

## UMS Biomedical Science and Therapeutic Department Organises 'Jom Sihat Bah'

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**WEDNESDAY, 11 MAY** – The Biomedical Science and Therapeutic Department, Faculty of Medicine and Health Sciences (FPSK), Universiti Malaysia Sabah (UMS) recently held a Community Health Care Programme at Kiulu, Tuaran.

Programme Secretariat, Dr. Nur Zuliani Ramli said, the one-day programme held at the Health Clinic Kiulu, Health Clinic Advisory Panel (PPKK) Kiulu and Healthy Communities (KOSPEN), at Community Hall, Kampung Malangang Baru, Kiulu.

“Themed ‘Jom Sihat Bah’, the programme was participated by about 100 residents from Kampung Tombung, Namadan, Malangan Baru, Malangang Lama, Ponohuon and Kampung Topinahaton,” he said in a statement.

According to him, the programme aimed to provide interactive education and health checks, besides promoting healthy lifestyle among local communities.

“This programme also aimed to establish close relationship between academia, medical officers, staff and public health institutions with the community in Kiulu,” Nur Zuliani added.

Among the activities held included health examination for non-communicable diseases (NCD) such as diabetes and high blood pressure, and to identify individuals who were obese.

Also held was a blood donation campaign by the Tuaran District Hospital, a special session on breast examination for the ladies and poster exhibition on health education on infectious diseases such as tuberculosis and dengue.

Nur Zuliani also added that a health talk focusing on healthy diet for diabetes were also held besides talks on the safe use of drugs by the Kiulu Health Clinic Pharmacy and the Faculty of Food Science and Nutrition, UMS.

The one-day programme was also supported by the Acting Dean of FPSK, Professor Dr. Zainal Arifin Mustapha; Head of Biomedical Science and Therapeutic Department, Professor Dr. Urban John Arnold D’Souza; Organising Chairman, Dr. Kistina Binti Mohamed; Kiulu Health Clinic Director, Dr. Hairunnisa Hashami and the Chairman of PPKK Kiulu, Janih Bangud. – *SS (fl)*

