



LIVED

BULL'

FACULTY OF
— MEDICINE UiTM —

No. 4 / 2025

eISSN 2805-4628



9 7 7 2 8 0 5 4 6 2 0 0 0

EDITORIAL TEAM

Corporate
Communication
Unit

EDITOR-IN-CHIEF

Assoc. Prof. Dr. Amirah Abdul Rahman

EDITORS

Wan Azizi Wan Kamaruzaman
Nurul Hanis Natasha Zolhainan
Hasnita Hasan Budin

GRAPHIC DESIGNER

Mohd Yusrizal Yaacob

PHOTOGRAPHER

Mohd Ridzuan Hussin
Mohd Erwan Ramli




The Editorial Board of MED BULL' reserves the right to edit, modify, and revise submitted articles to comply with the guidelines without altering the original content. All received articles, whether published or unpublished, will not be returned. These articles may also be used by authorized parties in the future. We welcome any suggestions or comments to the Editorial Board.

Any inquiries should be addressed to:

Corporate Communication Unit,
Faculty of Medicine,
Universiti Teknologi MARA,
Sungai Buloh Campus, Selangor Branch,
47000 Jalan Hospital, Sungai Buloh,
Selangor, MALAYSIA

Tel: +6 (03) 6126 7555

E-mail: korporatmedic@uitm.edu.my

A top-down view of a desk setup. On the left, a white keyboard is partially visible with keys for 'end', 'pgdn', 'enter', 'insert', and 'delete'. In the center, a black USB cable is coiled. To the right, a small green succulent in a terracotta pot sits on white pebbles. Below the cable is a black smartphone with a black screen. A black pencil with a green eraser and a silver tip lies horizontally. In the foreground, a spiral-bound notebook is open, showing two pages with lined paper. The left page has the title 'EDITOR'S NOTE' in large, bold, black letters. The right page contains a message about the year 2025 and 2026, signed by Assoc. Prof. Dr. Amirah Abdul Rahman.

EDITOR'S NOTE

As 2025 comes to a close, we celebrate not just the milestones, but the people who made them possible - our faculty, staff, and students.

In this edition, from every event to every achievement, their energy and dedication shine through. Let's carry this spirit forward, stepping into 2026 with excitement and fresh ideas

With commitment to excellence,

Amirah

Assoc. Prof. Dr. Amirah Abdul Rahman
Editor-in-Chief

CONTENTS

EDITOR'S NOTE	3
ZOOM RADIOGRAPH REVISION COURSE 2026: CELEBRATING 12 YEARS OF TRAINING FUTURE RADIOLOGISTS Dr. Arlinder Kaur, Assoc. Prof. Dr. Nazimah Mumin, Dr. Roqiah Fatmawati Abdul Kadir, Dr. Mazuin Razalli, Dr. Natasha Arifin, Dr. Alan Basil Peter, Dr. Mahalatchumi Subramaniam & Dr. Natasha Nasran Department of Radiology	10
FROM THE CLASSROOM TO THE WORLD OF MEDICINE Dr. Norazila Abdul Rahim Department of Otorhinolaryngology, Head & Neck Surgery	14
STI 100³: INSPIRING YOUNG MINDS THROUGH MEDICAL SCIENCE Assoc. Prof. Dr. Amirah Abdul Rahman, Dr. Wan Nor Izzah Wan Mohamad Zain, Dr. Muhammad Fairuz Azmi, Dr. Azdayanti Muslim & Dr. Rose Adzrianee Adnan Department of Biochemistry & Molecular Medicine, Anatomy, Microbiology and Pathology (Genetic)	17
UiTM HEALTH FESTIVAL 2025: <i>BIJAK DI PINGGAN, SIHAT DI BADAN</i> Dr. Mohamad Zuhair Mohamed Yusoff, Dr. Mohamad Asraf Ahmad Nazari, Assoc. Prof. Dr. Siti Sara Yaacob, Dr. Kamarulzaman Muzaini, Prof. Dr. Mariam Mohamad, Assoc. Prof. Dr. Leny Suzana Suddin & Assoc. Prof. Dr. Chen Xin Wee Department of Public Health Medicine	22

CONTENTS

<p>UiTM BRONCHOSCOPY BOOTCAMP: RAPID SKILLS ADVANCEMENT IN ONE DAY</p> <p>Dr. Syahrinnaquiah Samsuddin, Dr. Am Basheeri Alias, Dr. Wong Yen Shen & Dr. Aisya Natasya Musa</p> <p>Respiratory Unit, Department of Medicine</p>	25
<p>HEARTS IN MOTION: COMMUNITY-BASED CARDIAC REHABILITATION PHASE 3 AT ECO GRANDEUR</p> <p>Dr. Anie Farhana Ngimron, Dr. Mazlifah Omar</p> <p>Department of Rehabilitation Medicine</p>	27
<p>UiTM HEALTH FEST 2025: BREATHE WELL, LIVE WELL</p> <p>Dr. Ili Liyana Khairul Anuar, Dr. Zazarida Zakiman, Prof. Dr. Siti Munira Yasin, Dr. Mohamad Ikhsan Selamat, Assoc. Prof. Dr. Zahir Izuan Azhar & Assoc. Prof. Dr. Chen Xin Wee</p> <p>Department of Public Health Medicine</p>	30
<p>EMPOWERING THE COMMUNITY AGAINST HYPERTENSION: A HEALTH EDUCATION INITIATIVE AT SURAU AL-IKHWAN</p> <p>Dr. Norasikin Ab Azis, Dr. Noor Fahitah Abu Hanipah, Dr. Norhafiza Razali & Dr. Siti Norsyafika Kamarudin</p> <p>Department of Pharmacology</p>	33

CONTENTS

23rd INTERNATIONAL CAMP FOR MEDICAL STUDENTS IN MOMBASA, KENYA: MEDICINE THROUGH TIME, AN ISLAMIC PERSPECTIVE **35**

Dr. Intan Kartika Kamarudin, Assoc. Prof. Dr. Yuhaniza Shafinie Kamsani & Siti Aisyah Jasman

Department of Otorhinolaryngology, Head and Neck Surgery, Department of Physiology and Year 2 Medical Student

STRENGTHENING ADOLESCENT HEALTH LITERACY THROUGH A STUDENT-LED VAPING PROGRAMME **38**

Dr. Muhammad Fairuz Azmi, Rydah Hykal, Muhammad 'Ammar Muaddib Razaly, Haikal Zuhdi Zulkefli, Muhammad Ihtisyam Mohammad Niza & Dr. Aisya Natasya Musa

Department of Anatomy, & Year 2 MBBS students from Group 46 Pre-Clinical Elective Programme 2024/2025, Department of Medicine (Respiratory Unit)

UiTM HEALTH FESTIVAL 2025: *SIHAT SEPANJANG HAYAT, MERDEKA SEPANJANG ZAMAN* **41**

Dr. Muhamad Syazni Mohamad Asraff, Dr. Muhammad Muzzammil Mohamad Salleh, Dr. Muhammad Hariz 'Ammar Khebir, Dr. Abdul Rahman Dashuki, Dr. Nurhuda Ismail, Assoc. Prof. Dr. Mohamad Rodi Isa, Assoc. Prof. Dr. Ahmad Taufik Jamil, Dato' Dr. Khalid Ibrahim & Assoc. Prof. Dr. Chen Xin Wee

Department of Primary Care Medicine

ANATOMY OPEN DAY 2025: EXPLORING THE BLUEPRINT OF THE HUMAN BODY **44**

Dr. Nurul Raudzah Adib Ridzuan, Dr. Lubna Shirin & Dr. Muhammad Fairuz Azmi

Department of Anatomy

CONTENTS

MASK OFF, GAME ON!: STRENGTHENING OUR ANAESTHESIA FAMILY 2025 48

Dr. Nurafza Ahmad Hisham & Dr. Fauziah Ahmad
Department of Anaesthesia & Intensive Care

TEEN FIT FUTURE: ENGAGING ADOLESCENTS IN THE FIGHT AGAINST OBESITY 51

Dr. Muhammad Fairuz Azmi, Ziqry Huzairy Reza Huzairi, Muhammad Farish Emile Mazlan, Muhammad 'Irfan Isyraf Shahrul Azmi, Muhammad Afzani Imran Mohd Ariffin, Amjad Safwan Saupi, Muhammad Arif Fahmi Zamir & Nor Fatimah Ishak
Department of Anatomy, Faculty of Medicine, Year 2 MBBS students from Group 12 Pre-Clinical Elective Programme 2024/2025 & Department of Dietetics and Food Service, Hospital Al-Sultan Abdullah

