

ATRIA

ISSUE 1 - DECEMBER 2024

MEDICAL FMHS

Motherhood

PREGNANCY
in 4th Series

PRENATAL
moves

MEROYAN



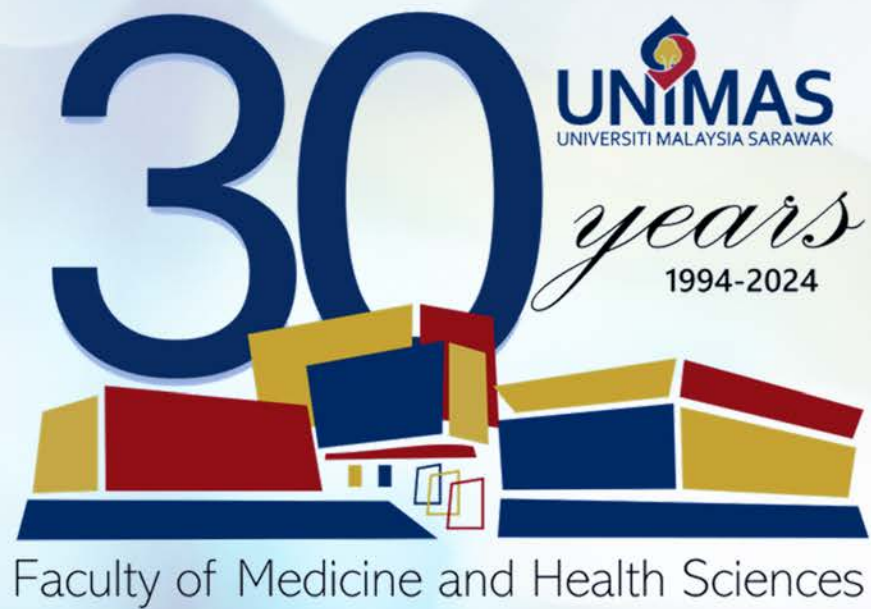
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FACULTY PROFILE

Our Vision

A Global Leader in Medicine and Health Sciences Education.



FACULTY OF
MEDICINE & HEALTH SCIENCES

Our Mission

To enhance the health and well-being of the global community through the pursuit of excellence in teaching, research, and strategic collaboration.



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Dean's FOREWORD



It is my great pleasure and privilege to pen this foreword for the inaugural issue of our Faculty of Medicine and Health Sciences magazine, a milestone that reflects the spirit of innovation, collaboration, and community engagement embedded in our mission. The theme for this issue—**Motherhood**—resonates deeply, not just within the realms of medicine but in every aspect of life. It is a theme that honors resilience, care, and the irreplaceable role of mothers in shaping healthier families, societies, and, indeed, the future of humankind. The World Health Organisation (WHO) also considers maternal health an important indicator of the quality of a health system.

As educators, researchers, and health professionals, we are acutely aware of the intricate intersections between motherhood and medicine. From maternal health to child development, from supporting mothers as patients to acknowledging them as healers and caregivers, our faculty remains committed to advancing knowledge and practice that nurture life at every stage. This issue reflects those commitments, celebrating mothers as partners in healthcare while exploring the challenges they face in today's world—be it through community-focused and communal knowledge research, advice from healthcare professionals, or contemporary issues in maternal and child care.

At UNIMAS, we believe that our role extends far beyond classrooms and clinics. We strive to be active contributors to societal well-being and drive meaningful dialogue, particularly around themes that profoundly affect lives. Motherhood embodies strength, compassion, and sacrifice—qualities we aim to emulate in our professional and personal pursuits.

I congratulate the editorial team and contributors for bringing this vision to life and setting a high standard for this inaugural issue. To our readers, may you find this magazine both insightful and inspiring, a reflection of our faculty's dedication to excellence, research, and the communities we serve. I hope this is the beginning of a long and enriching journey for our magazine.

Thank you.

Professor Dr Asri Bin Said

Chief's FOREWORD



It is with great pride and excitement that I welcome you to the very first issue of ATRIA Medical FMHS, a platform envisioned to celebrate knowledge, innovation, and the incredible stories within our faculty and beyond. This issue offers a multidimensional look at motherhood, featuring articles that delve into maternal health, psychological well-being, and the societal impacts of mothers' contributions. We are proud to highlight research and perspectives from our talented faculty, as well as insights from our vibrant postgraduate and undergraduate students. Together, their voices form a tapestry of academic rigor and personal reflections that make this magazine truly special.

In addition to our theme, this issue serves as a window into the life of our faculty. You will find updates on our new staff members, who bring fresh expertise and energy to our community, as well as highlights from recent events that showcase the dynamic spirit of our institution.

At ATRIA Medical FMHS, our mission is to inspire, inform, and connect. This magazine is more than a collection of articles—it is a celebration of our shared commitment to knowledge and humanity. To our readers, we thank you for being part of this journey. To our contributors, we extend our deepest gratitude for making this debut issue a remarkable one.

Here's to a future filled with discovery, collaboration, and the unwavering spirit of our faculty.

**Dr. Muhammad Wahizul Haswan B
Abdul Aziz**



"After age 35, the chances of getting pregnant decrease"

Professor Dr Awi Anak Idi
Gynaecologist

Having a baby is one of the biggest changes in a woman's life, and many women dream of becoming mothers. However, many are marrying later or are childless by the age of 40, whether by choice or circumstances, which can affect their emotional well-being.

In some cultures, marrying later is a sensitive topic, and having children at an older age is becoming more common. Couples who want children but can't have them often struggle with emotional challenges.

It's generally recommended to have a child before age 35, as pregnancies after this age are considered "geriatric pregnancies." Many women delay starting a family to focus on their education and careers, while others face infertility issues or health problems.

Women in their 40s have options if they want to conceive. Fertility doctors can suggest various methods, such as ovulation induction, intrauterine insemination (IUI), or in-vitro fertilization (IVF). However, the success rates of these treatments can vary widely.

After age 35, the chances of getting pregnant decrease. This is partly due to a decline in the number and quality of eggs, as well as age-related changes in sperm quality. For example, the number of eggs decreases significantly from age 31 to 51. Other health issues, like endometriosis and certain hormonal conditions, can also affect fertility.

