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From: UUM CORPORATE COMM.
Sent: Thursday, July 11, 2019 1:45 PM
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Subject: UUM Health Check-Up Helps Improve Quality Of Work Among Staff And Avoid Any Untoward Incidences



UUM Corporate Comm.
Universiti Utara Malaysia

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"UUM : UNIVERSITI PENGURUSAN TERKEMUKA"
(THE EMINENT MANAGEMENT UNIVERSITY)

Translated by Mahaliza Mahadhir
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UUM HEALTH CHECK-UP HELPS IMPROVE QUALITY OF WORK AMONG STAFF AND AVOID ANY UNTOWARD INCIDENCES



UUM ONLINE: To ensure that the health of UUM members of staff is at the optimum level, Universiti Utara Malaysia (UUM) has made it compulsory for staff ages 40 years and above to undergo health profile check-ups to avoid undesirable events such as sudden death from happening.

UUM Vice-Chancellor, Prof Dr Ahmad Bashawir Abdul Ghani said the free health check-ups which began from 26 June until 25 Aug at the University Health Centre (PKU).

According to him, UUM was committed to ensuring that members of staff were well aware of their health condition and also avoid the likelihood of sudden death from heart attack, stroke and others from occurring.

"Lately, we have heard of many people dying and some finding out that they have chronic diseases like cancer at the last stage, but if detected earlier, it can save lives.

"This annually-held health check-up indirectly improves the quality of work and the staff are ready to adopt a healthy lifestyle," he said.

Meanwhile, Assistant Engineer, Mr. Romi Md. Nor said he started going for his personal health profile check-up four years ago at PKU.

According to him, making the implementation of health profile check-up compulsory for UUM members of staff was a commendable step that should be praised as it proved the concern the management of the university had for its members of staff working here.

"In addition to being aware of their own health status, I can also take early precautions when doing any activity to avoid any untoward incidents.

"Alhamdulillah, since I started my health examination at PKU, my level of health has been good and I have not suffered from any illnesses, however but care and preventive measures are still taken into account," said Mr. Romi who is attached to the Department of Development and Maintenance (JPP).

Security guard, Mr. Aznan Mohamad, said that such health profile check-up should be extended to all ages as a first step to their health care.

However, he said, requiring that all staff ages 40 years and above to undergo the examination was a reasonable move and should be welcomed by all UUM staff.

According to him, there had been a lot of sudden death cases occurring regardless of age as some of the victims died suddenly were young and under the age of 50.

"In this regard, meticulous medical screening can prevent any undesirable incidents from happening and I recommend that the staff involved do not take this health screening lightly," said him who began undergoing health examinations as early as 30.

As for Office Secretary, Mdm. Hartini Hanapi, she expressed her gratitude and appreciation to the management of the university for being given the opportunity to undergo the health profile check-up for free this year.

She who turned 40 last month said that the opportunity afforded by the UUM was seized as best possible to care for her health and enabled her to find out more about the status of her health.

"This health profile sort of triggers the sense of awareness amongst members of staff especially those ages 40 and above to live a healthier life, in addition we have just celebrated Syawal and certainly there had been plenty of food taken that would put our health at risk.

"I am happy to be listed for this health examination and hope it helps me to better my health in the coming days," he said.

The health profile examination conducted among UUM staff includes health checks such as Body Mass Index (BMI), eye examination, blood pressure, ECG, blood test, cholesterol test, liver, kidneys, dental checks and mental health screening.



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