LAUNCHING OF PINK OCTOBER BREAST CANCER AWARENESS MONTH 54

Assoc. Prof. Dr. Nor Faezan Abdul Rashid, Assoc. Prof. Dr. Nazimah Ab Mumin, Dr. Zeti Rahayu A. Karim, Dr. Fatimah Najwa Ahmad Nasir, Dr. Thania Mohd Radzuan, Dr. Syafaf Humaira, Dr. Madhumathi Ananda Dorai, Dr. Nur Hidayah Zamridin, Dr. Muhammad Syamil Abdul Hamid & Dr. Khidir Kamil
Department of Surgery, Department of Radiology and Oncology Unit



اَبُو بَكْرٍ سَيِّدِي تَبَاكَوَالْوَجْهِ مَارَا
UNIVERSITI
TEKNOLOGI
MARA

Fakulti
Perubatan

HAPPY NEW YEAR





ZOOM RADIOGRAPH REVISION COURSE 2026: CELEBRATING 12 YEARS OF TRAINING FUTURE RADIOLOGISTS

Dr. Arlinder Kaur, Assoc. Prof. Dr Nazimah Mumin, Dr. Roqiah Fatmawati Abdul Kadir, Dr. Mazuin Razalli, Dr. Natasha Arifin, Dr. Alan Basil Peter, Dr. Mahalatchumi Subramaniam & Dr. Natasha Nasran

The 12th ZOOM Radiograph Revision Course was held on 2 August 2025 at UiTM Selayang Campus. For over a decade, it has been the go-to preparatory course for Part 2 candidates in the Master of Radiology and parallel pathway programs.

The course aims to strengthen the knowledge and confidence of participants in radiograph interpretation.

Radiographs have always been regarded as one of the most



CUSTOMARY ZOOM group shot. 12th ZOOM Radiograph revision course was the largest to date, with a total of 60 participants and 20 examiners.

ZOOM

12th ZOOM RADIOGRAPH REVISION COURSE 2025

challenging components of the final examination. As such, through multiple viva sessions, students will be exposed to a multitude of abnormal radiographs and important pathologies crucial for exam success.

With the theme “Owl-eyed focus: Zoom In and See Beyond,” the venue was decked with various owl-themed visuals. The wise owl as a symbol of knowledge was chosen to inspire participants. The owl’s keen night vision mirrors the radiologist’s discerning eye in interpreting shades of black and white.

This year’s ZOOM Radiograph Revision Course attracted the highest number of participants and examiners to date. Twenty experienced examiners from local universities,





PRE-VIVA session talk. Little owls were given tips and strategies on effectively surviving the viva component.



THE ever-cheerful Owl Committee of the 12th ZOOM Radiograph Revision Course with our amazing Head of Department, Assoc. Prof. Dr. Hilwati Hashim, signing off.

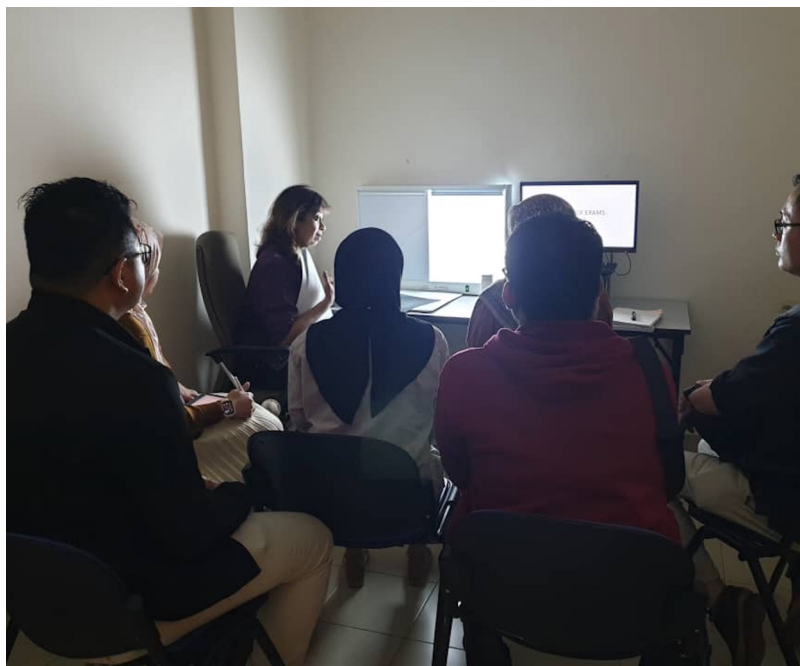
the Ministry of Health, and the private sector generously shared their expertise. Sixty participants from across the country tested their radiograph interpretation skills, experiencing eight viva sessions as both observers and active participants. They gained exposure to different examiner styles and received valuable insights and tips on excelling in the viva, including critical radiological findings and essential abnormalities for the final examination.

By the end of the course, students left more motivated and confident, while the examiners, though tired and stretched, found great satisfaction in witnessing their progress.

The success of the 12th ZOOM Radiograph

Revision Course was made possible by the dedication, teamwork, and generous support of the organizing committee, examiners, and department. After 12

remarkable years, the ZOOM team looks forward to returning in 2026, recharged and ready to make the 13th edition the best yet.



VIVA sessions in full swing. Nervous little owls attempting challenging radiographs.



DEDICATED examiners and leaders in radiology education from various Universities, MOH and the private sector that generously shared their time to guide our little owls.



DELEGATES from Sekolah Kebangsaan Seksyen 9 Kota Damansara.

FROM THE CLASSROOM TO THE WORLD OF MEDICINE

■ Dr. Norazila Abdul Rahim

On August 28, 2025, Sekolah Kebangsaan Seksyen 9 Kota Damansara (SKS9KD) organized an Educational Field Trip to the Medical Museum and Anatomy Laboratory, Faculty of Medicine, UiTM Sungai Buloh. The trip was joined by 40 Year 6 students who were selected based on their excellent academic performance in the recent Mid-Term Academic Assessment.



This program was an initiative by the SKS9KD Counseling Unit under the supervision of Miss Nur Afrina Abd Manan, in collaboration with the Parent-Teacher Association led by Dr. Norazila Abdul Rahim who is also the



DR. NORAZILA ABDUL RAHIM with Ms. Nurul Hidayah Md Jedi, the Assistant Head of Student Affairs.

Head of Department Otorhinolaryngology Head and Neck Surgery. The delegation was accompanied by the Assistant Head of Administration, Mr. Asmizi Mohd Talkhah; the Assistant Head of Student Affairs, Ms.

Nurul Hidayah Md Jedi; as well as Year 6 teachers - Ms. Norhamizah Abdul Hamid, Ms. Mona Mustapha, Ms. Julawati Mohd Faudzi, and Ms. Fadzilina Abdul Rashid.

The main objective of this visit was to provide early exposure

**BRIEFING** session.

to primary school students about the fields of Science and Medicine, to nurture their interest in Science, Technology, Engineering, and Mathematics (STEM) in line with the aspirations of the national education system. It is hoped that such programs will serve as a catalyst for students to achieve excellence in the future, particularly in the field of Science and Medicine.

Congratulations to all SKS9KD students! May you continue to excel and one day step into the world of medicine.

**STUDENTS** at the Medical Museum.**ASSOC. PROF. DR. AMIRAH ABDUL RAHMAN** with Mr. Asmizi Mohd Talkhah, The Assistant Head of Administration SKS9KD.



FACILITATORS with Year 6 students and teachers during Session 3 of STI 100³.



EXCITED Year 4 students uncover the hidden DNA inside strawberries.

STI 100³: INSPIRING YOUNG MINDS THROUGH MEDICAL SCIENCE

Assoc. Prof. Dr. Amirah Abdul Rahman,
Dr. Wan Nor Izzah Wan Mohamad
Zain, Dr. Muhammad Fairuz Azmi,
Dr. Azdayanti Muslim & Dr. Rose
Adzrianee Adnan

The Science, Technology & Innovation (STI) 100³ program ignited curiosity and enthusiasm for science among students of Sekolah Kebangsaan (L) Methodist ACS, Klang. Conducted between July and September 2025, the initiative



From DNA secrets to microbiology quests, STI 100³ brought science to life for 330 young learners, sparking excitement for STEM at SK (L) Methodist ACS, Klang.

brought together 334 students from Years 4 to 6 and more than 25 teachers, offering them hands-on experiences in genetics, anatomy, microbiology, and pathology genetic.