As women age, the risks associated with pregnancy increase. Older mothers may face higher chances of complications like high blood pressure, diabetes during pregnancy, and genetic issues like Down syndrome. The risk of miscarriage and other complications also rises.

Pregnancies in older women often bring mixed emotions, making pre-pregnancy counselling important. Proper planning can lead to safer deliveries. Taking folic acid for at least 90 days before pregnancy can help reduce the risk of birth defects.

It's also important to manage any existing health issues before trying to conceive. Doctors may recommend genetic testing and detailed ultrasounds to monitor the baby's development.

Society often places a lot of emphasis on fertility, but many women are delaying parenthood for financial stability and emotional readiness. Despite the challenges, it is possible to have a healthy pregnancy after age 40.

Couples should celebrate the joy of a new baby, regardless of their age. Obstetricians will carefully consider the risks and benefits of delayed childbearing to support a healthy pregnancy. The key is to approach the situation with cautious optimism.

Nutrition for moms



A Guide for a Healthy Pregnancy

A mother's nutrition before and during pregnancy is very important, especially in the first 1,000 days of a baby's life. It affects the baby's growth and long-term health, as well as the mother's well-being. Pregnant and breastfeeding women need more nutrients than those who are not pregnant. To help with healthy eating, Malaysia has published Maternal Dietary Guidelines for Malaysia 2023, which include five main tips:

01. Eat a Variety of Foods

Choose different foods to meet your energy needs for a healthy pregnancy and breastfeeding. Follow the Malaysian Food Pyramid 2020, focusing on high-quality proteins, whole grains, omega-3 and omega-6 foods, and dairy. Limit saturated fats, sugars, and processed foods. Aim for three balanced meals, healthy snacks, and drink plenty of water.

02. Choose Nutrient-Rich Foods

Consume lots of foods that are rich in vitamins and minerals, along with milk and dairy products. Make sure to get enough sunlight for vitamin D. Only consider supplements if recommended by a healthcare professional.



05. Eat Clean and Safe Food

Make sure your food is prepared safely to avoid foodborne illnesses and is free from harmful substances like heavy metals. When eating out, choose clean and reputable places. With careful planning and family support, you can achieve good nutrition during pregnancy. Embrace this journey together to nourish yourself and your baby for a healthy future!

03. Maintain a Healthy Weight

Reach a healthy weight before getting pregnant, gain weight steadily during pregnancy, and return to a healthy weight within six months to two years after having the baby. Regular monitoring, a balanced diet, and staying active can help.

04. Stay Active Every Day

Engage in regular exercise like cardio, strength training, and stretching. Also, pay attention to good posture and get quality sleep during pregnancy.



Dr. Law Leh Shii
Nutritionist



PRENATAL EXERCISE AND ITS BENEFITS FOR EXPECTANT MOTHERS

Pregnancy is an exciting time, and staying active during this period can greatly benefit both mothers and their babies. Regular, moderate exercise is an important part of prenatal care. Here, we'll look at the advantages of exercising while pregnant and suggest some safe and effective exercises.

Staying physically active is crucial for several reasons. First, it helps manage weight, which can lower the risk of gestational diabetes and improve heart health. Regular exercise also helps control weight gain, which is important for the health of both the mother and baby. Many pregnant women find that exercising can relieve common discomforts like back pain, swelling, and bloating. Activities like swimming and walking can be especially helpful. Exercise also positively impacts mental health. Regular activity can reduce stress, anxiety, and depression by releasing endorphins, which are natural mood boosters. Being fit can also help women prepare for childbirth and recover more quickly afterward. Women who stay active often find labor easier and have a faster recovery.

➔ First Trimester



Walking is a great way to boost energy and blood flow. It's easy to do and requires no special equipment. Prenatal yoga can also improve flexibility, balance, and relaxation.

Kegel exercises strengthen pelvic floor muscles, which can help during labor and recovery.

➔ Second Trimester



Swimming is an excellent exercise because it helps build endurance and keeps joints healthy without added stress. Light strength training with weights can also be beneficial, as long as it's done safely.

➔ Third Trimester



Light stretching can ease discomfort from an expanding belly. Stationary cycling is a good cardiovascular exercise that is safe and helps maintain balance.

It's important for pregnant women to talk to their doctor before starting any exercise program. Every pregnancy is unique, and a healthcare provider can give personalized advice based on individual health needs. Listen to your body and avoid high-intensity workouts. Aim for moderate activity and steer clear of anything that causes pain. Exercising regularly during pregnancy prepares your body for childbirth and life afterward. Even simple activities like walking in the park, taking a yoga class, or swimming can enhance your well-being. Find the type of exercise you enjoy, and embrace the journey to motherhood with confidence. You and your baby will benefit from your efforts to stay healthy.

**Associate Professor
Dr Haniza binti Sahdi**
Orthopaedic Surgeon



Oh baby!

Motherhood is a journey of constant growth, both for the mother and the child.

It is love, sacrifice and endless joy.



First-Time mommy: Preparation FOR LABOUR

Becoming a mother for the first time is an incredible journey, filled with excitement, anticipation, and nervousness. For many first-time mothers, the thought of labour and delivery can be intimidating. This article aims to provide new mothers with the information they need to feel more confident and prepared for the labour process.

Q : What are the key signs that help in recognizing the onset of true labour?

It can be difficult for first-time mothers to recognize the onset of labour. Some common signs include:

Regular Contractions: True labour contractions are regular, increase in intensity, become more frequent over time, and last longer (Marshall & Raynor, 2020). These contractions do not go away with rest.

Water Breaking: The amniotic sac ruptures, commonly called 'water breaking,' and may happen before or during labour. If this occurs, observe the colour, amount, and any unusual odours.

Bloody Show: As the cervix thins out, the mucus plug is released (often with blood), indicating that labor is near (Marshall & Raynor, 2020).

Do not hesitate to go to the hospital if you experience any of these signs, severe pain, reduced baby movements, or other unusual symptoms.

Q : What essential items should be packed in a hospital bag for labour?

