

# FACULTY OF HEALTH & SPORT SCIENCES



PHYSIOTHERAPY

MEDICAL IMAGING

ENVIRONMENTAL HEALTH

## THE VOICE OF FHSS VOLUME 2, ISSUE 3 (SEPTEMBER 2019)

The Voice of FHSS is a quarterly newsletter by MAHSA Faculty of Health and Sport Sciences. There are three departments under the faculty: Physiotherapy, Environmental Health and Medical Imaging. This newsletter highlights the faculty events, staffs and students' professional development as well as student activities.

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# DEAN'S MESSAGE

## ASSOC. PROF. CHAN SOOK CHIN



First of all, I would like to express my appreciation to the editorial team who has worked very hard to put together the articles in this issue of the **Voice of FHSS**. The patience demonstrated by each of you is commendable, I understand the difficulties to get the lecturers to contribute the articles. Not everyone has a flair for writing!

The month of September is the registration of new students and please to see our diploma graduates who worked for many years returned to continue their study for the degree. Today, there is an increasingly important need for graduates to continue education and acquire necessary skills to meet the changing needs of employers and the labour market. As educators, we play an important role in providing the opportunities for lifelong learning.

Knowles, the father of adult learning emphasizes that adults are self-directed and expect to take responsibility for decisions. The instruction for adults needs to focus more on the process and less on the content being taught. Adults learn when they find there is value and learn experientially. So lecturers must change the approach when dealing with adult learners. You must be able to accept students who challenge you with different views and arguments as some of the adult learners have years of working experience. Some may have followed certain practices which may be outdated and lecturers must find ways to challenge their belief. This requires skills and sensitivity.

During my teaching practice in England, I have a class of 40 students with their age ranged from 19 years to 45 years old. I was uncomfortable to have a student who are older than me. I could not understand why someone who had been a teacher for nearly 20 years want to change to physiotherapy. My mentor told me if someone can still serve the community for another 20 years before retiring, equal opportunity should be given. At that time, retiring age in England was 65 years and in Malaysia was 55 years old.

With the advent of information and communication technology (ICT), the access for continuing education is more convenient and flexible. Lecturers should encourage the students the idea on lifelong learning. For themselves, they should also be the models in upgrading their knowledge and skills. Hope all of us learn through our life time!

# EDITORIAL BOARD



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# WELCOME NOTE

## ASSOC. PROF. DR. VERONICA CHUA DEPUTY DEAN, FHSS



It is our pleasure to welcome Assoc. Prof. Dr. Veronica Chua Poh Choo to our campus and to the Faculty of Health and Sport Sciences, MAHSA University. Dr. Veronica brings a wealth of knowledge and experience to our faculty having served various higher education institutions for over 15 years, being involved in teaching, research and management.

Her experience is augmented by her sterling academic background comprising a Bachelor's degree in Environmental and Occupational Health, a Master's degree in Environmental Technology Management and a Doctor of philosophy in Environmental Health from University Putra Malaysia. She also obtained second Master's degree in Educational Management from University Malaya. Prior to joining MAHSA University, she was the Head of Academics and Head of the School of Nursing and Allied Health Sciences at SEGi College.

*"As the Deputy Dean of FHSS, I hope to work with all the HODs and lecturers to grow and enrich the faculty in terms of our program offerings, teaching and learning experience as well as our research and services capacity. Being from the Environmental Health and Safety background, I hope to have a more hands-on involvement in the Department of Environmental Health" - Assoc. Prof. Dr. Veronica Chua*

The world of health sciences is an exciting area to work in, and we look forward to your valuable guidance and support to take the FHSS to greater heights as the flagship faculty of MAHSA University

On behalf of FHSS colleagues, I wish you a convivial welcome. We are going to have a merry and enjoyable time together." Congratulations, and welcome to our team.

# FACULTY EVENT

Department of Physiotherapy

## Pre-Conference Workshop: Current Concepts: Combining Contemporary Neuro- Developmental Treatment and Sensory Integration in Children with Cerebral Palsy

11&12 July 2019



The pre-conference workshop titled “Current Concepts: Combining Contemporary Neuro-Developmental Treatment and Sensory Integration in Children with Cerebral Palsy” was conducted on 11<sup>th</sup> & 12<sup>th</sup> July, 2019 in MAHSA University, Bandar Saujana Putra, Selangor. The aim of this workshop is to improve the hands-on skills of practicing physiotherapists in the field of paediatrics with current approaches in the treatment of

children with cerebral palsy. Physiotherapists from various private and governmental hospitals and paediatric centres as well as academic staffs of MAHSA University participated in the workshop.