The first session, held on 17 July 2025 and themed *Exploring the Secrets of DNA: The Genetic Basis of Life*, engaged 113 Year 4 students. Through interactive experiments such as fruit DNA extraction, gel electrophoresis demonstrations, fingerprint detection, and a science-themed mini escape room, students were introduced to the foundations of genetics and biotechnology in a fun and memorable way.

The second and third sessions, themed *STEM Explorer: Unlocking the Signs of the Human Body* (31 July 2025) and *Exploring the World of Microbiology and Pathology* (11 September 2025), attracted 221 students from Years 5 and 6. Activities included X-ray Detectives, Bone Builder, Body Puzzle Quest, Sound Explorer, Microscopic View of Parasites and Fungi, Yeast in Action, and Karyotyping. A gamified mini escape room titled Escape



MR. SUFFIAN explaining microbes on our hands and the importance of proper hand washing





THE Genetic Pathology team guiding students in a hands-on karyotyping activity.



WITH the Anatomy team and Year 5 students during the 2nd session.



STUDENTS enjoying the mini escape games with excitement.

the Lab added an extra layer of excitement, blending problem-solving with teamwork while reinforcing scientific concepts.

Led by Assoc. Prof. Dr. Amirah Abdul Rahman, a scientist appointed by the Ministry of Science, Technology and Innovation (MOSTI) through the Academy of Sciences Malaysia (ASM), the program was supported by subject experts Dr. Wan Nor Izzah Wan Mohamad Zain (Biochemistry), Dr. Muhammad Fairuz Azmi (Anatomy), Dr. Azdayanti Muslim (Microbiology), and Dr. Rose Adzrianee Adnan (Genetic Pathology), as well as staff from the Multi-Purpose, Anatomy, and Pathology Laboratories and



STUDENTS conducting hands-on DNA extraction activities.

postgraduate facilitators. Their guidance ensured that the program's activities were not only educational but also engaging for the young participants.

STI 100³ aims to

spark awareness and interest in science while strengthening collaborations between scientists and schools. The introduction of preclinical medical science modules helps cultivate future-



YEAR 5 students exploring the Anatomy Mystery Jar.

ready learners.

Following its nationwide launch earlier in July, where 8,804 scientists and 8,804 schools participated simultaneously, earning recognition in the Malaysia Book of Records, the STI 100³ initiative continues to expand across selected schools nationwide. This effort represents an important step towards strengthening STEM education and inspiring the next generation of Malaysian scientists.



DNA electrophoresis station.



UITM HEALTH FESTIVAL 2025: *BIJAK DI PINGGAN, SIHAT DI BADAN*

PROGRAM officiated by Puan Siti Aishah from MPP MBSA Zon 8.

Dr. Mohamad Zuhair Mohamed Yusoff, Dr. Mohamad Asraf Ahmad Nazari, Assoc. Prof. Dr. Siti Sara Yaacob, Dr. Kamarulzaman Muzaini, Prof. Dr. Mariam Mohamad, Assoc. Prof. Dr. Leny Suzana Suddin & Assoc. Prof. Dr. Chen Xin Wee

The health promotion programme, held on 23 August 2025 at Masjid Al-Ehsan, Seksyen 24, was organised by

Year 4 medical students (Group 4) under the supervision of Assoc. Prof. Dr. Siti Sara Yaacob and Dr. Kamarulzaman

Muzaini, in collaboration with Majlis Bandaraya Shah Alam. It featured health screenings, hands-on education stations translating guidelines into daily choices, and mental health awareness. Residents learned about label reading, calorie



HEALTH promotion team with local and mosque committee.

awareness, the “tiga serangkai” prevention, obesity and malnutrition, and the risks of smoking and vaping, supported by a bilingual take-home booklet. The programme aimed to turn health advice into action, encouraging wise daily choices to protect long-

term health.

The Health Promotion Programme received strong support and guidance, featuring key guests including Tuan Haji Ahmad Dahlan Kardi, Nazir of Masjid Al Ehsan Seksyen 24, and Assoc. Prof. Dr. Leny Suzana Suddin, Deputy Dean of

ICAN. The programme was officially opened by Puan Siti Nur Aishah Mohd Zain from Majlis Perwakilan Penduduk MBSA Zon 8.

Health screening booths were complemented by clinicians’ advice and seamless referrals. Participants needing further assessment

received clear referral notes and guidance on when to visit nearby clinics. Smokers were connected directly to mQuit support for immediate action. Those with normal results received positive reinforcement and simple tips to maintain healthy habits, with quick visits to label-reading and healthy plate stations to translate screening into action.

Screenings provided individuals with personal data they could act on; the booths translated guidance into practical steps; and the family corner made the morning welcoming for all ages. The mental health booth also attracted seniors who wanted to learn simple tips on managing stress, boosting mood, and eating well for a happier, healthier golden age. The partnership between UiTM, MBSA, and Masjid Al Ehsan created a safe, organised space where communities had the opportunity to enhance their health literacy.

This community health programme highlighted the power of collaboration between residents, students, and local leaders. Our heartfelt thanks go to the invited guests, mosque leadership and



HEALTH screening booth.



HEALTH screening booth.



Screenings provided individuals with personal data they could act on; the booths translated guidance into practical steps; and the family corner made the morning welcoming for all ages. The mental health booth also attracted seniors who wanted to learn simple tips on managing stress, boosting mood, and eating well for a happier, healthier golden age.

committee, MBSA officers, the faculty and clinicians, undergraduate students, and residents for their active participation and support. Their combined

efforts turned health guidance into practical action, fostering a community empowered to make informed choices for long-term well-being.



PARTICIPANTS with committee members and distinguished speakers.

UiTM BRONCHOSCOPY BOOTCAMP: RAPID SKILLS ADVANCEMENT IN ONE DAY

I Dr. Syahrinnaquiah Samsuddin, Dr. Am Basheeri Alias, Dr. Wong Yen Shen & Dr. Aisya Natasya Musa

The Respiratory Unit, Faculty of Medicine UiTM, successfully organized a bronchoscopy bootcamp under the framework of the Persatuan Pendidikan Kesihatan Paru-Paru (PPKP) on 11 October 2025 at UiTM Sungai Buloh. The full-day event, endorsed by the Malaysian Thoracic Society (MTS), attracted participants from multiple healthcare disciplines, including anaesthesiology, acute internal medicine, and general medicine.

This program was designed to enhance participants' knowledge and technical expertise in diagnostic and interventional bronchoscopy. The morning session opened with a series of lectures delivered by five distinguished speakers, each recognized for their expertise and contributions to the field: Dr. Wong Yen Shen, Dr. Am Basheeri Alias, Dr. Aisya

Natasya Musa, Dr. Julie Eileena Abdul Razak, and Dr. Mohd Arif Md Zim. The lectures encompassed both fundamental and advanced aspects of bronchoscopy, covering patient selection, procedural indications, safety protocols, and the latest developments in bronchoscopic technology.

The afternoon session centred on a hands-on workshop, where participants performed bronchoscopic procedures under close supervision from experienced facilitators. This practical component allowed them to refine skills in instrument handling, scope manipulation, and airway navigation within a safe, controlled environment.

The workshop received highly positive feedback, with participants praising its structured format and the facilitators' clear guidance in translating theory into practical skills. Emphasis on procedural proficiency, teamwork, and patient safety reflects the shared commitment of MTS and PPKP to advancing continuous



DR. AFFIDA AHMAD, one of the dedicated facilitators, demonstrating proper bronchoscopy technique.



PARTICIPANTS practising bronchoscopy under the supervision of Dr. Aisya Natasya and Prof. Dr. Ahmad Izuanuddin.

professional development and competency-based training in respiratory medicine. The Respiratory Unit remains dedicated to nurturing future respiratory physicians through evidence-based teaching, clinical exposure, and skill-building programmes.

The organising committee extends its sincere appreciation to the Malaysian Thoracic Society for its endorsement and strong support, and to all speakers, facilitators, and participants whose

contributions made the programme possible.

