



Prioritise your health in 2024, MMA tells Malaysians

Association president Dr Azizan Abdul Aziz says non-communicable diseases can be avoided by maintaining a healthy lifestyle.

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MMA president Dr Azizan Abdul Aziz said regular medical check-ups, exercise, and a healthy diet can help keep non-communicable diseases at bay.

PETALING JAYA: The Malaysian Medical Association (MMA) has called on the people to prioritise and be proactive in taking care of their health in 2024.

MMA president Dr Azizan Abdul Aziz said they should go for regular medical check-ups, exercise regularly, and observe a healthy diet if they want to avoid non-communicable diseases (NCDs).

On Jan 4, FMT reported that almost a quarter of the country's premature deaths in 2022 were caused by NCDs.

A study on mortality data revealed that heart and cerebrovascular diseases and pneumonia have been the main causes of premature deaths over the past seven years.

In a statement, Azizan said NCDs are preventable by reducing common risk factors and building a healthier lifestyle, “so this data can only mean that many Malaysians simply aren’t paying enough attention to their health”.

She said only a small percentage of the people go for regular medical check-ups, and many do not observe a balanced diet and exercise regularly.

Azizan also said those living in urban areas should be mindful of their stress management and sleeping habits, as the faster pace of life and a higher level of stress in the urban environment will increase their chances of getting NCDs.

“We also advise smokers to make quitting smoking part of their New Year’s resolution as habitual smokers are at (a higher) risk of NCDs. Watching the waistline is also important as obesity is closely linked to various heart diseases and cancers,” she said.