Children with cerebral palsy with or without sensory dysfunction face various neuromotor challenges as they grow and physiotherapists play a vital role in rehabilitating and helping them to lead a functionally independent and meaningful life. Although physiotherapists possess good knowledge on the various types of cerebral palsy and their impairments, their current clinical practice is restricted to traditional approaches in treating the motor impairments, and the area of sensory dysfunction is seldom addressed in treatment.

Sensory Integration approach is a specialized approach used to treat children with sensorimotor dysfunction. Treatment approaches that combine Neuro-Developmental Treatment and Sensory Integration is not much practiced in Malaysia. This gap had been identified by the lecturers specializing in neurology from the Physiotherapy Department of MAHSA University. To bridge this gap in practice and empower the physiotherapist to practice NDT with SI approach in the treatment of cerebral palsy, a two-day pre-conference workshop in conjunction with the international physiotherapy conference in neurology was organized under the guidance of the dean, head and deputy head of physiotherapy department.

**Ms. Asha Chitnis**, the owner and Director of the Vedanta Pediatric Centre, a paediatric outpatient centre located in Mumbai, India was the resource person of this workshop. She has a vast clinical experience treating and providing care for cerebral palsy children with sensorimotor dysfunction. She is also an active Pediatric NDTA Coordinator/Instructor for the Neuro-Developmental Treatment Association and is associated with various non-profit organizations providing care for children with neuromotor disorders.

Ms. Asha conducted this 2-day workshop providing an introduction to classification of different types of cerebral palsy and principles of Neuro-Developmental Treatment and Sensory Integration Approaches. She delivered a hands-on approach in implementing NDT with SI approaches in the assessment and management of cerebral palsy children with sensorimotor dysfunction. Two cerebral palsy children attended as models and the practical demonstration included assessment, evaluation, clinical reasoning, problem solving and hand-on skills in managing specific impairments presented by both the patients. The first patient presented with athetoid type of cerebral palsy with only motor disorder and the second patient presented with sensory dysfunction.

The participants were pleased to have gained real time experience in assessing and treating different types of cerebral palsy children and gave excellent feedback for the workshop.





## Department of Physiotherapy

### Inaugural International Physiotherapy Conference in Neurology – Expanding Horizons in Neurological Physiotherapy

13&14 July 2019



It was as if we were in a dream, when we planned for the first conference in 2018, and came out of it quite successfully. The Physiotherapy Department knew that we would have to run another Conference in 2019. All were prepared for it.... All were ready to start on it.....

Preparing for this Conference was another challenge, as all physiotherapy staff, had their usual duties, in addition to other activities that had to be planned for the Faculty. However, we lucky to have quite a number of lecturers who were specialized in Neurology and we had the rest of the Physiotherapy Department, keen to work on the Conference in areas that they were interested in.

And thus Expanding Horizons in Neurological Physiotherapy was born. Many of us are well aware that neurological physiotherapy standards in Malaysia in many centres are not par with international standards. I have also had experience with doctors who have been overseas, lamenting over the lack of neurological physiotherapy services in Malaysia. I have had patients who have travelled 2 hours for a neuro physiotherapy consult and treatment. This Conference was the perfect arena for us to open up the ongoing quest for knowledge and skill improvement in Neurological Physiotherapy.

Through our contacts in Australia, Hong Kong, India and Singapore, we had managed to get 'Neurological Samurais';

Assoc. Prof. Dr. Jennifer McGinley, Head of Physiotherapy Department, Melbourne University. She has done much work on Parkinson's Disease and children with autism. Assoc Prof Dr Wee Seng Kwee, Senior Principal Physiotherapist, Tan Tock Seng Hospital, Singapore. He has numerous publications and research projects in the neurological area, pertaining to robotics, head injury and others.

Ms. Asha Chitnis, Director of the Vedanta Paediatric Centre, and world traveler. She has gone to all corners of the world teaching and training physiotherapists and disabled children.

Dr. Stanley Winser from Hong Kong Polytechnic University whose work involves the growing area of economic evaluations and management of cerebellar lesions.

Prof. Dr. Lim Shen-Yang, a world prominent movement disorders specialist from University of Malaya who had so generously made way from his very busy schedule to speak our Pre-Conference Workshop on Parkinson's disease.

Included in this fabulous entourage were our very own Neuro enthusiasts, Madam Mahadevi, Madam Banumathi and Mr. Nelson.

All speakers came together, so kindly, and generously, where they have made much adjustments to suit our modest budget.

With the 2-day conference, we also organized two Pre-conference Workshops and 2 Post-conference workshops. Thinking back now, I do think we were quite ambitious. However, with the efforts and hard work of the Dean of FHSS, AP Chan Sook Chin, the Head of Physiotherapy Department, AP Lourdhuraj, and every lecturer, clinical instructor and administrative personnel, we had managed to pull it off with rave reviews!