Through initiatives like this, UiTM continues to uphold its commitment to academic excellence, clinical skill development, and strengthening respiratory healthcare services in Malaysia. This training programme highlights the value of structured professional development in ensuring high-quality patient care and sustaining a skilled respiratory medicine workforce.



THE committee members and facilitators behind the success of this program.

HEARTS IN MOTION: COMMUNITY-BASED CARDIAC REHABILITATION PHASE 3 AT ECO GRANDEUR

Dr. Anie Farhana
Ngimron & Dr.
Mazlifah Omar

For many cardiac survivors, recovery does not end at hospital discharge, it begins a new chapter of rebuilding strength, confidence, and purpose. In that spirit, the Department of Rehabilitation Medicine (Cardiac Rehabilitation Division), in collaboration with the Mobile Community Services team under KRIS (KPT Prihatin Komuniti Sejahtera), organised the Community Cardiac Rehabilitation Phase 3 Program on 18 June 2025 at Surau Eco Grandeur, Bandar Puncak Alam.

This meaningful event marked the next milestone for 40 cardiac survivors who had successfully completed the intensive eight-week, hospital-based cardiac rehabilitation program at Pusat Perubatan UiTM Sungai Buloh. It signified their transition from supervised



PARTICIPANTS during registration and health screening.

recovery to community-led empowerment, supported by family, peers, and health professionals.

Cardiac rehabilitation is a structured, multidisciplinary program designed to improve recovery, prevent recurrent cardiac events, and promote lasting lifestyle change. Phase 3 focuses on maintaining these gains—encouraging participants to take charge of their health through regular exercise, heart-healthy habits, and ongoing risk factor management within their

own communities.

The morning began with a community health screening led by the KRIS mobile team, offering blood pressure and glucose checks alongside health education booths. Excitement filled the air as participants joined an Explorace challenge, combining fun and fitness through a series of interactive stations that tested endurance, coordination, and teamwork, mirroring the physical and psychological resilience essential in cardiac rehabilitation.

MEMORABLE photo with program committee members and all participants.



KRIS team conducting health screening.

A key highlight of the program was a health talk by Dr. Anie Farhana Ngimron, Rehabilitation Physician from Hospital Al-Sultan Abdullah (HASA) UiTM, titled “Heart Disease

and Rehabilitation.” Dr. Anie shared insights on understanding coronary artery disease, recognising early warning signs, and the pivotal role of rehabilitation in

preventing recurrence. Her message—“Recovery is a partnership between discipline and hope”, resonated deeply with the audience.

Adding a personal touch, one cardiac survivor shared his journey following coronary artery bypass surgery. He recalled his early struggles with mobility and fear, and how, through persistence and structured rehabilitation, he regained strength and returned to full-time work. His story stood as a living testament to the transformative power of rehabilitation and community support.

The day concluded with a prize-giving ceremony for the Explorace winners and a closing address



by Ustaz Izzat Basri, Chairman of Surau Eco Grandeur. He expressed heartfelt appreciation for UiTM's initiative in bringing health education into community spaces, highlighting how faith, fellowship, and wellness can coexist harmoniously.

This event reflects UiTM's ongoing mission to extend specialised rehabilitation services beyond hospital walls, bridging medical care with community empowerment. By fostering continuity of care and nurturing self-efficacy, programs like CRP3 help cardiac survivors reclaim independence and live active, fulfilling lives.

As cardiovascular disease remains the



PARTICIPANTS performing aerobic exercise adapted for cardiac survivors, led by the Cardiac Rehabilitation Team.

leading cause of death in Malaysia, initiatives such as CRP3 remind us that prevention begins in our own neighbourhoods. The Department of

Rehabilitation Medicine extends sincere gratitude Surau Eco Grandeur Committee for their unwavering support and hospitality.

UiTM HEALTH FEST 2025: BREATHE WELL, LIVE WELL

Dr. Ili Liyana Khairul Anuar, Dr. Zazarida Zakiman, Prof. Dr. Siti Munira Yasin, Dr. Mohamad Ikhsan Selamat, Assoc. Prof. Dr. Zahir Izuan Azhar & Assoc. Prof. Dr. Chen Xin Wee

A group of fourth-year undergraduate medical students under the guidance of Professor Dr. Siti Munira Yasin and Dr. Mohamad Ikhsan Selamat, successfully organised a community health promotion event at PPR Kg Baru Hicom on 24 August 2025. This initiative was held in collaboration with Majlis Bandaraya Shah Alam (MBSA), involving input from residents' representatives. The programme aimed to raise awareness on the importance of indoor air quality and the health risks associated with



ASSOC. PROF. DR. HAZLYNA BAHARUDDIN, the Deputy Dean of Academic Affairs, Faculty of Medicine UiTM officiated the ceremony.



"BREATHE Well, Live Well" Forum.

vaping, the event sought to educate residents through various educational activities. It also provided opportunities for health checks and screenings

of common non-communicable disease.

The day began with a lively 30-minute Zumba session led by students, drawing enthusiastic



engaging health forum titled “Breathe Well, Live Well,” delivered by Professor Siti Munira, Dr. Mohamad Ikhsan, and Ustaz Azam Safuan, and moderated by a fourth-year student. The session offered insights into the health risks of vaping, comparable to traditional smoking, the importance of clean indoor environments, and Islamic perspectives on vaping and maintaining healthy homes.

After the forum, residents explored seven interactive health booths covering indoor air quality, vaping risks, a “Say No to Vape” pledge with a Kahoot quiz, non-communicable disease (NCD) screening, and mental health. Other booths included an elderly mental



HEALTH screening booth in partnership with NCSM.

participation from both adults and children. Following Zumba, participants gathered for the opening ceremony, attended by distinguished

guests from MBSA and the residents' association. The event was officiated by Assoc. Prof. Dr. Hazlyna Baharuddin, Deputy Dean of Academics, Faculty

of Medicine UiTM, in a simple ceremony witnessed by nearly 160 community residents.

The morning continued with an



BASIC life support booth.



HEALTH education booth.

health station by the Faculty of Medicine and a MOOC-based Occupational Safety and Health (OSH) booth in collaboration with Workplace Health and Safety Solutions Hub (WHaSSH). Together, these booths promoted awareness of vaping risks, indoor air quality, elderly mental health, OSH for workers, and healthy food choices.

A key highlight was the Basic Life



MOOC module on ergonomics at work.

Support (BLS) area, where students demonstrated life-saving techniques on mannequins. Residents actively practiced and

asked questions, making the session both educational and hands-on.

A health screening booth, in collaboration

with the National Cancer Society Malaysia (NCSM), offered free body measurements, blood pressure checks, and liver (Hep B & C), lung (Smokerlyzer), and breast cancer (clinical exam) screenings. Advanced tests for prostate (PSA), cervical (HPV DNA/Pap smear), and colon cancer (iFOB) were available for a nominal fee of RM60, or free for residents covered under PEKAB40 or PERKESO.

EMPOWERING THE COMMUNITY AGAINST HYPERTENSION: A HEALTH EDUCATION INITIATIVE AT SURAU AL-IKHWAN



MEDICAL lecturers (speakers) with members of the Al-Ikhwan Mosque congregation during the community health program.

Dr. Norasikin Ab Azis, Dr. Noor Fahitah Abu Hanipah, Dr. Norhafiza Razali & Dr. Siti Norsyafika Kamarudin

A community health education program was held at Surau Al-Ikhwan, Bandar Baru Sungai Buloh on 14 October 2025. Organized by the lecturers from the Department of Pharmacology, Faculty of Medicine UiTM, with the support of the Surau Al-Ikhwan committee members, this program aimed to strengthen the community's understanding of hypertension, one of the most common non-communicable diseases (NCDs) in Malaysia.

The main focus of the program was to enhance the knowledge of local residents about hypertension, its complications, and preventive measures. Many individuals are aware of high blood pressure as a common illness, but few truly understand its silent progression and long-term effects on vital organs such as the heart, kidneys, and brain. Through this program, participants were guided to recognize early symptoms, understand risk factors, and appreciate the importance of lifestyle modifications such as maintaining a healthy diet, engaging in

regular physical activity, and managing stress effectively.