Packing a hospital bag when your pregnancy enters the third trimester is important (Marcin, 2020). Here is a list of essentials to include in your bag:

Personal Documents: Bring your identification card, antenatal record (often called the pink book), and other medical records.



Clothing: Maternity pads, nursing bras, underwear, comfortable clothes, slippers, and toiletries (Toothbrush, toothpaste, shower gel, shampoo, hairbrush).

Baby Items: Diapers, baby clothes, baby blankets, baby wipes, and any other baby care products such as soaps, powders, lotions, and ointments.

Entertainment: Books, music, or other items to keep you occupied during early labour.

Phone and charger

Remember to remove any jewellery and avoid bringing expensive or valuable items to the hospital.

Q : How can expectant mothers get ready for things that might unexpectedly happen during labour?

It is beneficial to have a birth plan, remember that the labour process does not always go according to plan. In some cases, an emergency caesarean section may be required, or the process of labour may be prolonged. Being mentally prepared for these possibilities can help mothers adjust quickly and focus on the end goal: a safe and healthy delivery.

The labour process can be challenging, it also presents a transformative experience for mothers. By preparing physically, emotionally, and mentally, new mothers can face this journey with calm and confidence. Keep in mind that every labour experience is unique, and the medical team is there to support and guide you throughout the process. They are dedicated to ensuring that your journey into motherhood is as safe and smooth as possible.

Feryante Rintika anak Belansai
Obstetrics & Gynaecology Nursing





UNLOCKING THE MAGIC OF OXYTOCIN:

Your Secret to Successful Breastfeeding



**Dayang Zahrina
binti Abang Abdul Gani**
Nursing, Certified
Breastfeeding Specialist

Oxytocin, often called the “**love hormone**,” is very important for breastfeeding. It helps with both the physical process of feeding and the emotional connection between mother and baby. Learning about oxytocin can help mothers improve breastfeeding and strengthen their bond with their babies.

If there isn't enough oxytocin, breastfeeding can be harder. It may affect the milk flow, making it difficult for babies to get enough milk. Low oxytocin can also weaken the bonding experience between mother and baby. Mothers who feel anxious or stressed might find it harder to release oxytocin. Positive physical contact, like the baby suckling or skin-to-skin cuddling, can raise oxytocin levels. Positive feelings such as love, trust, and relaxation, along with a calm environment, also help release oxytocin. Techniques like deep breathing, relaxation, and frequent nursing with good latching can increase oxytocin levels and improve the breastfeeding experience.

Oxytocin is key for milk flow and bonding. It is released when the baby suckles or when the mother sees, hears, or even thinks about her baby. This hormone helps the milk to flow by making muscles around the milk glands contract, which pushes milk to the nipple—essential for successful breastfeeding. Besides helping with breastfeeding, oxytocin also plays a big role in emotions and social connections. It can reduce stress and anxiety, making mothers feel calmer and more confident in caring for their babies. Oxytocin helps create a strong emotional bond, filling mothers with feelings of warmth and affection, making breastfeeding a more enjoyable experience for both.

Oxytocin is a powerful hormone with many benefits. Its role in breastfeeding is crucial, and it also impacts emotional and physical health. By understanding how to boost oxytocin, mothers can enhance their breastfeeding experience and strengthen their bond with their babies.

POSTNATAL CARE TIPS:

Advantages of Using Traditional Medicine Ingredients

Taking care of yourself after having a baby is very important. While doctors and hospitals offer great medical support, new moms also find comfort in using traditional remedies. Adding natural ingredients to your postnatal care can be helpful. A herbalist from Kpg Bruit says that the benefits of these traditional remedies have been valued and shared for generations in the Melanau community (Kassim et. al., 2016).

One of the best things about traditional medicine is that it uses natural ingredients such as plants and herbs that are gentle on your body. As it widely known, turmeric is notable for its ability to reduce swelling and pain, which can be really helpful after childbirth. Ginger is another great ingredient; it helps with digestion and can give you a little energy boost when you're feeling tired.

Traditional remedies focus on healing your whole self, including your body, emotions, and spirit. For instance, fenugreek is often used to help boost milk production, supporting your overall well-being after giving birth.



Adding these ingredients to your daily routine is easy and fun. You can make calming herbal teas with fragrant pandan leaves. Spice up your meals with turmeric or ginger for extra flavour and health perks. The Melanau people also use tepus in warm baths to help cool down during the confinement period (Kassim et.al., 2016).

Before trying any new remedies, even natural ones, it's important to talk to your doctor. They can make sure these ingredients are safe for you, especially if you're taking other medications.

In short, using traditional medicine ingredients can be a gentle and complete way to help you recover after having a baby. These remedies provide a natural healing method that has been trusted for generations.