We were most fortunate to have Prof. Tan Sri Datuk Dr. Hj. Mohammed Haniffa grace the occasion and opened the conference ala Neuro style ..... with his mind.



The Conference, covered various aspects of neurological rehabilitation; for the management of the stroke patient- forgotten or undermanaged aspects such as trunk rehabilitation and cerebellar ataxia. Management of special populations such as Parkinson's disease and Paediatric rehabilitation was spoken, discussed and demonstrated in depth, with actual clients. The clients themselves were delighted to participate and contribute to our education quests. Newer areas of neurological rehabilitation such as visual rehabilitation, fear of falling and advance technologies was also covered in the Conference.



Visual Rehabilitation Assessment – A Quick Demonstration



Although our pool of oral presentations was small, they were of interest and we even managed to get a few submissions from overseas.

Participants were enthusiastic and very participatory. We were received numerous compliments and thank you for a well thought out workshops and Conference topics. The Physiotherapy Department would also like to express their utmost appreciation to the speakers, Management of MAHSA University, FAST, MARCOM, Finance Department, MAHSA Events & Auxiliary Businesses, the sponsors, physiotherapy students and all participant who have all contributed in one way or another to make the Conference successful.

The Inaugural International Physiotherapy Conference in Neurology has achieved its aims and Physiotherapy Department is confident we have succeeded in being will in tune to

***MAHSA University's Mission: - To be committed to the delivery of education of the highest quality with emphasis on hands-on training.***



A Successful Conference by the Physiotherapy Department Team!





with Speakers on the Way Home: Dr. Stanley Winner, AP Chan Sook Chin, AP Dr Jennifer McGinley, AP Lourdhuraj I., Mahadevi, AP Dr Wee Seng Kwee



Student Volunteers as timers, as ushers, as runners and as all-rounded helpers

## Post-Conference Workshop: Trunkology – Trunk Management in Neuro Rehab

15&16 July 2019



The post-conference workshop titled Trunkology - Trunk Management in Neurology Rehabilitation was conducted on 15<sup>th</sup> & 16<sup>th</sup> July, 2019 in MAHSA University, Bandar Saujana Putra, Selangor. This event attracted physiotherapists from various private and governmental hospitals and centres as well as staff of MAHSA University. Forty-three participants registered and as the number of registrants was hitting the limit, the workshop registration was closed just two days prior to the event.

The trunk is a central element of the whole body as it is needed for both mobility and stability. Following a stroke, the trunk is as impaired as upper and lower limbs and this greatly interferes with patients' activities of daily living. However, unlike the limbs which are affected on the contralateral side of the lesion, the trunk is affected on both ipsilateral and contralateral side of the insult. Despite the severity of the neurological problems in the trunk, it is seldom highlighted as the main aspect of a rehabilitation programme. Lecturers specializing in Neurology from physiotherapy Department of MAHSA University had identified this stigma in stroke rehabilitation and together with the Head and Deputy Head of Physiotherapy Department organized two days of post-conference workshops in conjunction with the International Physiotherapy Conference in Neurology to empower physiotherapy professionals to address the forgotten role of trunk in stroke rehabilitation.

Assoc. Prof. Dr. Wee Seng Kwee, a senior principal physiotherapist with 24 years of experience from Tan Tock Seng Hospital Rehabilitation centre, also an Associate Professor from Singapore Institute of Technology, Singapore conducted this workshop. Dr. Wee is a distinguished speaker and clinician with vast years of experience. He has



also published many articles in prestigious journals. Dr. Wee began the workshop with an introduction to the trunk anatomy and neuromuscular control of the trunk, conjoining the elements of anatomy and neurology, which impressed the participants. He also addressed the assessment and current evidence-based practice for intervention in trunk control to manage the impairments.

The workshop was well received by the participants as the techniques learned used creativity with respect to clinical reasoning. All participants provided positive feedback regarding the workshop and showed immense participation in learning and discussion. This workshop introduced concepts that will have great implications for the way physiotherapists incorporate more trunk intervention to yield better outcome. Trunk management in stroke rehabilitation has been painted in a new light, thanks to Assoc. Prof. Dr Wee Seng Kwee and fellow lecturers of MAHSA University!



## Department of Environmental Health

# Urban Health Forum

17 July 2019

A group of Environmental Health Experts from across Malaysia which included two academic staffs from the EH department of MAHSA University – Dr. Subramaniam K. (EH Head of Department) and Mr. Puad (EH practical instructor cum lecturer) – attended the Urban Health Forum and held discussions about Urban Health. This event was organized on 17<sup>th</sup> June 2019 at Langkasuka Hotel Langkawi, Malaysia.