The session emphasized the significance of consistent medical follow-up and adherence to treatment. Participants were educated on how proper blood pressure monitoring, together with doctor-prescribed medication, plays a crucial role in preventing severe complications like stroke and heart disease. The facilitators also explained how poor compliance with treatment and irregular blood pressure checks can lead to serious health consequences that may otherwise be prevented through early awareness and proactive care.



DR. NORHAFIZA, Senior Lecturer in Pharmacology, explaining hypertension to participants.

The event featured a health talk and a question-and-answer session that encouraged participants to share their personal experiences and seek advice directly from medical professionals. This two-way communication helped translate complex medical information into practical, everyday understanding. The informal and friendly atmosphere also fostered a stronger connection between the community and healthcare educators.

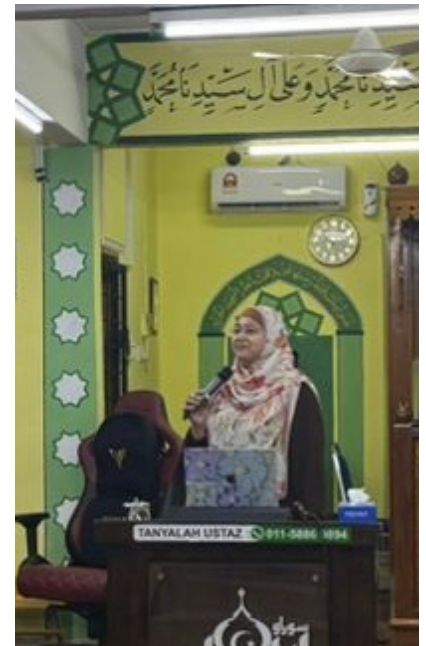
The program successfully enhanced community knowledge and awareness. Pre- and post-assessments showed notable improvement in participants' understanding of hypertension, its



DR. SITI NORSYAFIKA, Senior Lecturer in Pharmacology, giving an introduction on how antihypertensive drugs work during the session.

causes, and prevention. Participants also demonstrated better awareness of lifestyle and medication adherence, and many appreciated the accessible approach from this program and expressed intent to apply the knowledge for their own and their families' health.

Beyond hypertension alone, raising awareness about NCDs is critically important because they account for around 72 % of premature deaths in Malaysia ¹ and impose massive burdens both socially and economically. Strengthening health literacy at the community level empowers individuals to make informed lifestyle and treatment decisions,



DR. NOOR FAHITAH, Senior Lecturer in Pharmacology, engaging participants in an interactive session to assess their understanding.

which is essential for reducing the enormous cost and productivity losses associated with NCDs¹. The initiative aligns with SDG 3 (Good Health and Well-Being), reflecting global efforts to reduce premature deaths from NCDs through education and preventive action at the community level.

Overall, the program achieved its mission by enhancing health literacy, strengthening community partnerships, and promoting a culture of preventive healthcare.

References:

1. Prevention and control of noncommunicable diseases in Malaysia: The case for investment (2024). Putrajaya, Malaysia: Ministry of Health Malaysia.

23rd INTERNATIONAL CAMP FOR MEDICAL STUDENTS IN MOMBASA, KENYA: MEDICINE THROUGH TIME, AN ISLAMIC PERSPECTIVE

Dr. Intan Kartika Kamarudin, Assoc. Prof. Dr. Yuhaniza Shafinie Kamsani & Siti Aisyah Jasman



AISYAH and her groupmates with orphans in the village during Day 1 of community service.

Students from the Faculty of Medicine UiTM had benefited from the opportunity and platform given by the Islamic Medical Association Malaysia (IMAM) in joining multiple International Camp for Medical Students and Umrah Programmes since the year of 2022. These camps were organised by the Islamic Medical Association in Kingdom of Saudi Arabia (IMAKSA) and the World Assembly of



MALAYSIAN delegates with Dr. Riyadh Abu-Sulaiman, President of IMAKSA.

Muslim Youth (WAMY).

The camps, held annually since

1999 in Jordan, typically during the summer, have also taken place

in cities including Tripoli (Lebanon), Kuala Lumpur and Langkawi (Malaysia), Bogor and Makassar (Indonesia), Istanbul (Turkey), Kampala (Uganda), Alain Alsukhnah (Egypt), Yogyakarta (Indonesia), and Albahr Alazraq (Jordan). This year, the Kenya Association of Muslim Medical Professionals (KAMMP) and the Federation of Islamic Medical Associations (FIMA) co-hosted the camp in Mombasa, Kenya.

THE female delegates from 11 countries including Saudi Arabia, Kenya, Malaysia, Indonesia, South Africa, Syria, Congo, Uganda, Turkey, Palestine and Bangladesh.



Ten students participated in the Indonesia camp in 2022, followed by 12 students at the Malaysia camp in 2023. UiTM supported the 2023 International Student Camp in Hulu Langat, Selangor, by providing ground transport for all participants during the one-week program. This year, our Year 2 student, Siti Aisyah Jasman, was selected by IMAM as one of two Malaysian delegates to attend the camp held from 1–7 August 2025 at Sai Rock Resort, Mombasa, with the faculty’s blessings and support. Both Malaysian delegates demonstrated outstanding academic achievement, maturity, and co-curricular excellence, showing qualities that can be further nurtured into leadership and exemplary medical practice.

The camp, themed “MEDICINE THROUGH TIME: AN ISLAMIC PERSPECTIVE #PAST, #PRESENT AND #FUTURE,” brought together 120 delegates from 11 countries. Their mornings were filled with Quran recitation and student-led halaqah sessions, followed by scientific



FLAGGED off at KLIA2 with Dr. Intan Kartika (UiTM Lecturer/ IMAM Youth Exco). From left: Dr. Intan, A'la (Palestinian delegate), Aisyah (UiTM) and Insyirah (UKM).

lectures and workshops by eminent international speakers. Topics included: “Islamic Ethics in the Age of Advanced Medicine,” “Islamic Medical Ethics: A Framework for Contemporary Practice,” “The Interaction between Islamic Medicine & Modern Medicine,” “Shaping



Ten students participated in the Indonesia camp in 2022, followed by 12 students at the Malaysia camp in 2023. UiTM supported the 2023 International Student Camp in Hulu Langat, Selangor, by providing ground transport for all participants during the one-week program.



HALAQAH by the beach.

assisting orphans in a village and schoolchildren and teachers at the Sheikh Khalifa bin Zayed Al Nahyan School. Evenings showcased cultural performances from all 11 countries, featuring language, attire, food, music, and games.

A special tourism day allowed students to hike Chitsanze Falls, visit Kongo Mosque and local villages, enjoy a halaqah at Diani Beach, and take part in archery and zipline activities at the Village Retreat. The camp successfully fostered networking, understanding, and volunteerism, shaping young delegates into well-rounded future doctors.

the Future of Medicine: Innovation, Challenges, and Opportunities,” and “Application of Jurisprudential Rules & Islamic Bioethics in

Modern Medicine,” all exploring the role of Shariah principles in clinical practice.

Delegates also engaged in community service,

SEKOLAH Menengah Kebangsaan Desa Cempaka, Nilai, Negeri Sembilan, the venue of the program.



Dr. Muhammad Fairuz Azmi, Rydah Hykal, Muhammad 'Ammar Muaddib Razaly, Haikal Zuhdi Zulkefli, Muhammad Ihtisyam Mohammad Niza & Dr. Aisya Natasya Musa

The rising prevalence of vaping among Malaysian teenagers continues to present a significant challenge to public health efforts. Recognising this trend, a group of Year 2 medical students, Rydah Hykal, Muhammad 'Ammar Muaddib Razaly, Haikal Zuhdi Zulkefli, and Muhammad Ihtisyam Mohammad Niza, designed and delivered a structured awareness programme for 80 Form 4 students at Sekolah

STRENGTHENING ADOLESCENT HEALTH LITERACY THROUGH A STUDENT-LED VAPING PROGRAMME

Menengah Kebangsaan Desa Cempaka, Negeri Sembilan. Guided by their supervisor, Dr. Muhammad Fairuz Azmi, this initiative formed part of their Pre-Clinical Elective and aimed to strengthen students' understanding of the health risks associated with vaping.

The project was developed in response to data from the National Health and Morbidity

Survey (NHMS) 2022, which reported that 14.9% of Malaysian adolescents aged 13–17 are current e-cigarette users, with many initiating use before age of fourteen¹. Despite being marketed as a safer alternative to cigarette smoking, vape liquids contain harmful substances such as nicotine, acrolein, and formaldehyde—chemicals that contribute to respiratory injury,

cardiovascular risks, addiction, and conditions like EVALI (e-cigarette or vaping-associated lung injury)². The students also highlighted newer concerns, including drug-adulterated vape products increasingly found in the market.