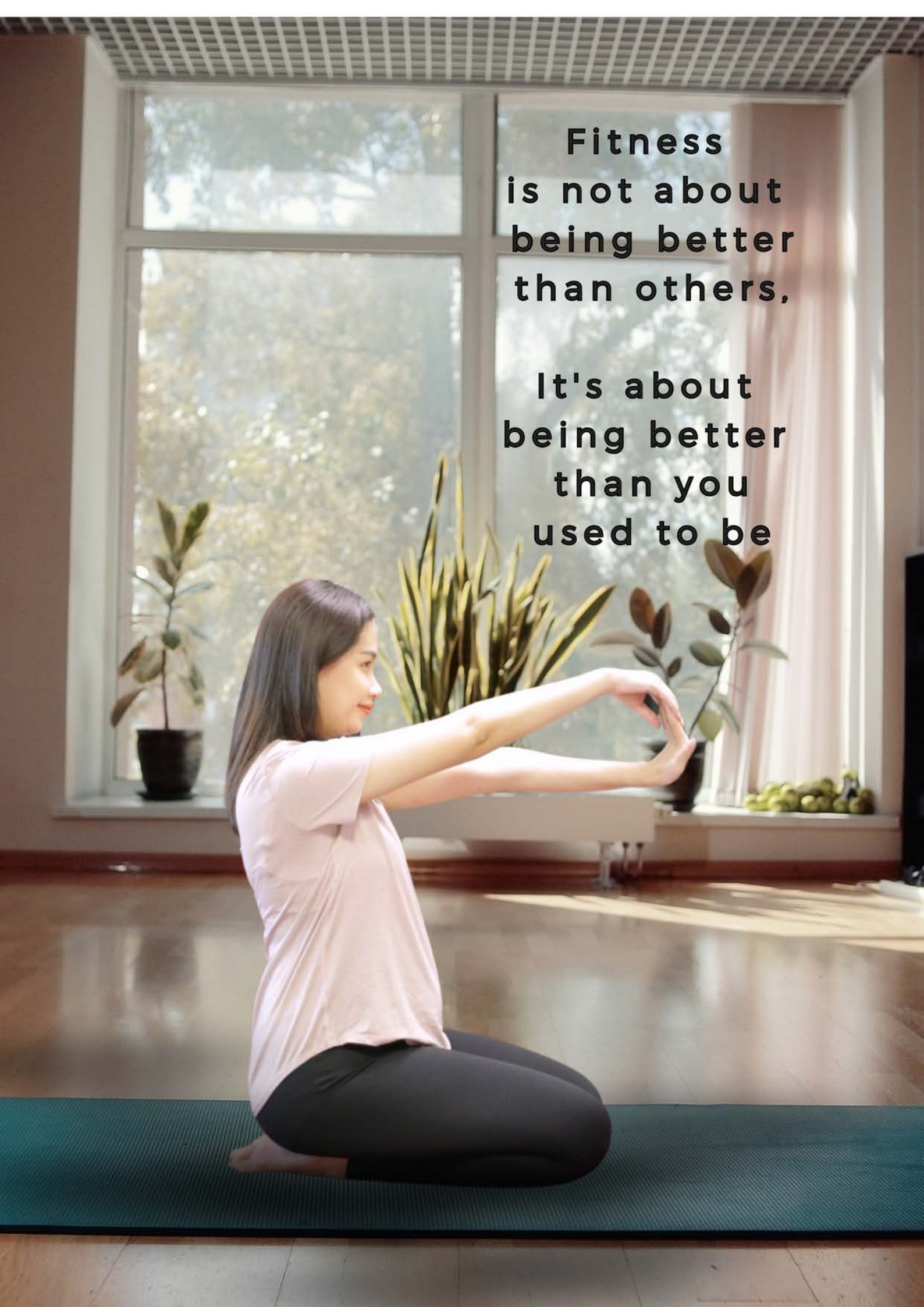


Dr. Siti Zaleha binti Raduan
Neuropharmacologist



**Fitness
is not about
being better
than others,**

**It's about
being better
than you
used to be**



ANAEMIA THE SILENT THIEF

Anaemia occurs when there isn't enough haemoglobin, a protein that carries oxygen from the lungs to the rest of the body. It is diagnosed when the haemoglobin levels drop below 13.5 g/dl in men or 12.5 g/dl in women. A report published by Lancet Haematology in 2023 revealed that 24.3% of people worldwide were diagnosed with anaemia in 2021. The risk of anaemia is higher for children and women of childbearing age. According to the World Health Organization, that about 40% of children aged 6 to 59 months, 37% of pregnant women, and 30% of women aged 15 to 49 worldwide are affected by anaemia.

Many people with anaemia do not show any symptoms, but some may have complaint of feeling tired or weak, having a racing heartbeat, struggling to breathe during activity, or feeling dizzy.



Associate Professor Dr Madzlifah binti Ahadon
Haematologist

CAUSES

The most common cause of anaemia is iron deficiency, which can occur due to insufficient dietary intake, poor absorption of iron or blood loss. Other causes include genetic disorders like thalassemia, infections like malaria, chronic illnesses (such as cancer or kidney disease), and deficiencies in nutrients such as vitamin B12 and folate.

To diagnose anaemia, doctors typically withdraw a blood sample to do a full blood count to assess the haemoglobin level and determine the type of anaemia. Further tests may be needed to find the cause. The treatment of anaemia largely depends on its underlying cause.

IF LEFT UNTREATED

anaemia can lead to severe problems, especially for pregnant women and their babies, as well as developing children. While it's not always possible to prevent anaemia, eating a balanced diet with enough iron and vitamins can help avoid iron deficiency. Regular health check-ups and blood tests can help in the early detection of anaemia allowing for prompt treatment.



Understanding Diabetes

Diabetes in pregnancy, known as gestational diabetes, is a condition where high blood sugar levels occur during the second and third trimesters. This condition usually resolves after childbirth.

Q: Who are at risk?

- A:** Women of child bearing age with :
- Body Mass Index more than 27 kg/m²
 - 1st degree relative with Diabetes Mellitus
 - Previous pregnancy history of:
 - Gestational diabetes
 - Delivered a big baby with birth weight more than 4kg
 - Intrauterine death
 - Current medical condition during pregnancy
 - Hypertension in pregnancy
 - Polyhydramnios
 - Taking steroid medication

Q: When to check for Diabetes in pregnancy?

- A:** Pregnant woman age 25 years old and above; to do blood test at 24 – 28 weeks of pregnancy. Pregnant woman with any of the above risk factors need to blood test early during pregnancy

Q: How to check for Diabetes in pregnancy?

- A:** By doing oral glucose tolerance test (OGTT). It is a blood test taken twice; once during fasting in the morning and second blood test taken 2 hours after drinking a concentrated sugar drink.

Q: What can happen if you have Diabetes in pregnancy?

- A:** High blood sugar during pregnancy if not controlled can be detrimental to the mother and her pregnancy. Effect of Diabetes in Pregnancy to :

Mother

- Risk of Pregnancy induce hypertension / Pre-eclampsia
- Polyhydramnios
- Premature labour
- Obstructed labour / prolonged labour

Baby

- Big baby
- Stillbirth
- Low blood sugar at birth (Hypoglycaemia)
- Breathing difficulty at birth
- (Respiratory Distress)



Associate Professor Dr Juslina Omar
Primary Health Care Specialist

in Pregnancy

Q: What to do if you have Diabetes in pregnancy?

