

MSU strengthens global standing

► Achievement through research excellence and transformative postgraduate education

MANAGEMENT and Science University (MSU), a globally recognised institution ranked by Quacquarelli Symonds (QS) and Times Higher Education (THE), continues to strengthen its position as a leading university dedicated to transforming lives through education, research and innovation. With a vision of creating a better and more sustainable future for all, MSU is committed to developing holistic human capital through inclusive and transformative learning experiences.

Championing innovation, entrepreneurship, excellence and scholarship, the MSU vision of an enriching future for all is supported by its mission towards transforming lives through education. Providing lifelong and flexible learning opportunities, its holistic curriculum aims to develop and deliver balanced, well-rounded graduates.

MSU's postgraduate programmes are designed to cultivate leadership, critical thinking, and research capabilities that address real-world challenges. The curriculum integrates the best global practices with industry-driven insights, equipping students with the knowledge and skills necessary to navigate increasingly complex

professional environments.

Research at MSU is applied, collaborative, multidisciplinary and strives to engage with communities and industries to reflect the recognition of MSU as one of the top universities with quality education that is transformative and enriching.

Further reinforcing its research ecosystem, MSU has established several Centres of Excellence that serve as catalysts for innovation and interdisciplinary collaboration. These include the Centre for Applied Intelligence (CAI), MSU Centre for Climate Resilience and Strategy (m-CREST), Centre of Life-Enhancing Eyecare Innovation and Rehabilitation (CLEAR), Neuroscience and Mental Well-being Centre (NeuroMIND), MSU Centre for Environmental, Social and Governance (ESG), and the Global One Health Centre (G1).

The University takes particular pride in its doctoral programmes, which represent the highest level of academic achievement and scholarly contribution. PhD candidates work closely with distinguished faculty members on high-impact research projects addressing critical industrial, technological, healthcare, environmental and societal issues. Supported by advanced facilities and



The University's academics are engaged in cutting-edge research, academic excellence and scientific innovation.

a vibrant research environment, students are encouraged to pursue innovations contributing to national development and global progress.

MSU's academic strength is further enhanced by a diverse faculty comprising internationally recognised scholars, researchers and industry practitioners. Their expertise spans multiple disciplines and professional sectors, bringing valuable perspectives to enrich teaching, research and engagement.

The postgraduate studies at MSU through School of Graduate Studies (SGS) offer advanced degrees at MSc and PhD levels covering wide areas, including Computer Science,

Information and Communication Technology, Food Service Technology, Biomedicine, Engineering, Applied Science, Health Sciences, Biomedical Sciences, Information Technology, Clinical Pharmacy, Pharmacy, Design, Medical Physiology, Public Health and Anatomy.

Through these programmes, MSU integrates global best practices in educational innovation with real-world scenarios embedded into the learning experience. Strategic thinking is cultivated through thought-provoking case study exposés, equipping students with advanced practical problem-solving

capabilities. All modules are rigorously designed with strategic industry and corporate input, incorporating opening vignettes that contextualise major global events and real-world challenges.

Our faculty comprises academics from diverse multicultural backgrounds and leading industry practitioners who are actively engaged in cutting-edge research, pursuit of academic excellence, and scientific innovation. They have conducted high-impact research and published thought-provoking scholarly papers across a wide range of business, industry and professional fields. In addition, they have worked in and taught across all levels of professional practice and industry platforms. Their contributions have made meaningful and concrete impact in the global community at large, at home and abroad. Professors at MSU are rigorously selected worldwide from among the best consultants and professionals in their respective fields and disciplines.

In all, MSU offers foundation, undergraduate, postgraduate and flexible programmes through an entry system that facilitates admission of students from all walks of life, where it aims towards TRANSFORMING LIVES and ENRICHING FUTURE.

For more information on postgraduate programmes offered at MSU, call 603-5521 6868, email enquiry@msu.edu.my or visit www.msu.edu.my.

FOR many people, high blood pressure does not trigger immediate warning signs, it's just a number on a screen. But if left untreated, it quietly places a constant strain on the heart and blood vessels, increasing the risk of severe and long-lasting cardiovascular issues.

In Malaysia, nearly one in three adults has hypertension, yet many remain unaware of their health condition. This "silent killer" often begins with vague symptoms, resulting in hidden damage building up over time.

