

# MMA: Don't put off appointments, monitor health and stay in touch with doctors

**NATION**

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KUALA LUMPUR: The Malaysian Medical Association (MMA) has advised that patients with medical conditions should remain in touch with their family doctor and not put off important scheduled health check-ups.

Its president Dr N. Ganabaskaran (*pic*) said regular health checks are key to good health maintenance, adding that general practitioners (GPs) are playing an important role in managing non-Covid-19 cases.

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“During this time under the movement control order (MCO) people need to be aware that they can also be vulnerable to other health issues such as high blood pressure or even heart disease if there is a sudden drop in physical activity due to staying at home,” he said in a statement on Saturday (April 3).

Dr Ganabaskaran said that disruptions to a person’s normal daily schedule can cause changes in health.

He said that if a person is used to waking up early for a walk or jog in the park and now stays at home to comply with the MCO, they can experience some weight gain or even changes in blood pressure levels.

“It is important for diabetes, hypertension and heart disease patients to be monitored during this time. Some daily simple light exercises are also encouraged to maintain health, but they should consult their GPs first,” he said.

Dr Ganabaskaran added that GPs have also been more innovative and creative in managing care for their regular patients during the MCO, and said that there are ways that health can still be monitored if a person chooses to stay at home without being physically present at the clinic.

"However, some cases will still require the patient to be present at the clinic for an appointment. Patients can always call their family doctor and schedule an appointment, so that less time is spent waiting," he said.

Dr Ganabaskaran also advised older people to remain at home and avoid crowded public places.

“Older people should also keep up a routine of light morning exercises at home in their front yard. Some exposure to sunlight will also be very beneficial for health,” he said.

#### TAGS / KEYWORDS:

**Movement Control Order , MCO , Health Maintenance , Malaysian Medical Association , MMA , General Practitioners , GPs**

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