

# Kenal Ubat, Kekal Sihat (Know Your Medication, Stay Healthy) Diabetes: Bukan sekadar manis (Beyond Just Sweetness)

By: Mdm. Saliha Azlan

In a commendable effort to enhance health awareness and promote healthy living practices, the Faculty of Pharmacy from Universiti Teknologi MARA (UiTM), Puncak Alam campus, organised a community campaign titled "Kenal Ubat, Kekal Sihat" with the theme "Diabetes: Bukan sekadar manis." This significant event took place on May 18, 2024, at Dewan Tun Razak, Pekan Sabak Bernam. The campaign's primary goal was to raise awareness about the importance of understanding the medications used to manage diabetes mellitus (DM) and to provide comprehensive knowledge about this prevalent health condition. By increasing awareness and education, the campaign aimed to empower individuals to take proactive steps in managing their health, thereby enhancing their quality of life.

Diabetes mellitus is a growing global health challenge, with increasing prevalence in many communities. Effective management and prevention of DM requires individuals to be well-informed about their medications and overall health. We aim to educate the public on the critical aspects of DM management, stressing the importance of proper medication adherence and lifestyle modifications.

The program kicked off with the arrival and registration of guests, followed by an informative session where a pharmacist from Tanjung Karang Hospital, Miss Najwa Anaqi binti Muhammad Sharif delivered a talk on diabetes. The session covered various topics, including the nature of diabetes and tips for blood sugar management.

Following the talk, there were a series of health screenings and educational booths available. The health screenings including measuring blood pressure, testing blood sugar level (provided by Big Pharmacy), calculating body mass index (BMI) and analysing body composition, evaluating bone mass composition, and administering a diabetes knowledge questionnaire for individuals with diabetes. The educational booths provided information on medication knowledge specific to diabetes mellitus, the 5R principles of medication use (the right patient, the right drug, the right time, the right dose, and the right route), proper handling of medications, awareness of adverse effects, and the importance of medication compliance. In addition, there were interactive activities such as DIY soap making led by Mrs. Nor Zaleha Ishak and sand art for children, making the event engaging for all ages.

Various community stakeholders supported this initiative, including the local population of Sabak Bernam, Sabak Bernam District Council, Society of Pharmacy Students (SOPHYS), Bachelor of Pharmacy students from UiTM, faculty members, and Big Pharmacy Healthcare Sdn. Bhd. Additionally, two pharmacy students from Andalas University attended the event.

“Kenal Ubat, Kekal Sihat” was more than just a campaign; it was a movement towards a healthier, more informed community. By understanding the critical aspects of diabetes management and medication, individuals can lead healthier lives and mitigate the risks associated with this chronic condition. This event was a significant step towards making Sabak Bernam a beacon of health awareness and proactive living.



# PRESCRIPTION

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