## Department of Environmental Health

# Environmental Health Local Preceptors Meeting

25 July 2019

Local Preceptors Meeting 2019 was held on 25<sup>th</sup> July 2019 between Department of Environmental Health staff and the local preceptors. Eighteen local preceptors were in attendance. The purpose of the meeting was to discuss matters related to the students' practical placements and areas for improvement.



## MRI Seminar 2019

3 August 2019

The seminar was organized on 3<sup>rd</sup> August 2019 by the Malaysian Society of Radiographers (MSR). It was held at the Auditorium of the National Cancer Institute Putrajaya. There were about 20 students from the MAHSA Medical Imaging Department who participated in this MRI Seminar.

From this seminar, students and other participants were able to gain more knowledge about the latest MRI technologies and current issues in MRI scanning. The students were exposed to the latest MRI modalities that help in diagnosing complicated pathologies, and the students were also exposed to the quality assurance of the modalities that maintain the quality of images and reduce unnecessary radiation exposure to patients and staff.



The welcome speech was delivered by Mr. Mazli bin Mohamad Zin, the Vice President of MSR. The seminar also featured talks by international speakers from Japan, Taiwan, Korea, Singapore and Thailand. The initial presentation was by Mr. Eda Tetsuo from Japan on “MRI for Head and Neck”. Followed by Mr. Chaiwat Chaipandi from Thailand on “Standing MRI”, Mr. Yuan Hong Fan from Taiwan on “The Clinical Application of Abdominal MR Imaging in Taiwan”, Ms. Hong Hye Lan from Korea on “Special MRI Brain” and Mr. Vlad Puzankoff from Singapore who spoke on “Unity MRI LINAC and Clinical Updates”.

There were also some knowledgeable speakers from Malaysia including Dr. Norshazriman Sulaiman presented on “Optimization Usage of MRI Liver Specific Contrast Agent”, Dr. Lily Lim Hooi Min on “MRI Contrast Media”, Mr. Muhammad Afiq Bin Che Ghali on “M-Power V6”, Mr. Sluhudin Hamdan Bin Daem on “Intracranial Vessel Wall Imaging” and Mr. Yushafizal Bin Mohd Yusof on “Diffusion Tensor Imaging”. The seminar ended with presentation by Ms. Wui Ai Leng who spoke on “MRI Quality Assurance”.





## Re-Thinking Electrotherapy Agent

20 August 2019



Electrotherapy agents have been around for a number of decades, and they have proven to be greatly beneficial to the medical profession throughout the years. However, some may claim that interest in electrotherapy agents has diminished in the past few years. Dr. Goh Ah Cheng thinks otherwise.

Dr Goh Ah Cheng is the Dean of Health Science at Iryo Sosei University in Japan. He is a Singaporean, currently working and living in Japan for the past 20 years. He is also an Associate Professor at Shinshu University in Matsumoto, Japan and an Adjunct Associate Professor at Curtin University in Perth, Australia but most of all he is the Founding President of the International Society for Electrophysical Agents in Physical Therapy (ISEAPT). On 20<sup>th</sup> August 2019, the MOU signing ceremony between MAHSA University, Malaysia and Iryo Sosei University, Japan was successfully held.

The Faculty of Health and Sport Science was immensely grateful to have the opportunity to listen a short lecture on “Future Health Science Education in Japan” and also to the representatives from the Physiotherapy Department in updating the profession on “Evidence in Electrotherapy for Musculoskeletal Physiotherapy”. In his talk, he emphasized the importance of researchers, clinicians and educators as a golden triangle to provide a better education for students. As such, he has developed a unique spectrum of insight on the challenges faced in the future of electrophysical agents.





# Love Malaysia Month – Fashion Fusion 2019

August 2019

In conjunction with the love Malaysia month, the Faculty of Health and Sport Sciences, organized the event of Fashion Fusion. In this event, staffs and students bring out their creativity by infusing fashion into cultural costume. It was very vibrant and joyous wherein crowd eagerly cheered all the participants during their performance.



## Department of Environmental Health

### Deputy Dean of FHSS invited to speak at Indoor Environmental Quality Seminar, JKR Malaysia

5 September 2019

On the 5<sup>th</sup> of September 2019, the Public Works Department (Jabatan Kerja Raya – JKR Malaysia) conducted a Seminar on Indoor Environmental Quality (IEQ) with the theme “Quality Indoor Environment Spurring the Country’s Productivity” at the Center of Excellence for Engineering and Technology (CREaTE), Melaka.



Assoc. Prof. Dr. Veronica Chua presenting at CREaTE, JKR Malaysia.

Our Deputy Dean of Faculty of Health and Sport Sciences, Assoc. Prof. Dr. Veronica Chua Poh Choo was invited to give a presentation on the “Impact of Indoor Environmental Quality to Human Behaviour and Sick Building Syndrome”.

