

# Regular check-ups, healthy living as important as vaccine, says MMA

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*Skipping medical check-ups is one reason why non-communicable diseases such as diabetes, heart diseases and cancer are detected late, says Dr Koh Kar Chai.*

PETALING JAYA: Regular medical check-ups and a healthy lifestyle are equally important as preventive measures against Covid-19 apart from vaccinations and complying with SOPs, Malaysian Medical Association (MMA) president Dr Koh Kar Chai said today.

"More than 80% of the country's Covid-19 deaths were among those with comorbidities, like diabetes and high blood pressure. These diseases are preventable through early intervention and lifestyle adjustments," he said in a statement.

He added that people should keep tabs on their health by going for medical check-ups every six months or for annual full health screenings.

"The protective effect of vaccines will wane at some point and we don't know how the virus will behave in the months to come. So, we need additional protection by adopting a healthy lifestyle and going for scheduled medical check-ups.



*Malaysian Medical Association president Dr Koh Kar Chai.*

"More so, because Malaysians have suffered more stress, exercised less and stayed indoors most of the time since the start of the pandemic," he said, adding that these factors can have a negative impact on our health and affect the body's chemistry.

According to Koh, skipping medical check-ups is one of the main reasons why non-communicable diseases such as diabetes, heart diseases and cancer are detected late.

"By the time we find out, a disease may be at the late stage where medical intervention may not be able to bring much improvement.

“As we transition into the endemic phase, it will be important for Malaysians to take greater responsibility for their health. If a person is healthy, chances are they will have milder symptoms and recover faster if infected with the virus,” he said.

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