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# PROGRAM KOMUNITI JOM SIHAT JULAI: 2022 SARINGAN KESIHATAN AWAL “AMBIL TAHU, JANGAN TUNGGU!”

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The month of July 2022, saw the Department of Primary Care Medicine, HUiTM Sungai Buloh in collaboration with the Faculty of Medicine, UiTM Sg Buloh campus spring into its annual PROGRAM KOMUNITI JOM SIHAT JULAI drive. The theme of early health screening, SARINGAN KESIHATAN AWAL “AMBIL TAHU, JANGAN TUNGGU!” could not have been more apt in 2022, being in line with the Ministry of Health’s urge for a post-pandemic reboot in the annual non-communicable disease (NCD) screening.



Health screening is a process of identifying healthy people who may be at risk for a disease or condition. The purpose of primary care is to offer information, further tests, and a timely pathway to treatment. With early health screening, comes the golden opportunity of early intervention and improved disease outcomes as opposed to late detection. Early intervention further translates into improved cost-effectiveness in health care.

Target audiences varied from UiTM staff and the general public. Viewers were invited to post questions to the speakers for discussion after every weekly topic. The webinar covering subjects such as diabetes and hypertension risks and assessments, obesity and weight management, cervical cancer screening, breast cancer, and colorectal cancer screenings available at primary health care facilities.