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UNIVERSITI
TEKNOLOGI
MARA

IMED BULL'

FACULTY OF MEDICINE UTM



TRAUMAX 2026: UⁱTM EMERGES CHAMPION



Through the
Medical
Lens

**BREAKING
SILOS: WHY HIV
PREVENTION
IS EVERYONE'S
RESPONSIBILITY**

**EMPOWERING
THE EDUCATORS
OF TOMORROW: A
PRACTICAL GEMINI &
NOTEBOOKLM SKILLS
WORKSHOP**



**UNVRAB-UⁱTM INBOUND
PROGRAMME: ACADEMIC EXCHANGE
AND STUDENT EXPERIENCE**



**SIALENDOSCOPY: TOWARDS
ORGAN PRESERVATION SURGERY**



BREAKING SILOS: WHY HIV PREVENTION IS EVERYONE'S RESPONSIBILITY

HUMAN Immuno-deficiency Virus (HIV) remains a significant public health concern, with cases steadily rising over the last few decades. While it deeply affects key populations including men who have sex with men (MSM), transgender women (TGW), and women at risk (WAR), the reality is that HIV does not discriminate by orientation; it impacts both homosexual and heterosexual individuals alike.

The introduction of Pre-Exposure Prophylaxis (PrEP) as a comprehensive prevention strategy has created a divide among medical professionals. On one side, some colleagues express reservations, often favoring the promotion of abstinence and religious principles. On the other, many advocates widespread medication access to reduce new infections and seroconversion.

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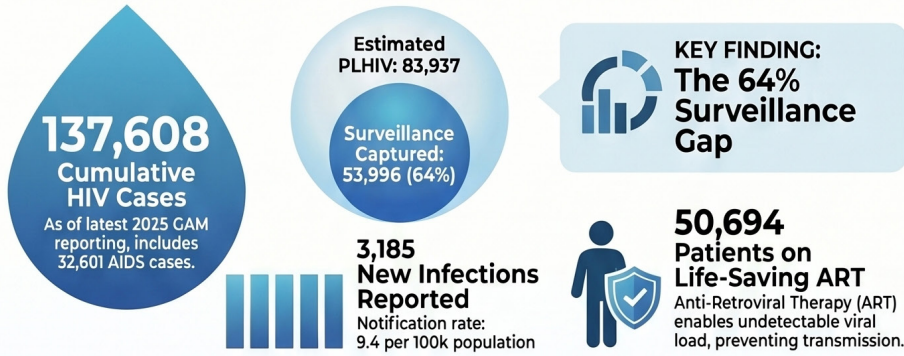
We often rely on the A-B-C-D concept: Abstinence, Be Faithful, Condom use, and Drugs (PrEP). However, we must view abstinence and fidelity not just as cultural values, but as vital components of integrated psychosocial counseling and behavior change education.

Whether we like it or not, the facts are stark:

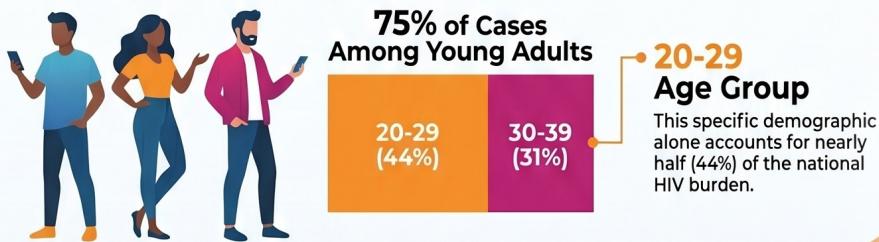
- HIV is rising rapidly among our youth. 45% of new cases occur in those aged 20–29¹.
- Between 2020 and 2024, 1,091 university students were diagnosed with HIV².
- Stigma and discrimination impact their overall well-being, hindering social acceptance, limiting access to HIV testing, and reducing treatment adherence³.
- When HIV status remains unknown or treatment is inconsistent, the risk of exposure for our youth rises.

The Rising Tide: HIV & STI Trends in Malaysia (2024/2025 Update)

1 National HIV Snapshot (2024/2025 Data)



2 A Youth-Centered Epidemic



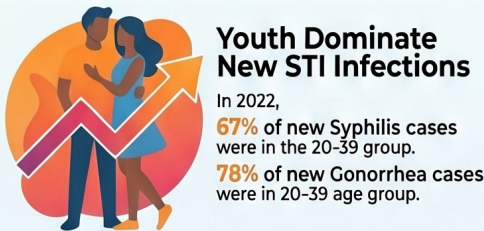
3 The Rising STI Syndemic



STI Indicator	2012 Rate (per 100k)	2022 Rate (per 100k)
Syphilis Notification Rate	5.7	14.3
Gonorrhoea Notification Rate	5.1	5.6

Clinical Reality & Prevention

- HIV vs. AIDS**
HIV becomes AIDS when the CD4 drops below 200 or opportunistic infections develop.
- Symptoms to Monitor**
Painful genital ulcers, urethral discharge, mucocutaneous lesions, and rashes on palms or soles.
- Undetectable = Untransmittable (U=U)**
Consistent ART usage prevents transmission to HIV-negative partners through sex.



STIs Fuel HIV Transmission

Sexually transmitted infections (chlamydia, gonorrhoea, syphilis) significantly increase the biological chance of getting and transmitting HIV.

These aren't just statistics. They are our students, mentees, and perhaps even our own children. HIV prevention requires evidence-based medicine and a multilevel effort. It is no longer an issue to be swept under the carpet. Rather than focusing solely on critiques of social issues, we need a holistic approach involving religious departments, welfare organizations,



U-CARE Conference 2025: Educating and Empowering Peer Educators as Agents of Change for HIV Prevention



and family sectors.

At the university level, programs like KAMI-U-CARE (University-Community Action on Reducing Epidemic) at UiTM-adapted from the PROSTAR initiative are empowering students to become health ambassadors^{4,5}.

Finally, I would like to bring you to get to know Mohammed Abou Zaid, an imam and senior Lebanese judge. He described two types of religious leaders: First, leaders who believe they are superior, claiming to represent the divine and the single absolute truth. Second, leaders who serve the people, acknowledging their own human fallibility. According to Abou Zaid: leaders who serve the people have a better understanding of religion's role in human life. Leaders who claim absolute authority are dangerous, fostering harm and division. He quoted "If you find the first imam, please get away from him—he's very dangerous; more dangerous than the HIV virus"⁶.

As parents, educators, and healthcare professionals, we must ask:

In our position, what can we do? By setting stigma aside and focusing on comprehensive care, we can protect the next generation of colleagues and leaders.

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