Sunway Medical Centre, Sunway City (SMC) consultant cardiologist and electrophysiologist Dr Gary Lee Chin Keong says heart and blood vessels work together as a continuous circulation system, with the heart acting as a pump and the vessels as a network of pipelines.

DAMAGE DONE

When blood pressure remains high over an extended time, the heart is forced to work harder to circulate blood through the body.

"At first, the heart adapts by becoming thicker and stronger. However, unlike skeletal muscle, this thickening is not beneficial in the long run. The constant strain causes the heart muscle to stiffen, reducing its ability to fill and pump efficiently."

One of the earliest signs of this process is left ventricular hypertrophy (LVH), a thickening of the heart's main pumping chamber. As the muscle wall thickens, the cham-

ber has less room to fill with blood, and the heart itself may struggle to receive enough oxygen. Eventually, it becomes stiffer, less flexible and more vulnerable to failure.

What makes LVH especially concerning is that it can develop long before symptoms appear, says Dr Lee. In many cases, it is only picked

up through tests such as an echocardiogram, which allows doctors to see structural changes in the heart.

"Many people with hypertension do not realise they have heart damage until it's too late because they feel completely well even as critical structural changes are taking place in the heart."

Symptoms such as chest pain, shortness of breath, palpitations, dizziness, or fainting are often dismissed as stress, fatigue, or indigestion. By the time these symptoms become more obvious, complications may already be advanced.

This is why regular health screening is critical, says Dr Lee, even in the

absence of symptoms. Long-term high blood pressure increases the risk of heart failure, stroke, heart attack, kidney disease and abnormal heart rhythms.

There is also the link to atrial fibrillation. Hypertension does not act alone, adds Dr Lee. It triggers changes across multiple organs, affecting not only the heart, but also the brain, kidneys and blood vessels throughout the body.

Atrial fibrillation, an irregular heart rhythm, can disrupt normal blood flow and increase the risk of blood clots, which may lead to stroke, another serious health condition that is one of the common causes of death in Malaysia.

A worrying trend that is emerging is that hypertension is rising among younger Malaysians. Dr Lee says more young Malaysians are being diagnosed with hypertension and heart disease.

About 20 years ago, hypertension was viewed as a problem for older people but today, even those in their 20s and 30s are being diagnosed.

LIFESTYLE-DRIVEN

Modern lifestyles are playing a major factor in the development of primary hypertension. This trend is caused by long working hours, chronic stress, inadequate sleep, lack of exercise, smoking, excessive salt intake and high consumption of processed foods.

Obesity and diabetes further

increase the risk, creating a "dangerous cluster" of cardiovascular risk factors, says Dr Lee.

"Many Malaysians are not only developing hypertension earlier but also living with its effects for a longer period of time. This makes complications more likely to appear at a younger age," he notes.

The good news is that early detection can make a real difference. Dr Lee says Malaysians should start learning about their health numbers as early as their 20s.

Basic checks such as blood pressure, cholesterol, blood sugar, and body weight can help identify risks early.

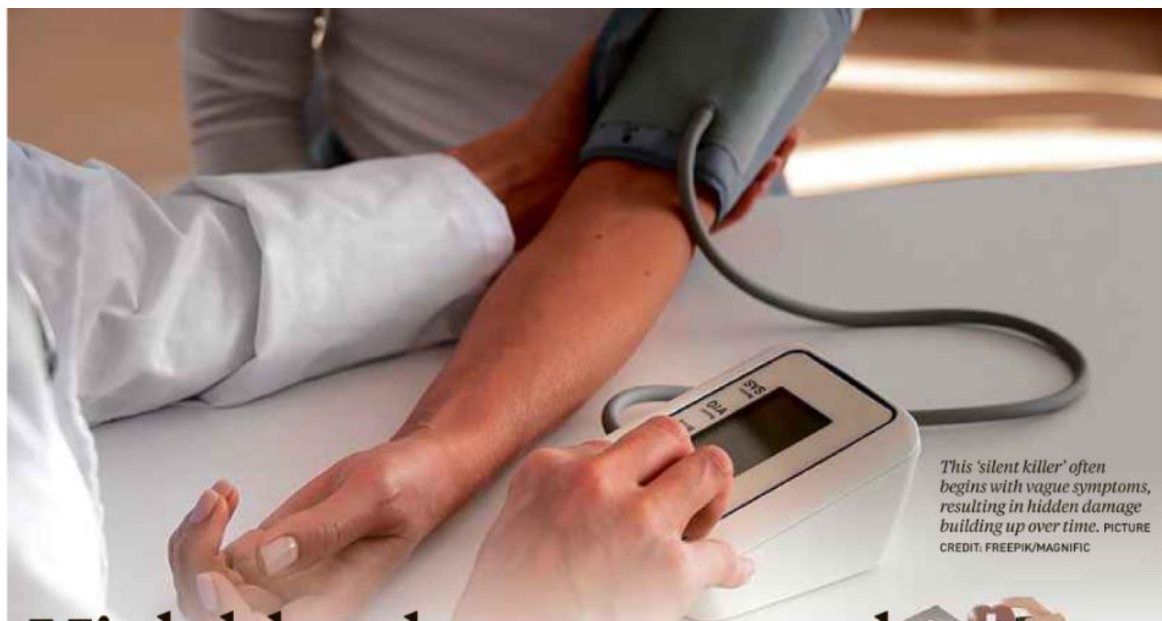
When hypertension is detected early followed by intervention, some changes to the heart can be slowed or even partially reversed, and may even improve over time.