To address these issues, the student team developed an engaging, interactive educational module. Using Canva-designed slides, they conducted a session that included discussions, role-play scenarios, quizzes, and short activities designed to help students reflect on peer pressure and decision-making. The content underwent review by a Respiratory Medicine specialist, Dr Aisya Natasya Musa to ensure accuracy and alignment with current evidence. The lively and student-centred format created a supportive learning environment, further enhanced by small incentives for active participation.

To evaluate impact, pre- and post-intervention questionnaires were administered. The findings demonstrated clear improvements in students' understanding



YEAR 2 Medical students with participants of the vaping awareness programme, who are form 4 students of Sekolah Menengah Kebangsaan Desa Cempaka



To evaluate impact, pre- and post-intervention questionnaires were administered. The findings demonstrated clear improvements in students' understanding of key topics, particularly in identifying harmful substances in vape product and recognising national initiatives to regulate adolescent vaping.

of key topics, particularly in identifying harmful substances in vape products and recognising national initiatives to regulate adolescent vaping. Baseline knowledge

was already strong on specific questions, suggesting that students had prior exposure to basic information about nicotine and EVALI. Nevertheless, the post-test results showed statistically



AWARDED first-runner up for non-clinical attachment category from Assoc. Prof. Dr. Hazlyna Baharudin, Deputy Dean for Academic Affairs.

significant gains for several items, reinforcing the effectiveness of the team’s approach.

Student feedback further underscored the programme’s success. Likert-scale scores ranged from 3.85 to 3.96 out of 4, with high satisfaction across all domains. Participants reported feeling more aware of vaping risks, more confident in avoiding the habit, and more motivated to share accurate information with friends and family. Many also expressed encouragement to adopt healthier lifestyle choices beyond the topic of vaping.

This elective project has provided UiTM medical students with valuable

hands-on experience in community health education, research methodology, data interpretation, teamwork, and leadership—skills crucial to their development as future clinicians and public health advocates. The project has also been awarded first runner-up for the non-clinical attachment category by the organiser.

This initiative demonstrates the impact that medical students can create when equipped with the right tools and guidance. As vaping continues to rise among adolescents, projects like this reflect UiTM’s commitment to producing healthcare professionals

who are not only academically strong but also socially responsible and proactive in health advocacy.

References:

1. Institute for Public Health. National Health and Morbidity Survey 2022: Adolescent Health Survey—Tobacco and E-Cigarette Use. Kuala Lumpur: Ministry of Health Malaysia; 2023.
2. Driezen P, Nordin ASA, Hairi FM, Yee A, Tajuddin NAA, Hasan SI, Danaee M, Kamaludin IS, Kaai SC, Yan M, Grey M, Quah ACK, Thompson ME, Fong GT. E-cigarette prevalence among Malaysian adults and types and flavors of e-cigarette products used by cigarette smokers who vape: Findings from the 2020 ITC Malaysia Survey. *Tob Induc Dis.* 2022;20:32. doi:10.18332/tid/146363

UiTM HEALTH FESTIVAL 2025: SIHAT SEPANJANG HAYAT, MERDEKA SEPANJANG ZAMAN

Dr. Muhamad Syazni Mohamad Asraff, Dr. Muhammad Muzzammil Mohamad Salleh, Dr. Muhammad Hariz 'Ammar Khebir, Dr. Abdul Rahman Dashuki, Dr. Nurhuda Ismail, Assoc. Prof. Dr. Mohamad Rodi Isa, Assoc. Prof. Dr. Ahmad Taufik Jamil, Dato' Dr. Khalid Ibrahim & Assoc. Prof. Dr. Chen Xin Wee

carnival was to empower the community through health education, preventive measures, and early health screening. The programme highlighted the importance of adopting a healthy lifestyle, including balanced dietary habits, regular physical activity, and routine health checks. It also aimed to raise awareness of chronic diseases, women's health, mental health, dengue prevention, dog bite management, and food hygiene and safety. In line with the theme "Sihat Sepanjang Hayat, Merdeka Sepanjang Zaman", the carnival communicated that communities should strive for independence not only in spirit but also from preventable diseases.

The Merdeka 360: Kesihatan Menyeluruh Health Carnival was held on 23 August 2025, at Dewan Majlis Perbandaran Teluk Intan, Taman Desa Aman. The event was organised by the Public Health Department, Faculty of Medicine UiTM, in collaboration with the Hilir Perak District Health Office, Jabatan

Perpaduan, and Kawasan Rukun Tetangga Taman Desa Aman, Teluk Intan, Perak. This programme, led by fourth-year undergraduate medical students, was supervised by Dr. Nurhuda Ismail, Associate Professor Dr. Mohd Rodi Isa, Dato' Dr. Khalid Ibrahim, and Associate Professor Dr. Ahmad Taufik Jamil.

The main goal of the



ENCIK Muhammad Syahmi Sazali, Pegawai Perpaduan Daerah Hilir Perak officiated the carnival.



AEROBIC and warm-up session.



THE “Jejak Sihat Merdeka” walkathon around the Taman Desa Aman neighbourhood.

The event commenced with an aerobic and warm-up session, setting the tone for the “Jejak Sihat Merdeka” walkathon around the neighbourhood. This was followed by parallel activities including the outdoor Master Chef Healthy Food Competition and the indoor children’s colouring contest. Health screenings were complemented by consultations with medical officers, with special focus on participants identified as smokers, who received

counselling and advice on smoking cessation.

The official opening ceremony was held with key representatives and collaborators in attendance. Speeches were given by the Event Director, Miss Anis Syakirah Azizan; Dr. Zatil Zahidah Mohd Sharani, Public Health Medicine Specialist from the Hilir Perak District Health Office; and Associate Professor Dr. Yuhaniza Shafinie

Kamsani, Deputy Dean of Student Affairs, Faculty

of Medicine UiTM. Mr. Syahmi Sazali, Pegawai Perpaduan Daerah Hilir Perak, officiated the event symbolically and launched the theme “Merdeka 360, Kesihatan Menyeluruh”.

The carnival fostered a lively and festive atmosphere through various interactive health exhibition stalls. These included interactive educational games, mini innovative games with health messages, flashcard quizzes, live demonstrations on wound care for dog bites, and dengue awareness activities such as the mosquito toss game. These stalls offered participants opportunities to learn about health in an





COMMUNITIES involvement and participation.

engaging and practical way.

In conclusion, the event's success was evident in strong community turnout and effective inter-agency collaboration.

The carnival reinforced community empowerment and independence from preventable diseases, making it a fitting initiative for Independence Month.



GROUP photo of the core organising committee and collaborators.

ANATOMY OPEN DAY 2025: EXPLORING THE BLUEPRINT OF THE HUMAN BODY



I Dr. Nurul Raudzah Adib Ridzuan, Dr. Lubna Shirin & Dr. Muhammad Fairuz Azmi

World Anatomy Day is celebrated annually on 15 October in remembrance of Andreas Vesalius, widely regarded as the father of modern human anatomy. The occasion

underscores the vital role of anatomical sciences in medical training, research, and clinical practice. Around the world, institutions commemorate this day through seminars, workshops, exhibitions, and cadaveric teaching demonstrations.

In conjunction with this celebration, the Department of Anatomy, Faculty of Medicine, UiTM successfully organised the



PRIMARY school students and their teachers attended the Anatomy Open Day.

Anatomy Open Day 2025 on 13 October 2025. The event also served as an exciting introduction to the Anatomy Dissection Hall and departmental facilities for MBBS 240 Year 1 students.

The Open Day aimed to enhance awareness and interest in anatomical sciences among the Sungai Buloh campus community, showcase the department's

teaching and research facilities, strengthen engagement and collaboration with internal stakeholders and external partners, and increase the department's visibility across the faculty website and social media platforms.

The event was officially officiated by Prof. Ir. Ts. Dr. Hj. Solehuddin Shuib, Deputy Rector of UiTM Sungai Buloh

YEAR 1
students
at Bone
Assemble
station.