A:

- stop refined sugars
- avoid sweet food or snacks
- limit carbohydrate intake
- high fibre diet

Diabetic diet



Physical activities



- 30 minutes of moderate exercise 5 days a week
- Walking, swimming or cycling

Self-monitoring blood sugar

- Monitor blood sugar with glucometer early morning fasting blood sugar, before meal, 2 hours after meal and at bed time.
- Recommended to monitor every other day at different times of the day and to document the blood sugar reading.
- Target range fasting or pre-meal blood sugar 5.3 mmol/l and less
- Target range 2 hours post meal sugar 6.7 mmol/l and less.



Regular follow up at clinic



- Monitoring of mother's blood sugar and well-being;
- Regular scan to monitor fetal growth and well-being.
- May need medication if blood sugar is not achieving the target range.
- To go for repeat OGTT 6 weeks after delivery.

HYPERTENSION IN PREGNANCY



“Dear expecting mothers, if your blood pressure is higher than **140/90 mmHg**, please visit the clinic for a check-up. This could mean you have hypertension, which needs careful monitoring during pregnancy.”

If you have high blood pressure along with any of these symptoms then you should seek medical help right away.

- Blurred vision
- Headache
- Stomach Pain
- Nausea or vomiting
- Trouble breathing
- Sudden swelling in your legs
- Stomach pain with vaginal bleeding
- Protein in your urine

Then you should seek medical help right away. These may be signs of pre-eclampsia, a serious condition that can occur with high blood pressure during pregnancy. It is a medical emergency. If not treated, it can lead to seizures, which can be life-threatening for both you and your baby. Pre-eclampsia can also happen after delivery, so it is important to monitor your blood pressure during pregnancy and for 42 days after giving birth.

If you have high blood pressure while pregnant, you may need medication to keep it under control. High blood pressure can lead to serious problems, so if your blood pressure are consistently 140/100 mmHg or higher, you will need regular follow-ups at the clinic and tests for blood and urine. Your baby's growth and health will also be closely monitored with ultrasound scans.



“Make sure to check your **blood pressure** regularly. If you have a history of hypertension or pre-eclampsia, please schedule an early antenatal check-up. Your health and your baby's health are very important!”



MEROYAN

POSTPARTUM DEPRESSION



Dr. Siti Zaleha binti Raduan
Neuropharmacologist



2. BUAH PAKHIA	26. KULIT LIMBAH
3. BUAH KEMUKUS	PURUT
4. BUAH KEDAUANG	27. BUNY SEMONG
5. JINTAN PUTIH	
6. JINTAN HITAM	
7. CABIK DAGANG	
8. CABIK KELAT	
9. MUSI	
10. MALIA	BIR. MACAK
11. CANGKUK	SERAH
12. SEBUYAH	19. JENIS
13. SAPARATU	
14. DERMA ISA	
15. TAMI ANGIN	
16. KAYU SEPANG	
17. BUAH SERPAWA	
18. HUNJUNG NIPD	
19. LENGKAS CUA	
20. BUNY	

The list of ingredients for air masak meroyan from Melanau ethnic at Kpg Bruit, Daro, Sarawak

PPD can significantly hinder a mother's ability to care for herself and her baby. In Malaysia, this condition is often referred to as meroyan, encompassing a range of emotional and mental challenges that new mothers may experience. In Malay culture, meroyan is sometimes associated with supernatural causes or the failure to adhere to traditional postpartum practices.



A portion of herbal ingredients for air masak meroyan

In Sarawak, the perception of meroyan is shaped by local cultural customs (Rozaimi et al., 2022). For instance, the Melanau community holds traditional beliefs that link meroyan to breaking taboos, such as consuming certain foods or neglecting specific postpartum rituals (Roslan, 2020). Typically, traditional healing practices are employed first, with modern medical treatment sought only if necessary (Rozaimi et al., 2022).

Postpartum depression (PPD) is a form of depression that can affect some women after childbirth, lasting longer than the temporary "baby blues."

The symptoms of meroyan mirror those of PPD, including feelings of unhappiness, hopelessness, extreme mood swings, and difficulty bonding with the baby. In severe instances, a mother may experience thoughts of self-harm or harming her baby. Cultural beliefs surrounding meroyan can deter women from seeking help due to fear of judgment or misunderstanding.

To support mothers facing postpartum depression, it is essential to blend medical treatment with cultural awareness. Healthcare providers should recognize traditional perspectives on meroyan and approach conversations with sensitivity. Support groups and counselling can also offer vital emotional assistance. By integrating traditional beliefs with modern healthcare practices, we can more effectively support new mothers and promote their well-being during the postpartum period.

Meroyan can also affect women who have experienced a miscarriage or stillbirth. Seeking emotional support during this difficult time is important to help with healing and to prevent meroyan. Support can come from loved ones, family members, or community services. For guidance, you may reach out to Dr. Irwana binti Abdul Taib, a compassionate psychiatrist, at atiwana@unimas.my.

Having a place to go is a home
Having someone to love is a family
Having both is a blessing



AN OPPORTUNITY TO BUILD

Why do you do it?

Dr Simon Channing Nub
Doctor in Public Health (DRPH) Candidate



Throughout my service in various health sectors, I learned that leadership is about understanding community needs and utilizing available resources, especially human resources. As a Doctor in Public Health (DrPH) candidate, I saw the need to unite and strengthen our postgraduate community. This led to the creation of PGMED, the Postgraduate Association of the Faculty of Medicine and Health Sciences. PGMED was an opportunity to build a sustainable system that fosters academic excellence, professional development, and a sense of belonging.

Leading PGMED has been fulfilling, but I recognize that its successes are due to the collective effort of many postgraduate students. Together, we've created a platform for growth through webinars, workshops, and networking events.

I believe that every great initiative starts with an idea and the willingness to serve. Although leadership is challenging, it is about building a foundation for others to thrive. Over the past eight months, we've networked with organizations, organized events like the Research Webinar and World Menopause Day Forum, and worked on a Fun Run for World Diabetes Day. We've also improved visibility by connecting with faculty leadership and using social media to reach our peers.

The impact of our work may not be immediate, but by building PGMED step by step, we are creating something meaningful for future generations. Together, we can make a lasting difference.



