen Cooking," he explained.

"This page is aimed at sharing ideas to make healthy eating fun and easy. I develop healthy recipes, which I turn into videos and share on Georgen Cooking. The page has received positive feedback."

Thye pursued his degree in Nutrition and Dietetics (now known as Dietetics with Nutrition) at the International Medical University (IMU) in 2008, graduating four years later.

"Dietetics – the science of how food and nutrition affect human health – is relevant to everyone and we can really make a difference in people's lives.

"The dietetics profession in Malaysia has come a long way and there are many career paths that a dietetic graduate can take.

"My four years in IMU, along with the invaluable opportunity to work with and learn from key leaders in the profession, helped to develop my interest in dietetics.

"That is also why I am now a council member of the Malaysian Dietitians' Association. It is a way to contribute towards the betterment of the profession," said Thye.

He leads the Continuing Professional Development (CPD), which looks into planning and implementing CPDs for all dietitians in Malaysia.

Thye has also made appearances on numerous local TV programmes to support healthy eating. Besides that, he has conducted public talks, training for other healthcare professions, as well as culinary demonstrations for patients and schoolchildren.

He is currently a dietitian in Holmusk, a digital health company that uses technology to enhance data-enabled, human-driven healthcare and improve the lives of people



Studying at IMU gave Thye the opportunity to work with key leaders in the profession.

with chronic diseases.

Students of the Dietetics with Nutrition programme can opt to complete the entirety of their four-year degree locally at IMU or transfer to the University of Otago, New Zealand, or the University of Newcastle, Australia, after two years of study at IMU.

Intakes for the programme commence in July and September.

For those with a pre-university qualification and a strong background in science, good communication skills and a caring personality, apply for the Dietetics with Nutrition programme for a career that helps ensure that patients' diets are on track.

Those who have just completed their SPM and do not have pre-university qualifications may want to consider enrolling in the one-year IMU Foundation in Science programme, the direct route for entry into any of the university's degree programmes.

■ For details, visit www.imu.edu.my, e-mail start@imu.edu.my or call 03-2731 7272.