CAMPUS community fascinated by the human models during the open day.

campus. It attracted approximately 400 participants, including primary school students from Sekolah Kebangsaan Sungai Buloh, Sekolah Kebangsaan Seksyen 9 Kota Damansara, and

Sekolah Rendah Integrasi Teras Islam (SRITI) Subang, as well as UiTM Sungai Buloh campus students and staff.

A range of interactive and educational activities were conducted

throughout the day, namely Bone Assemble, Body Puzzle, Mystery Jar, Sound Explorer, Anatoray Challenge, Frozen in Time, Signs Within Us and Cadaveric Quest. Each station featured anatomical



models, plastinated specimens, cadaveric body, radiology images of human organs and structures, hands-on tasks, and guided quizzes facilitated by trained student volunteers and staff.

Clinical Skill laboratory (CSL) also participated by showcasing virtual anatomy platforms enhanced with Augmented and Virtual Reality, capturing the attention of visitors, particularly medical students who were eager to explore digital anatomy innovations.

In the afternoon, the event catered specifically to the new Year 1 MBBS



PRIMARY school students experienced the Augmented Reality facility, guided by the CSL staff.

cohort. Students were divided into small groups to explore each activity station. Many expressed that the Open Day boosted their enthusiasm to learn anatomy and strengthened their motivation for academic success.

Overall, Anatomy

Open Day 2025 successfully achieved its goals of promoting anatomical sciences, fostering engagement, and celebrating World Anatomy Day through an impactful, memorable experience for all attendees.



MASK OFF, GAME ON!: STRENGTHENING OUR ANAESTHESIA FAMILY 2025



ANAESTHESIA doctors finally with their masks off!

I Dr. Nurafza Ahmad Hisham & Dr. Fauziah Ahmad

On 9 August 2025, the Department of Anaesthesia and Intensive Care UiTM successfully organised its inaugural Team Building event at Beacon Resort, Kerling, Selangor. Set amidst tranquil rivers, natural hot springs, and lush greenery, the programme aimed to strengthen bonds, promote wellbeing, and revitalise team spirit among departmental members and their families.

A total of 126 participants attended, comprising 77 adults and 49 children, including alumni of the department.

Dressed uniformly in specially designed T-shirts, participants symbolised unity and collective identity. The event commenced with a group photograph by the lakeside, accompanied by the banner “*Mask Off, Game On! Team Building*

2025 – Department of Anaesthesia and Intensive Care, UiTM.” This image captured the essence of the event — teamwork, camaraderie, and shared joy. As the organising committee aptly stated, “This is more than a retreat; it is an



SENAMROBIK & ice-breaking session with anaesthesia family.



TELEMATCH for participating children.

opportunity to reconnect, recharge, and reignite our team spirit.”

The day began with an opening prayer and welcoming remarks by the Head of Department, followed by a heartfelt tribute to the late Professor Dr Karis Misiran, a distinguished academic and clinician who profoundly shaped Malaysian anaesthesiology. A montage of memorable moments was presented, celebrating his mentorship and contributions.

As a token of appreciation, a handcrafted wooden Rehal was presented in remembrance of his lifelong service and enduring legacy. The tribute served as a poignant reminder of the department’s foundation and the values he instilled — professionalism, compassion, and dedication to excellence.

Following the tribute, participants engaged in *senamrobik* and interactive ice-breaking sessions. The atmosphere was filled with laughter and enthusiasm as colleagues from various clinical units



TEAMWORK game using a string to write ‘UITM dihatiku’

came together outside their usual work environment.

A series of telematch games then encouraged teamwork, strategic thinking, and friendly competition. Children participated in engaging activities such as sponge relays and ping pong challenges, while adults competed in water-based games, charades involving Malay proverbs and anaesthesia-related terms, and a coordination task using a single marker to navigate a maze and write “*UiTM dihatiku.*” These activities strengthened team cohesion and highlighted the importance of communication and synchrony — qualities integral to anaesthesia practice.

Prizes were awarded to winning teams, followed by a communal lunch and prayer session. The afternoon featured recreational activities including horse riding, jungle trekking, grass sliding, and visits to the animal farm. Many participants also enjoyed the hot springs and riverside relaxation, reflecting the



SOAKING in the hot spring water to revitalize.



PRIZE-GIVING ceremony by our HOD.

event's theme of restoration and balance.

The day concluded with a high tea session, during which each participant received a small pouch of baked goods and confectioneries as a token of appreciation.

As the sun set over the resort, the event's closing message, *"Strong alone, unstoppable together"*, encapsulated the spirit of the day. Anaesthesiology & Intensive Care Department hopes to continue this tradition annually, celebrating unity, honouring mentors, and nurturing the bonds that make UiTM's anaesthesia fraternity stronger than ever.

Dr. Muhammad Fairuz Azmi, Ziqry Huzairy Reza Huzairi, Muhammad Farish Emile Mazlan, Muhammad 'Irfan Isyraf Shahrul Azmi, Muhammad Afzani Imran Mohd Ariffin, Amjad Safwan Saupi, Muhammad Arif Fahmi Zamir & Nor Fatimah Ishak

Adolescent obesity continues to rise in Malaysia, reflecting global trends and signalling a growing public health challenge. With nearly one in three Malaysian teenagers now classified as overweight or obese, early intervention has become more crucial than ever ¹. Recognising this urgent need, a team of Year 2 medical students from the Faculty of Medicine, UiTM conducted an impactful awareness programme titled Teen Fit Future: Tackling Obesity Head-On at Asia Pacific Smart School Secondary, Subang Jaya.

Why focus on adolescent obesity?

The teenage years are a pivotal period when lifestyle habits become ingrained. Sedentary routines, increasing screen time, convenience-based food choices, and academic pressure contribute to poor dietary practices. Excess weight acquired



CONSULTATION session with Mrs. Nor Fatimah on the content of the presentation and activities.

TEEN FIT FUTURE: ENGAGING ADOLESCENTS IN THE FIGHT AGAINST OBESITY

during adolescence increases the risk of type 2 diabetes, hypertension, dyslipidaemia, sleep disorders, and long-term cardiovascular disease ². Many teenagers also struggle with low self-esteem, bullying, and psychological stress linked to body image.

Despite these risks, studies show that adolescents often possess fragmented knowledge about nutrition and rely heavily on convenience

or peer influence ³. The project's central goal was to strengthen understanding, reshape attitudes, and encourage sustainable daily habits rather than simply transferring information.

The student team consulted Mrs Nor Fatimah Ishak, a dietitian from Hospital Al-Sultan Abdullah, to ensure scientific accuracy and age-appropriate content. The programme combined lectures, interactive

booths, mini fitness challenges, quizzes, and peer discussions in a hands-on format to maintain engagement and promote active participation. The session covered key topics including the causes and types of obesity, balanced nutrition and healthy food choices, the importance of physical activity and mental well-being, correct use of Body Mass Index (BMI), and the long-term complications of untreated obesity.

Analysis of pre- and post-programme quiz scores showed knowledge improvement, although the differences were significant. This suggests that students already



INTERACTIVE activity conducted by year 2 medical students

had strong foundational understanding, likely due to curriculum exposure and nationwide nutrition

campaigns under the National Plan of Action for Nutrition of Malaysia III (2016–2025) (4).



A picture with 49 Form 4 students from Asia Pacific Smart School Secondary, Subang Jaya.



The project reaffirmed a key insight: information alone does not guarantee behavioural change. While awareness forms the foundation, adolescent health initiatives must also integrate supportive environments, role modelling, parental involvement, and school policies that encourage movement and healthy eating.

Participant feedback was highly positive, with the highest rating for “The activities were fun and engaging” (3.86/4), reflecting the impact of interactive learning.



The project reaffirmed a key insight: information alone does not guarantee behavioural change. While awareness forms the foundation, adolescent health initiatives must also integrate supportive environments, role modelling, parental involvement, and school policies that encourage movement and healthy eating.

Future improvements may include cooking demonstrations, structured workout sessions, digital health tools, and collaborations with youth influencers. Sustained, multi-level efforts are crucial for driving meaningful lifestyle changes. Teen Fit Future highlighted UiTM medical students' strong commitment to adolescent health through community engagement, an encouraging step toward a healthier future generation.