The Seminar was officiated by YB. Ir. Kamaluddin bin Haji Abdul Rashid, Deputy Director General of JKR. Also present were YB. Ir. Razdwan bin Kasim, Senior Director Mechanical Engineering Branch, YB. Dr. Maziah binti Mohammad, Senior Director of CREaTE and over 300 participants comprising Senior Directors and Directors from JKR head office and state offices as well as other senior JKR staff.

The objective of this seminar was to increase awareness and technological knowledge in IEQ among JKR staff that in turn may be applied in the design, construction and operation & maintenance phase of all public buildings in Malaysia. The ultimate goal was to spur the productivity of public servants by providing a comfortable, healthy and safe indoor environment for them to work in.

Assoc. Prof. Dr. Veronica highlighted past research linking IEQ to employee health and attendance and consequently to the performance and productivity of the employee and institution. She then discussed the four core components of indoor environmental quality, ie. indoor air quality, thermal, visual and acoustic comfort and explained

about “Sick Building Syndrome” (SBS). SBS is a term used to describe situations in which building occupants experience acute health effects that appear to be linked to time spent in a building but no specific illness or cause can be identified. Common symptoms include itchy or watery eyes, headache, blocked nose, runny nose, dry throat, lethargy and/or tiredness and itchy or irritated skin. When severe enough, it leads to lost work days and increased sick leave taken by employees.

The main culprits behind SBS are poor ventilation and chemical contaminants. Other causes of poor IEQ and counter-measures for each causative factor were discussed separately. To ensure the highest productivity and work efficiency, it is important for building owners and employers to provide a healthy and safe indoor environment by monitoring and maintaining the four components of IEQ mentioned above according to internationally accepted safety standards such as ASHRAE 62.1

Assoc. Prof. Dr. Veronica Chua was presented a Certificate of Appreciation by Ir. Razdwan bin Karim in appreciation of her contribution towards increasing the IEQ knowledge of JKR Malaysia’s staff.



Assoc. Prof. Dr. Veronica Chua being presented a certificate of appreciation by Ir. Razdwan bin Karim, Senior Director Mechanical Engineering Branch, JKR Malaysia

# NEWS ARTICLE

## Transboundary Air Pollution: Haze

by Tan Hui Xin

*(Student, Bachelor of Environmental Safety and Health)*

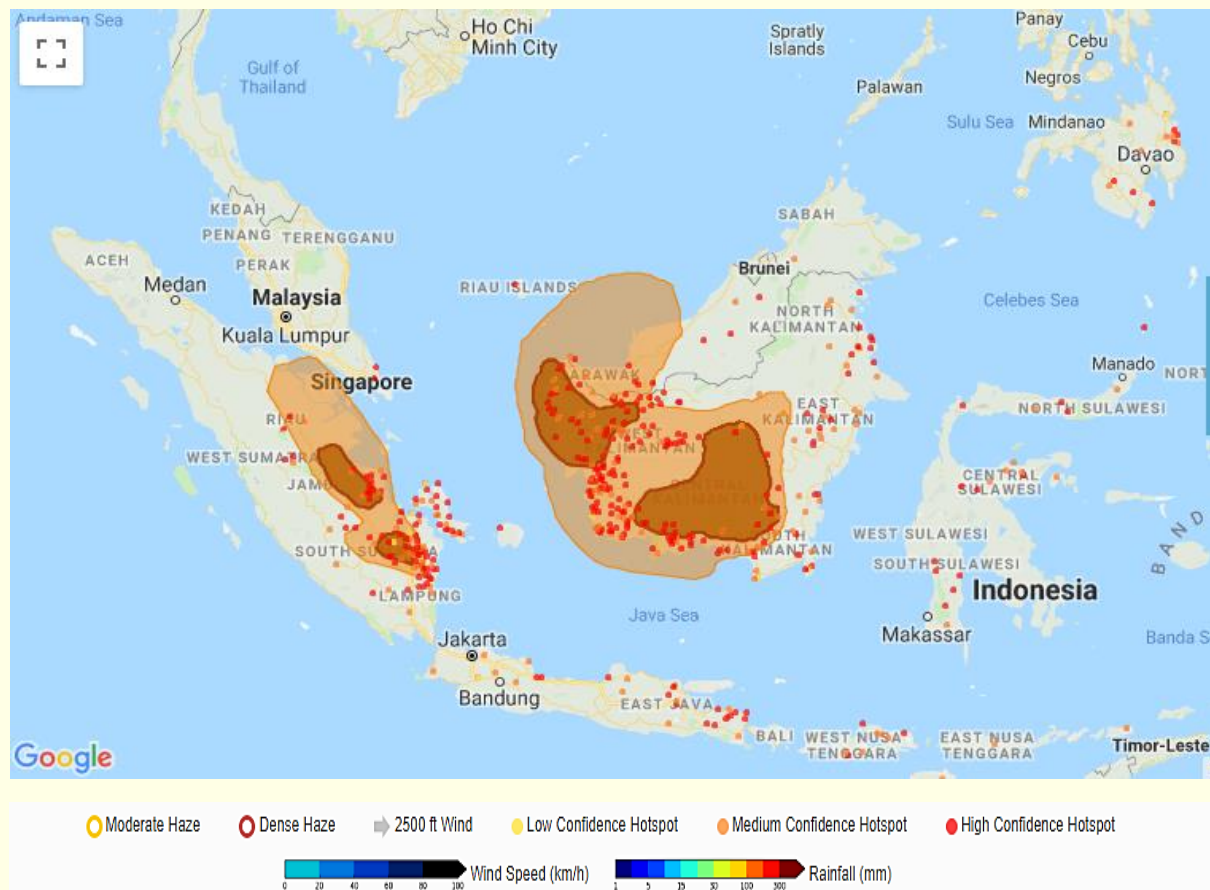
Haze is now a hot topic in Malaysia, Singapore and Indonesia as the region's air quality has hit hazardous levels in recent weeks. According to news reports, this condition may be attributed to the farmers in Indonesia who are burning down the forests to clear land for expansion of their farming activities and also to obtain natural fertilizers. However, this process produces large amounts of carbon dioxide, dust and smoke that are released into the atmosphere. Wind blowing from Indonesia towards Malaysia and Singapore carries a large amount of smoke and haze towards these two countries which greatly impacts the air quality in the region. This poor air quality and haze seriously affects the lives of the residents in these countries. For example, while driving, the haze will reduce visibility which could lead to road accidents. Susceptible groups of people such as those who suffer from respiratory problems especially asthma patients might experience difficulty in breathing and shortness of breath.