FUTURE DOCTOR BOLD LEADERS



**"It's not about what you will get,
it's about what you are able to give"**

The quote "It's not about what you will get, it's about what you are able to give" became my guiding principle and inspired me to pursue leadership. For medical students, leadership can be particularly challenging, as it requires balancing the demands of developing a career as a doctor while influencing others. Many students focus solely on their academic goals, avoiding leadership roles to minimize risk. However, leadership is not mastered overnight; it is shaped by years of experience, like that of Mahatma Gandhi.

My journey began at 18, engaging in volunteer activities and gradually developing essential leadership skills like communication and management. In 2022, I served as Vice President of the Student Representative Council at Selangor Matriculation College, and later became President of the UNIMAS Medical Society. These experiences helped me refine my leadership abilities while contributing to my peers' growth.

Leadership provides numerous benefits for medical students. It builds networking skills, enhances teamwork, and fosters values like empathy and respect, which are crucial in medicine. Additionally, leaders need strong support systems, from mentors within their field and emotional support from family and friends. Ultimately, leadership helps shape better doctors, equipping them with diverse skills that benefit their future practice.



Mohamad Ikh'wan Saputra
2nd Year Medical Student
FMHS Student Representative Council

How I See a Balanced Life as a Student

Achieving balance in life is challenging, and its definition varies for each person. For me, balance means excelling in my roles as a student, daughter, and Muslim. These roles are interconnected and support one another. For example, waking up for midnight prayers strengthens my spirituality and helps me study during productive hours. Being a good student and a committed Muslim are qualities my parents emphasize. I also value maintaining strong friendships, especially since I live far from my family. Medical school requires collaboration, and having supportive friends keeps me on track, especially with deadlines.

The struggles I face now will shape me into a better version of myself in the future. Challenges are not to be feared, as they help us discover our full potential. Life can feel overwhelming, but we must not give up. The life we have today is shaped by the efforts we made five years ago, and the life we will have in the future is being built now.

Ultimately, balance is an ongoing goal. Don't let someone else's definition of balance dictate yours. Create and live by a definition that works best for you.



Nor Syahidah binti Baharuddin
2nd Year Medical Student

Making the Most of University Life: My Journey as a Medical Student and Content Creator

Syahirah, a medical student and content creator, shares her strategies for balancing academics and personal activities while avoiding burnout. She uses the Blocking System, a time-management method that divides the day into focused “blocks” for specific tasks. Each study block has clear goals, and once completed, she rewards herself by creating content. This approach has helped her turn exam preparation into a steady habit, allowing time for relaxation and personal growth.

Another key tool is Google Calendar, which helps Syahirah organize her day efficiently, balancing study, content creation, and breaks. She finds this essential for maintaining a fulfilling routine.

Studying with friends has also been a game-changer for Syahirah. It keeps her motivated and accountable, and she believes that making learning enjoyable, as highlighted in *Atomic Habits*, builds lasting habits. Study groups allow her to understand difficult topics from different perspectives.

Syahirah emphasizes resourcefulness in medical school, encouraging students to use various tools like YouTube tutorials and educational websites when facing difficult concepts. She advocates for an independent, open-minded approach to learning, reminding students that what works for others might not work for them.

In conclusion, Syahirah's strategies help her balance medical school with personal interests while staying focused and energized.



Nor Syahidah binti Baharuddin
2nd Year Medical Student

“There’s no way
to be a perfect mother
and a million ways
to be a good one”



RESEARCH RADAR

Congratulations

on securing

FUNDAMENTAL RESEARCH GRANT SCHEME - EARLY CAREER (FRGS-EC) GRANT 2024

Total grant value of
RM30,000.00



DR. ANNA ANDREW

"Elucidating Extraction-free RT-qPCR Method for Rapid Detection of Chikungunya Virus"

FUNDAMENTAL RESEARCH GRANT SCHEME - EARLY CAREER (FRGS-EC) GRANT 2024

Total grant value of
RM29,235.00



DR. TIMOTHY ADRIAN ANAK JOSEPH JINAM

"Investigating the influence of helminth infections on gut microbiome diversity in indigenous populations of Sarawak using metagenome sequencing"

CATALYST GRANT

Total grant value of
RM50,000.00

DR. MELISSA BINTI MOHAMMAD HIRMAN

"A Survey On The Use Of Tallman Lettering and Its Acceptance Among Healthcare Professionals in Sarawak"



FUNDAMENTAL RESEARCH GRANT SCHEME - (FRGS) 2024 FROM MOHE

Total grant value of
RM131,695.00

PROFESSOR DR ASRI BIN SAID



RECIPIENT OF AN INDUSTRY GRANT from SH Consult Resources Sdn Bhd

Total grant value of
RM10,000.00



ASSOCIATE PROFESSOR DR. ISABEL FONG LIM

FUNDAMENTAL RESEARCH GRANT SCHEME (FRGS) 2024 FROM MOHE

Total grant value of
RM187,800.00



DR. DAYANG ERNA ZULAIKHA BINTI AWANG HAMSIN

RECIPIENT OF AN INDUSTRY GRANT from Roche (Malaysia) Sdn Bhd

Total grant value of
RM12,000.00

DR. MELISSA LIM SIAW HAN

"Women's Cancer in Sarawak: Diagnosis and Survival Outcomes"



RECIPIENT OF AN INTERNATIONAL GRANT from O Kavli and Knut Kavli's Charitable Trust

Total grant value of
RM337,914.00

DR TING CHUONG HOCK

"Promoting Mental Health among at-risk Adolescents in Malaysia"



Congratulations

ANUGERAH MAGU 2024



Debbie anak Bohan



Emelia binti Tambi



Hanrietta anak Amis



Haziqah binti Pethie @Petihie



Heni anak Vincent



Khamisah binti Abdul Kadir



Prof Dr Mohammad Zulkarnaen bin Ahmad Narihan



Nur Sadiqin bin Natsu



Norhadzline binti Harun



Assoc Prof
Dr. Nor Aliza binti Abdul Rahman



Dr. Paul Cliff Simon Divis



Prof Dr. Sim Sai Peng @ Sim Sai Ping



Prof Dr Tang Ing Ping



Tay Siow Phing



Siti Muhaini binti Hairiri



Susan Leslie A/P Riya



Assoc Prof Dr. William Lim Kiong Seng



Dr Yiew Ting Ting

Congratulations



PROF. DR ASRI BIN SAID

Darjah Yang Amat Mulia Bintang Sarawak
Pegawai Bintang Sarawak (P.B.S)
in an Investiture Ceremony held at the
Astana Negeri Sarawak on 26 November 2024