References:

1. CodeBlue. NHMS Survey: One-Third Of Malaysian Teens Are Overweight Or Obese [Internet]. Kuala Lumpur (MY): Galen Centre for Health and Social Policy; 2023 Jun 1 [cited 2025 Aug 25]. Available from: <https://codeblue.galencentre.org/2023/06/nhms-survey-one-third-of-malaysian-teens-are-overweight-or-obese/>
2. Anderson Y, Chew CSE. Consequences of Childhood and Adolescent Obesity. In: Kopelman PG, Caterson ID, Dietz WH, Armstrong S, Sweeting AN, Wilding JPH, editors. *Clinical Obesity in Adults and Children*. 4th Edition. Hoboken (NJ): John Wiley & Sons Ltd, 2022. 353-363.
3. Azrin Shah AB, Aishath N, Al Oran HM, Hani Farhana N, Azreena MB, Fatima Dahiru M, Saba Babeli Y, Suwanmanee S, Hassan I, Alsharif Mohammed K, Sahar Saeed B, Suriani I, Ahmad Iqmer Nashriq MN, Nor Afiah MZ, Rosliza AM. Knowledge, Attitude and Practice Regarding Healthy Diet and Physical Activity Among Overweight or Obese Children. *International Journal of Public Health and Clinical Sciences*. 2018; 5(4): 2289-7577.

LAUNCHING OF PINK OCTOBER BREAST CANCER AWARENESS MONTH

LAUNCHING of Pink October Breast Cancer Awareness Month by Prof. Dr. Mohd Zamrin Dimon.



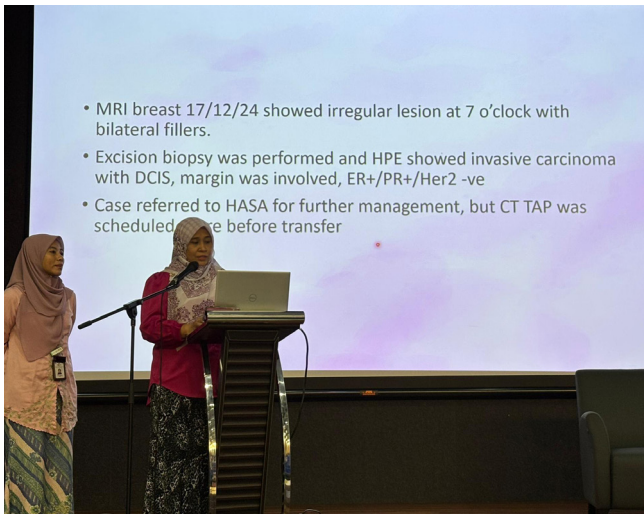
Assoc. Prof. Dr. Nor Faezan Abdul Rashid, Assoc. Prof. Dr. Nazimah Ab Mumin, Dr. Zeti Rahayu A. Karim, Dr. Fatimah Najwa Ahmad Nasir, Dr. Thania Mohd Radzuan, Dr. Syafaf Humaira, Dr. Madhumathi Ananda Dorai, Dr. Nur Hidayah Zamridin, Dr. Muhammad Syamil Abdul Hamid & Dr. Khidir Kamil

October is a month dedicated to breast cancer awareness, not only in Malaysia but worldwide. On 1 October

2025, the Pink October Breast Cancer Awareness Month was officially launched during the Clinico-Pathology Conference (CPC). The opening speech was delivered by the Director of Pink October 2025, Assoc. Prof. Dr. Nor Faezan Abdul Rashid, and the event was officiated by the Director of Hospital Al-Sultan Abdullah (HASA), Prof. Dr. Mohd Zamrin Dimon. The launch was followed by a launching gimmick and a video montage prepared by the UiTM Student Surgical Association (USSA).



TEAM members from Department of



CPC presentation by Assoc. Prof. Dr. Nor Faezan Abdul Rashid.

The CPC session featured an engaging case presentation on breast cancer following breast filler injections, delivered by Assoc. Prof. Dr. Nor Faezan and Assoc. Prof. Dr. Nazimah Ab Mumin from the Departments of Surgery and Radiology, respectively.

The case highlighted the dangers associated with breast fillers and their potential link to breast cancer, as well



CPC presentation by Assoc. Prof. Dr. Nazimah Ab Mumin.

as the diagnostic challenges posed by the presence of foreign material in the breast. Conventional imaging modalities were unable to detect the malignancy, necessitating breast MRI and resulting in higher healthcare costs.

The event concluded with a viewing of breast cancer awareness posters prepared by the Departments of Surgery and Radiology.



Surgery and Department of Radiology.



THE committee and the participants.

PINK OCTOBER TREASURE HUNT 2025

Assoc. Prof. Dr. Nor Faezan Abdul Rashid, Assoc. Prof. Dr. Nazimah Ab Mumin, Dr. Suraya Othman, Dr. Nora Julianna Osman, Dr. Fatimah Najwa Ahmad Nasir, Dr. Thania Mohd Radzuan, Assoc. Prof. Dr. Marlina Tanty Ramli Hamid, Dr. Syafaf Humaira, Dr. Madhumathi Ananda Dorai, Dr. Nur Hidayah Zamridin, Dr. Muhammad Syamil Abdul Hamid & Dr. Khidir Kamil

Breast cancer month is celebrated all over the world in a month of October. For Hospital Al-Sultan Abdullah (HASA), the breast cancer awareness month began with its official launch on 1 October 2025 and concluded in style with the first-ever Treasure Hunt 2025.

The historic Pink October Treasure Hunt 2025 took place on Saturday, 25 October 2025, within HASA's compound. A total of 48 groups, 144 participants in total, joined the event. Participants comprised a vibrant mix of HASA staff, Faculty of Medicine members, medical

students, and the public.

The day kicked off with an energetic Zumba session before participants embarked on the treasure hunt. Throughout the challenge, teams answered questions related to breast cancer and general knowledge, and completed engaging activities to progress through each station. The event was officiated by the Deputy Director Clinical (Surgical), Assoc. Prof. Dr. Shah Jumaat, and marked the official closing of the Pink October campaign.



The success of the Pink October Treasure Hunt 2025 reflects how impactful awareness campaigns can be when delivered in a fun and engaging way. The excellent coordination and teamwork from the Surgery, Radiology, and Oncology Departments, together with the UiTM Student Surgical Association (USSA), were instrumental in making this event a memorable achievement.

At the end of the hunt, prizes were awarded to the top five groups, along



TREASURE hunt on the move.

with two Best Dressed teams. The Breast Buddy team secured first place, while Pinkologists won Best Dressed. The excitement continued with a lucky draw session, much to the delight of all participants.

The event also received support from the Executive Clinic, which simultaneously promoted its health services, as well as from Eco World's coffee truck, Healthcon, and Brego, who contributed lucky draw items and gifts.

**BEST** dressed group: The Pinkologist.

The success of the Pink October Treasure Hunt 2025 reflects how impactful awareness campaigns can be when delivered in a fun and engaging way. The excellent coordination and teamwork

**COMMITTEE** members.

from the Surgery, Radiology, and Oncology Departments, together with the UiTM Student Surgical Association (USSA), were instrumental in making this event a memorable achievement.

**FIRST** prize winner: Breast Buddy group.



UNIVERSITI
TEKNOLOGI
MARA

Fakulti
Perubatan

Journal of Clinical and Health Sciences

CALL FOR PAPERS



About JCHS

JCHS is a peer-reviewed, open access, interdisciplinary journal in clinical and health sciences. It is published biannually (March and September).



Scope

JCHS welcomes articles in the areas of medicine, dentistry, pharmacy, biomedical and health sciences, nursing, nutrition and medical education.



Submission Guidelines

<https://jchs-medicine.uitm.edu.my/index.php/for-authors/instructions-for-original-articles>

Abstracting & Indexing



Types of Manuscript Published

- Original articles
- Review articles
- Case reports
- Reflections
- Diagnostic Quiz

Article Processing Charges:

**No Fees,
Just Impact!**

Contact Us:

Editor-In-Chief
Journal of Clinical and Health Sciences
Faculty of Medicine
Universiti Teknologi MARA
Sg. Buloh Campus
Jalan Hospital, 47000 Selangor
Malaysia.

jchs@uitm.edu.my

For more information, visit:
jchs-medicine.uitm.edu.my

UiTM *di hatiku*

اوسها تقوى موليا




 UNIVERSITI
 TEKNOLOGI
 MARA

Fakulti
Perubatan

Corporate Communication Unit
 Faculty of Medicine,
 Universiti Teknologi MARA


 اوسمها تقوى موليا