



UNIVERSITI  
TEKNOLOGI  
MARA

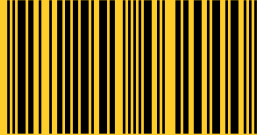
Fakulti  
Perubatan

UiTM *di hatiku*

FACULTY OF MEDICINE UiTM

# MEDBUK'

eISSN 2805-4628



9 772805 462000

**NO. 3/2022**





# COMMUNITY PROGRAM: WARGA BERILMU DAN SIHAT DI USIA EMAS (WISE)

**DR KHAIRATUL NAINY BT KAMARUDDIN**  
**DEPARTMENT OF PRIMARY CARE MEDICINE**



On 12th Jun 2022 and 26th Jun 2022, WISE' program initiated by the Primary Care Medicine in collaboration with ICAN, Dentabay Dental Clinic, and Pusat Aktiviti Warga Emas (PAWE) held at the Dewan Pinang. This program to help the elderly community to achieve this successful and healthy aging. 'WISE'. This program educates and create awareness among the elderly community in Selangor's urban and sub-urban areas about chronic diseases, frailty, and healthy lifestyle. It started with careful planning by the team members, headed by Dr. Nafiza Mat Nasir as the program director. We gathered a total of 60 participants from various socioeconomic backgrounds.



Among the activities were lecturing about healthy aging by the family medicine specialist, a talk on oral and dental hygiene by dentists from Dentabay Clinic, exercise sessions led by an instructor from PAWE, cognitive games by clinical psychologists, and health and dental screenings. Apart from the standard anthropometry measurement, blood glucose, and blood pressure check, we also did cognitive screening and assessment of the participants' lower extremity function, mobility, and fall risk. One-to-one counseling was given by the family medicine specialists and allied health staff.