

FMSP Invites Staff and Their Family For Free Health Test

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Free blood test!!!
Pemeriksaan darah secara percuma!!!
免费血液检测!!!

好胆吗? 坏胆吗? HDL LDL

Are You Concern About Your Latest Health Status?
Adakah anda mengetahui status kesihatan anda?
您知道本身最近的健康状态吗?

According to NHMS IV (2011), about 35.1% (6.2 million) of Malaysia adults aged 18 years old and above have hypercholesterolemia. Are you one of them?
Menurut NHMS IV (2011), sebanyak 35.1% iaitu 6.2 juta orang dewasa Malaysia berumur 18 tahun dan ke atas mempunyai masalah hiperkolesterolemia. Adakah anda salah seorang di antaranya?
根据马来西亚国民健康和疾病率调查 (NHMS IV), 多达 35.1% (六百二十万) 18 岁以上的马来西亚成年人患有高胆固醇血症。您是其中之一吗?

Please fast for 10-12 hours before blood testing (Do not take any food or drinks after 10 p.m. You may take plain water as much as you require)
Puasa selama 10-12 jam adalah perlu sebelum pemeriksaan darah (Jangan ambil sebarang makanan atau minuman selepas jam 10 malam. Air putih boleh diambil sebanyak perlu)
在血液检测进行前, 您必须禁食 10-12 小时。(晚上 10 点后, 请不要进食。禁食期间您能根据个人需求饮用白开水。)

We would like to invite you to participate in our blood lipid profile monitoring research by using drug and food methods.
Kami menjemput anda menyertai kajian tentang pemantauan profil lipid darah dengan menggunakan kaedah ubat dan makanan.
我们诚恳地邀请您参与我们的血脂监测研究, 这项研究将会使用药物和食品。

Date/Tarikh/日期:
Every Monday-Friday/Setiap Isnin-Jumaat/每个星期一至五 (26-30 January 2015)/(2-6 February 2015)/(9-10 February 2015)

Location/Lokasi/地点:
Poliklinik UMS, KingFisher

No. to contact/No. untuk dihubungi/咨询热线:
Maryam: 012904026 (Malay, English)
Evan (Text): 0167388501 (Malay, English, 华文)

FRIDAY, 30 JANUARY – The Faculty of Food Science and Nutrition (FSMP) Universiti Malaysia Sabah (UMS) invites staff and family members of UMS for a free health examination.

The health examination programme is a study under the Fundamental Research Grant Scheme (FRGS) on the effectiveness of probiotic and prebiotic intake with or without dietary fibre to help lower cholesterol level and improve blood lipid profile.

According to a statement issued by FSMP, the results of these studies will lead to the establishment of practice guidelines for the dietary management of hypercholesterolemia (high cholesterol).

The statement added that the test will be conducted from 26 to 30 January, 2 to 6 February and 9 to 11 February at UMS Polyclinic at Kingfisher,

Kota Kinabalu.

FSMP advised all participants who will be involved in this study to fast for 10 to 12 hours before a blood test is done. However, they are allowed to drink water as much as necessary.

More information about the test can be obtained by contacting Maryam (012 6904026) or Evan (016 7395801). - ZMD (fl)

Media and Citra Division