PROF. DR EHFA BINTI BUJANG SAFAWI

Pingat Pentadbiran Awam
Pingat Perkhidmatan Bakti
in an Investiture Ceremony held at the
Astana Negeri Sarawak on 26 November 2024



PROF. DR THOMAS KANA @ KAMARUDIN BIN KANA

Pingat Perkhidmatan Cemerlang from
Tuan Yang Terutama Yang di-Pertua Negeri Sarawak
Tun Dr Haji Wan Junaidi Tuanku Jaafar
S.M.N, P.S.M, P.J.N, D.G.S.M, P.N.B.S, J.B.S, P.B.S.
at the Ceremony of Inauguration of the State of
Sarawak's Honorary Degree on 15 February 2024



ASSOC. PROF. DR. WILLIAM LIM KIONG SENG

Pingat Pegawai Bintang Kenyalang (P.B.K.) from
Tuan Yang Terutama Yang di-Pertua Negeri Sarawak
Tun Pehin Sri Dr. Haji Wan Junaidi bin Tuanku Jaafar
S.M.N., S.B.S., P.N.B.S., D.G.S.M., P.J.N, J.S.M., J.B.S, P.B.S., P.P.C.J.I. (EMAS)
in conjunction with the 78th birthday celebration of
TYT Yang di-Pertua Negeri Sarawak



ASSOC. PROF. DR. ASHLEY EDWARD ROY A/L SOOSAY

Pingat Pegawai Bintang Kenyalang (P.B.K.) from
Tuan Yang Terutama Yang di-Pertua Negeri Sarawak
Tun Pehin Sri Dr. Haji Wan Junaidi bin Tuanku Jaafar
S.M.N., S.B.S., P.N.B.S., D.G.S.M., P.J.N, J.S.M., J.B.S, P.B.S., P.P.C.J.I. (EMAS)
in conjunction with the 78th birthday celebration of
TYT Yang di-Pertua Negeri Sarawak

Congratulations



PROF. DR. SIM SZE KIAT

Anugerah Kecemerlangan Sukan (Wushu)
Majlis Anugerah Gemilang UNIMAS 2024



ASSOC. PROF. DR. REKAYA ANAK VINCENT BALANG

Anugerah Perkhidmatan Setia
Majlis Anugerah Gemilang UNIMAS 2024



ASSOC. PROF. DR. MUNA BINTI SABRI

Special & Gold Award at Malaysia Technology Expo (MTE) and Advanced Healthcare and Life Sciences International Innovation Awards & Expo 2024
Anurans Treasures in Combating Diabetes Mellitus

Silver Medal at Thailand Award for the Best International Invention & Innovation from National Research Council of Thailand at Seoul International Invention Fair (SIIF20024)
Anurans treasure in combating diabetes mellitus



ASSOC. PROF. DR. ZUNIKA BINTI AMIT

Special & Gold Award at Malaysia Technology Expo (MTE) and Advanced Healthcare and Life Sciences International Innovation Awards & Expo 2024
In vitro Wound Healing Potential of Lipids Extracts from Litsea Garcia on Fibroblast Cells



ASSOC. PROF. DR. ISABEL FONG LIM AND TEAM

Gold Awards and Outstanding Innovation Award at Malaysia Technology Expo (MTE)
Sustainable Development Goals International Innovation Awards and Expo 2024
Rice In Cancer Eradication (RICE)

Special Award and MOSTI Special Awards at Malaysia Technology Expo (MTE) Sustainable Development Goals International Innovation Awards and Expo 2024
JardinRx, Garden of Health and Wellness



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Silver Medal at INNOZILLA 2024
Universiti Sains Malaysia
CREAMMS – CREating A Malaria-Mindful Society

Congratulations



ASSOC. PROF. DR. WILLIAM LIM KIONG SENG & DR ARLIZAN BAIZURA ARRIFIN

Silver Medal in Digital Assessment and Alternative & Evaluation
At International University Carnival in Teaching and Learning
IUCEL x kNovasi 2024

PeerA: An App for Online Peer Assessment in
Medical Problem-Based Learning Group



PROF. DR. BALBIR SINGH A/L MOHAN SINGH

Among World's Top 2% Scientist by Stanford University



DR. ANNA ANDREW

Special & Gold Award at Malaysia Technology Expo(MTE)
and Advanced Healthcare and Life Sciences International
Innovation Awards & Expo 2024

*Aptamer-based Sandwich ELISA for the
Detection of Chikungunya Virus*



MOHAMMED RASHEEDAN BIN ELLIN

1st Place Free Paper Presentation
2nd International Nursing Student's Conference 2024 UNIMAS
*Making Sense in Sexuality Education: An Exploration of Malaysian
Parents from Multireligious and Multicultural Perspectives*

Best Presenter Award
Sakura Science Exchange Student Programme in Japan
University of Hyogo, Osaka, Japan.
From Kuching to Hyogo: A Memoir of Japan



DR. SITI ZALEHA BINTI RADUAN

University Award for the 40th IIUM Convocation Ceremony 2024
Postgraduate Award
Best Student: Doctor of Philosophy
(Kulliyah of Pharmacy)



DR LING HWEI SUNG

Free Paper Award
28th AFCC 2024, Singapore
*Impact of Multidisciplinary Heart Failure Clinic on
Left Ventricular Reverse Remodelling and Heart
Failure Clinical Outcomes*

We're THRILLED YOU'RE HERE!