There are some activities that could worsen this situation, for example, open burning by residents to get rid of garbage. This is an unhealthy practice that produces dust, smoke and carbon dioxide which will aggravate the haze problem. To address this problem, the Malaysia government has currently banned open burning in all states; with the exception of burning for the purpose of cremation, religious purpose and barbecue.

The Air Pollutant Index (API) is a tool to indicate severity of haze in a particular area. API has different grades which are API 0-50 which is classified as 'healthy', API 51-100 for 'moderate', API 101-200 which is considered 'unhealthy' and API 201-300 is for 'very unhealthy', last but not least API greater than 301 is 'hazardous'. For the last few weeks many states in Malaysia have recorded unhealthy API with some states more seriously affected with a very unhealthy API. Sarawak is the most affected state in which some parts of it recorded a hazardous API. Putrajaya recorded 'very unhealthy API reading on 16<sup>th</sup> September 2019. According to the standard adopted by Ministry of Education, whenever the API exceeds 200 all schools in the affected areas are required to close. When the API is between 100 and 200, all outdoor activities in schools must be postponed. This is necessary to protect the health of the students.



Some of the effects of haze on people's health are eye inflammation, nasal irritation, throat irritation and lung tissue inflammation and scarring. Ways to prevent these health problems include staying indoors, drinking plenty of fluids, applying saline drops to hydrate the eyes, and wearing face masks when going outdoors. So, unless absolutely necessary please stay INDOORS and stay SAFE everyone!



**Figure 1: Regional Haze Situation**  
*Source: ASEAN Specialised Meteorological Centre, 2019*

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# Exercise and Medicine

by Priya Kesar  
(Lecturer, Department of Physiotherapy)



The question of whether Exercise is medicine has sparked a heated debate in the healthcare community drawing the public attention. Some feel physical activity and a healthy lifestyle can improve the health status of an individual, and this fact is widely known. Health and fitness should be a part of everyone's lifestyle.

Hippocrates once said that *"Eating alone will not keep a man well; he must also take exercise. For food and exercise... work together to produce health"*

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life.

