

Free health screening for aged 40 and above

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Viatrix Malaysia and the **Malaysian Medical Association (MMA)** will jointly organise a free health screening campaign to get more members of the public aged 40 and above screened for risk factors for non-communicable diseases (NCD) which are diabetes, hypertension and high cholesterol.

Image above: Thumbs Up to Health Screening - Jeff Bote, Country Manager of Viatrix Malaysia (left) and Datuk Dr. Thirunavukarasu Rajoo, Honorary General Secretary of MMA at the campaign launch

Taking on the theme **SCREEN. DETECT. ACT** the three-month campaign will run from December 2022 to February 2023 and aims to get the public to be more proactive about their health. The key objective is for them to screen to detect any health risks and then take necessary measures to manage and modify their lifestyles.

The campaign also supports the National Health Screening Initiative (NHSI) 2022 which was launched in July this year by the Ministry of Health (MOH) to address the low rate of health screening among the public.

Commenting on the partnership with MMA, **Jeff Bote, Country Manager of Viatrix Malaysia**, said “We are pleased to collaborate with MMA and contribute to the community through our

SCREEN. DETECT. ACT campaign. Through this campaign, we will not only support the MOH's target to screen 1.5 million people above 40 years for risk factors associated with NCD but also contribute towards Viatris' mission to empower people worldwide to live healthier at every stage of life.

“Regular NCD health screening is a proactive and important way to manage health. It helps us identify underlying issues and prevent medical complications by seeking treatment, sooner rather than later. Effective and timely interventions can make a world of difference to one's health,” added Jeff.

The **SCREEN. DETECT. ACT** campaign will see the pilot programme roll-out in Klang Valley and Negeri Sembilan to target 1,000 people above 40 years of age and those at higher health risks.

Dr Muruga Raj Rajathurai, President of the MMA, said, “It is concerning that a high number of Malaysians with high blood pressure, blood sugar and cholesterol were unaware of their health status as they did not see a doctor for a medical check-up to get a diagnosis”.



Dr Muruga Raj Rajathurai, President of the MMA

“The National Health and Morbidity Survey (1) shows that one out of five adults or 3.9 million people aged 18 years and above in Malaysia suffer from diabetes, three out of 10 or 6.4 million people have high blood pressure, and four out of 10 people suffer from high cholesterol. 1.7 million people in Malaysia currently live with three major risk factors - diabetes, hypertension and high cholesterol - which are key risk factors for cardiovascular disease, the leading cause of death in the country. As such, we cannot over emphasise the importance of regular health checks.

“We urge those above 40 years of age, those at higher risk, and especially, those who have yet to undergo any medical check-ups or health screening, to seize this opportunity to get yourself screened. Early detection and timely treatment can potentially lower your risks of complications and result in better outcomes. Health screening can save lives,” he emphasised.

Dr Muruga added that the campaign is timely as health screenings have dropped over the last two years due to the Covid-19 pandemic and lockdowns.

“We believe the **SCREEN. DETECT. ACT** campaign will complement the MOH’s initiatives to increase public health literacy and to improve the nation’s health. Viatris and MMA will continue in this strategic partnership and we plan to initiate follow-up screenings in the near future,” said Dr Muruga.

The health screening will be free of charge and can be done at participating general practitioner clinics. For more information, contact Malaysian Medical Association (MMA) at 03-4041 1375 (Office) or 018-277 8794 (WhatsApp only) from Monday – Friday (9 a.m. – 6 p.m.).

Reference:

(1) [Infographic Booklet NHMS 2019 - English](#)

This content is provided by Viatris Malaysia and Malaysian Medical Association.