ALEXANDER TIMOTHY ANAK DAUD

Medical Laboratory Technologist
Laboratory Management Unit
January 2, 2024



BADRUL HISHAM BIN PATHI

Medical Laboratory Technologist
Laboratory Management Unit
January 2, 2024



ADDILIA ANAK DAY

Nurse
Surgery
February 1, 2024



FRESCCELLIA SALKEIN ANAK KUMBAH

Nurse
Family Medicine
February 1, 2024



KETINA ANAK TIMBOL

Health Care Assistant
Clinical Simulation Centre
February 1, 2024



ANDY COOPER ANAK JOHNICAL JUAN

Health Care Assistant
Orthopaedic
February 1, 2024



NUR RYMMA VIANA BINTI SANAT

Health Care Assistant
Laboratory Management Unit
February 1, 2024



NORHASFIZAH BINTI JUNAIDI

Nurse
Family Medicine
February 2, 2024



**NUR MIZAH
BINTI AWG ABDUL MUTALLEP**

Nurse
Family Medicine
February 29, 2024



DR WONG WAI KIT

Medical Lecturer
Surgery
April 1, 2024



NATASHA SEBI ANAK ANDREW CHIBA

Medical Lecturer (Trainee)
Obstetrics & Gynaecology
June 12, 2024



DR SHASHEILA BINTI MOHD DAUD

Medical Lecturer (Trainee)
Obstetrics & Gynaecology
June 12, 2024



BONG YI LIN

University Lecturer
Nursing
June 20, 2024



DR JOHN LING CHII SENG

Medical Lecturer
Radiology
July 1, 2024



DR MAIZATUL FAZILAH BINTI ABD RAZAK

University Lecturer
Basic Medical Sciences
July 9, 2024



DR SIM SING YEE

Medical Lecturer
Medicine
August 19, 2024



DR JOHNNY KIU TOH SING

Medical Lecturer
Surgery
September 13, 2024



- 19.1.2024** Orchid ceremony Part 2
- 24 - 29.1.2024** Important visit to local institutions at Pontianak, Kalimantan Barat, Indonesia
- 26.1.2024** First session of Young Doctor Club (YDC) at Borneo International School
- Graduation and closing ceremony Basic Wound Care Education Programme
- 4.3.2024** Inaugural Lecture of Prof. Dr. Chew Keng Sheng on "Applying the Art of War in the Battle for Patient Safety" and "An Account on Hand-Arm Vibration Syndrome in Tropical Environment" by Prof. Dr. Anselm Su Ting
- 5.3.2024** Lawatan Penilaian Pemantauan Akreditasi Penuh program Doktor Perubatan MQA Fa0518
- 6 - 7.3.2024** 10th UNIMAS Public Health Seminar (PHS-X) : Teaching Plan Workshop for clinical teacher
- 5.4.2024** Program Kasih Syawal FPSK 2024 at Gedong Proper





3 - 4.5.2024 2nd International Nursing Students' Conference 2024

6.5.2024 *Majlis Ramah Tamah Aidilfitri & Majlis Kesyukuran*

24 - 25.5.2024 *Program Pemantapan Budaya Kerja for all clinical staffs at Koloyan River Cottage, Bau*

23.6.2024 *Majlis Apresiasi Kampung Tanjung Tuang*

5 - 6.7.2024 "Sun, Moon & Science: Uniting Minds, Healing Hearts" for Laboratory Management Unit staffs held at SB Sunset, Kuching.

6.7.2024 *Program Doktor Muda Dalam Komuniti (DMDK) UNIMAS*

10.7.2024 Dental Day 2024

25.7.2024 Nursing Pledge Ceremony 2024

25 - 26.7.2024 Free HPV Vaccination Program





- 12 - 13.8.2024** PBL Curriculum Workshop
- 17.8.2024** Uniting for Women's Health: A Cross-Border Initiative in Mukah
- 23.8.2024** White Coat Ceremony 2024
- 4.9.2024** Health Professional Education Research and Curriculum Design
- 9.9.2024** OPENING CEREMONY
Student Mobility and Edu-Tourism Program Interprofessional Education and Collaborative Practices(IPECP)
- 10.9.2024** Healthcare Simulation for Interprofessional Education and Collaborative Practice (IPECP)
- 20.9.2024** Orchid Ceremony 2024
- 24.9.2024** 3rd Special Guest Series 2024: Harnessing Light and Neutrons: Theranostics at the Forefront of Cancer Treatment



FMHS

3RD SPECIAL GUEST SERIES 2024

"Harnessing Light and Neutrons: Theranostics at the Forefront of Cancer Treatment"

Professor Emeritus Eiji Matsuura
Special Appointed Professor and Professor Emeritus, Okayama University

He subsequently worked at the Department of Pediatrics/Medicine, National Jewish Center for Immunology and Respiratory Medicine, Denver, CO, USA, (Research Associate, 1988-1989), at Diagnostic Division, Yamasa Corporation, Choshi, Japan (Senior Research Scientist, 1988-1995), and at the Department of Biochemistry, Hokkaido University School of Medicine, Sapporo, Japan, (Research Associate, 1995-1997).

In 1997, he returned to Okayama University Medical School where he is currently a professor of (1) Neutron Therapy Research Center, Okayama University, and (2) Okayama University Graduate School of Medicine, Dentistry, Dentistry, and Pharmaceutical Sciences, Okayama, Japan.

His major interests in the scientific field are "Autoimmune/Infectious immunity-mediated atherosclerosis", "Molecular imaging technology using antibody variants", and "Theranostics technology in cardiovascular medicine and oncology".

Professor Dr. Chew Keng Sheng
Moderator

Tuesday
24th September 2024

Time
10:00 - 11:30 a.m.

HYBRID MODE

zoom UNIMAS

Community-Driven University for a Sustainable World



- 26.9.2024** White Coat Supplementary Ceremony
- 1.10.2024** A day with the Faculty in conjunction with MAP (Minggu Aluan Pelajar) UNIMAS
- 2.10.2024** UNIMAS Signs MoU with Fourier Intelligence to Boost Rehabilitation Medicine
- 3.10.2024** Trending Insight: Zebrafish as an experimental model
- 10.10.2024** Research Open Day FMHS 2024
- 22.10.2024** CARES Fair
- 29.10.2024** Forum titled "Let's Talk Menopause in the Workplace!" by Prof Dr Imelda Balchin
- 13.11.2024** International Pathology Day 2024
- 16.11.2024** Segulai Sejalai Sehat Sarawak Run



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