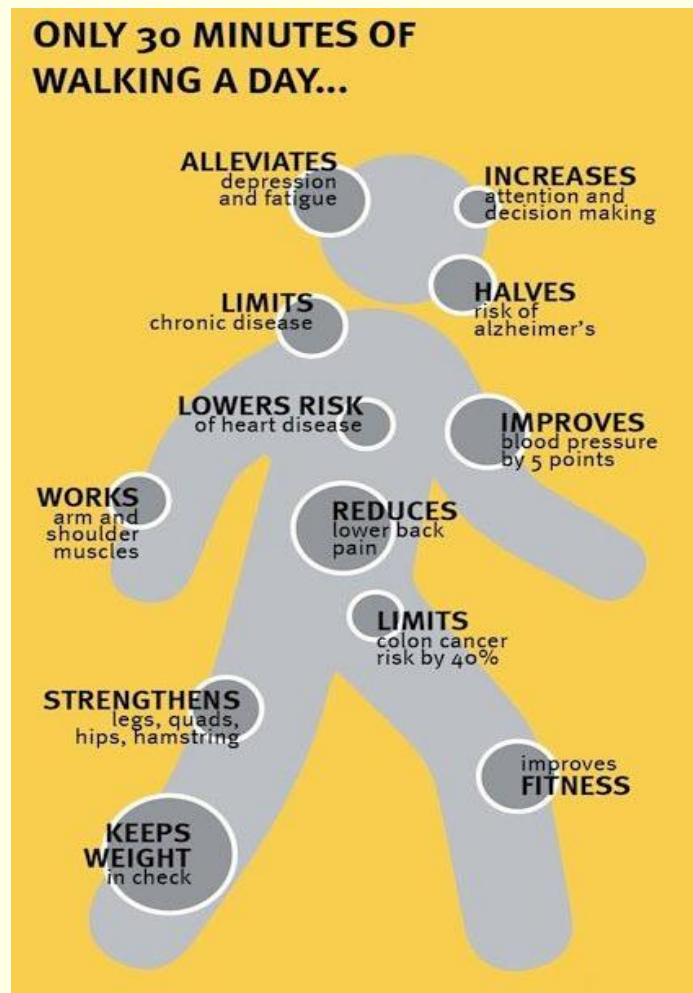
A minimum of 30 minutes a day can allow you to enjoy these benefits. Exercising regularly, every day if possible, is the single most important thing you can do for your health. In the short term, exercise helps to control appetite, boost mood, and improve sleep. In the long term, it reduces the risk of heart disease, stroke, diabetes, dementia, depression, and many cancers

In my opinion it is a blatant fact that exercise helps to improve health and longevity. The list of benefits of regular exercise is endless.

In spite of the known consequences, still some adopt a sedentary lifestyle. Therefore, at some point it is also the duty of the government to a certain extent to undertake appropriate measures like health screening camps or promoting recreational sports as a community-based program to create interests which leads to a healthy lifestyle.

## Basic Rules of Fitness~~~

- *If it's green, you should eat it*
- *If it's processed, you shouldn't eat it*
- *If it's sore, you should stretch it*
- *If it's hurts, you should rest it*
- *If it's heavy, you should lift it*
- *If it's challenge, you should do it.*



# Awareness of Mobile Phone Radiation among Secondary School Students

by Mohd Firdaus bin Mohd Fauzi  
(Student, Bachelor of Medical Imaging)

Since their invention in the 1970s, mobile phones have exploded in their ubiquity and as a topic of conversation, from the seasonal excitement over the latest models to the abundance of think pieces into their effect on society and our health. From its humble beginnings as a small, wireless electronic device enabling us to call or text each other over vast distances, the mobile phone has evolved into a veritable swiss army knife of electronic devices, with features such as Wi-Fi connectivity, MP3 player, games, GPS, and a camera just to name a few (Aronsson, 2010).



According to Lenhart et al, (2010) slightly less than 75% of all high school students in America own a cell phone and according to Osman et al., (2012), 40.8% of all high school students in Malaysia own a cell phone. This large number of cell phone users hardly comes as a surprise though, in fact, the number of reported users increases from year to year as phone companies continue to roll out an ever-widening range of options for users of every variety.

However, some may not aware of the radiation that is emitted from the mobile phone. In fact, the general public has known that this radiofrequency (RF) and microwave (MW) radiation exists for a number of years but lay people understandably are still unaware of the differences between ionizing and non-ionizing radiation. A study by Kontomaris and Malamou (2017) found that secondary school students and the general population were not able to differentiate between these two radiation categories.



Lack of awareness may contribute to lack of interest among secondary school students in gaining knowledge regarding the health hazards that may be associated with excessive mobile phone use. Nowadays, young adults are increasingly obsessed with the latest features and mobile phone apps that providers can offer such as games and social media



(Lauricella et al., 2014). Therefore, it is important to examine the lack awareness among students and find ways to encourage high school students to taking precautions against the harmful effects of radiation.

From the survey, 77.2% participants were unaware of mobile phone radiation and 22.8% were aware of it. There's a possibility that they do not understand the nature of the radiation and its causes (Kim, 2016). As a result, safety measures need to be implemented so that the information can reach students. Despite these results, most students strongly agree that call time should be reduced.

Phone calls which use microwave (MW) radiation cause vibration and rotation of water molecule in a person's body that interact with MW radiation. It will produce a thermal effect as well which can cause the mobile phone to heat up (A. Aly and Crum, 2016). 50% of the MW energy will be induced by the tissues in the head, brain, ear and neck region since people will be talking and placing their phone near their ear (A. Aly and Crum, 2016).

In conclusion, this study revealed a low level of awareness of mobile phone radiation among secondary school students. It is important to inform students of the consequences of spending long hours on their phone and the potential harmful effect it may have on their health.

# STUDENT CORNER

## Debate Competition

by Rabiatal Ashra binti Ayup  
(Student, Diploma in Physiotherapy)

Famous Scottish philosopher Thomas Carlyle once said *“Not brute force but only persuasion and faith are the kings of this world”*, while Joseph Conrad – widely considered one of the world’s greatest writers – stated *“He who wants to persuade should put his trust not in the right argument, but in the right word. The power of sound has always been greater than the power of sense”*. What more powerful skill then can there be than that of constructing a well-worded argument? This is the feat that student Rabiatal Ashra binti Ayup endeavored to achieve earlier this year when she and her friends decided to participate in a debate competition organized in conjunction with English month in MAHSA University.

In her account sent to the FHSS newsletter editorial board, Rabiatal recounted how preparing for the competition was initially quite daunting, especially considering her lack of experience in debate as well as the logistical problems inherent in having a debate team consisting of students from different courses with often-times conflicting schedules. Despite all these obstacles, however, as the Beatles song goes: She got by with a little help from her friends... and a few supportive lecturers.

*“Even though this was my first time joining a debate competition, the lecturers and seniors were very generous with sharing their knowledge and experience in debate”* She said, and when the time finally came for her team to face their opponents, Rabiatal and her teammates (Rabbiatal Raudah, Danial Aqil from medicine and Zulfikry from mechanical engineering) felt ready.

Misfortune struck, however and Rabiatal and her team found themselves suddenly one man down on the day of the competition *“One of my teammates couldn’t attend the competition, so it was then just the three of us, me, Rabbiatal Raudah and Zulfikry”* Rabiatal recounted. Thankfully however, all was not lost as it turned out the organizers of the competition had stipulated that each team should consist of 3 members and not 4. And with that, Rabiatal and her friends were back in the game.

Due to the fact that only 4 teams participated in this competition, there would be only 2 bouts of debate: The semifinals and the finals. The topic of debate for the semifinals was “This house regrets the strategy of boycotting international sporting events as an act of political protests”, while the topic for the finals was “The House Should Implement Mandatory Paternity Leave for New Fathers”

Unfortunately, Rabiatal and her friends did not get the opportunity to debate on the latter topic as they lost in the semifinal round. *“Even though we lost, we still got supportive comments from the lectures who organized the event, and I’m proud of my group because we did our best”* Rabiatal said, commenting on her feelings about the outcome of the competition.

In spite of this defeat, Rabiatal adopted a rather optimistic and philosophical view of her experience, and may even use it in future competitions, stating *“It’s okay because at least I know how it feels to debate. I know the rules, the role of each debater, and I know the strategies to win”*.

Something tells us that the debate scene has not seen the last of Rabiatal and her friends.



# Floorball Achievement

by Benedict Yeoh Chun Keat  
(Student, Diploma in Physiotherapy)

Benedict Yeoh Chun Keat is a national floorball athlete who has represented the country on an international stage as well as representing his home state of Penang in the local floorball circuit. But Benedict is more than just a stellar athlete, he is also one of MAHSA's very own students, balancing his elite sporting activities with his study as a student in the Diploma in Physiotherapy course.

Year 2019 has been an eventful year for Benedict which has involved training for and competing in 3 floorball competitions, the first of which was the Asia Oceania Floorball Championship held on the 6<sup>th</sup> to the 13<sup>th</sup> of June. In order to take part in this international championship, Benedict travelled with his team to the Philippines where it was held. The team did Malaysia proud by placing in 6<sup>th</sup> place.



Benedict posing with his team at the Asia Oceania Championship in the Philippines



The Penang State Floorball Team celebrating their win at the National Junior Floorball Championship

Just 2 months after his return from the Philippines, Benedict went on to represent his home state of Penang in the National Floorball Championship, held on the 1<sup>st</sup> to the 4<sup>th</sup> of August. In this competition, Benedict competed as part of not one but two different Penang state teams: The U-21 team, and the senior team. In the end, the U-21 team – of which he was the captain – emerged as the champions.

Hot on the heels of his National Championship victory, Benedict represented his state once more in the Merdeka cup a mere 1 month later on the 2<sup>nd</sup> to the 7<sup>th</sup> of September. Decimating the competition, Benedicts team managed to maintain the team's impressive 7-year winning streak in this annual competition.

Our hats are off to you, Benedict. Here's to all your future sporting and academic success!



Benedict and his state team at the Merdeka Cup