This usually involves a combination of medication, dietary changes, exercise, weight control, smoking cessation, stress management, and regular checkups and follow-ups. More importantly, patients should not stop medications without first consulting their treating doctor.

"Know your numbers and take action. Don't wait for symptoms to tell you something is wrong," says Dr Lee.

The earlier you detect high blood pressure, the better your chances of protecting your heart.

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This 'silent killer' often begins with vague symptoms, resulting in hidden damage building up over time. PICTURE CREDIT: FREEPIK/MAGNIFIC

High blood pressure and what the numbers mean



Diet and lifestyle play a huge difference. PICTURE CREDIT: FREEPIK/MAGNIFIC

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Unimas: Admission to Doctor of Medicine based on requirements, standards set by authorities

KUCHING: Admission to the Universiti Malaysia Sarawak (Unimas) Doctor of Medicine programme is conducted based on academic requirements, professional requirements, and approved training capacity in accordance with standards set by the relevant authorities.

The university said admission into the programme is determined independently from education sponsorship decisions, which are managed by sponsoring agencies according to their respective policies, eligibility requirements, and financial assistance mechanisms.

"Unimas fully respects the authority of sponsoring agencies in these matters," it said in a statement.

As a public higher education institution entrusted with developing the country's professional workforce, Unimas said it remained committed to delivering high-quality and ethical medical education that meets prescribed academic and professional standards.

"The consistently strong demand for the Unimas Doctor of Medicine programme also reflects public confidence in the quality of education, clinical training and academic excellence offered by the university," it said.

Unimas also welcomed the Sarawak government's continued commitment through various initiatives to expand access to higher education for Sarawakians, particularly in medicine, which it regarded as a strategic field for human



Unimas emphasises that sustainable healthcare workforce development requires close collaboration among higher education institutions, government agencies, healthcare institutions and other stakeholders. — Bernama photo

capital development and the strengthening of the state's healthcare system.

The university also expressed appreciation for the efforts of the Sarawak government and Yayasan Sarawak in providing various forms of educational support to eligible students.

"Unimas appreciates the efforts of the Sarawak government and Yayasan Sarawak in providing various forms of educational support to eligible students.

"Initiatives such as the Yayasan Sarawak Special Medical Programme Scholarship reflect the state government's commitment to developing more local healthcare professionals who can contribute to the development and well-being of the people of Sarawak," said the university.

Unimas emphasised that sustainable healthcare workforce development required close collaboration among higher education

institutions, government agencies, healthcare institutions, and other stakeholders.

It said since the university's establishment, it had played an important role in producing medical and health sciences graduates who served throughout the country, including many Sarawakians who continued to strengthen the state's healthcare system.

Recently, Sarawak Education, Innovation and Talent Development Minister Datuk Seri Roland Sagah Wee Inn said not all students pursuing medical studies under the Unimas pathway were eligible for the state's special grant scholarship, as assistance is subject to strict criteria including academic performance and household income.

He said while Sarawak continued to secure medical training opportunities for local students, financial aid under the scheme would be selectively awarded based on eligibility requirements.

He explained that students entering through the Central University Admission Unit must meet standard admission requirements, while the additional allocation requested by the state would be tied specifically to the scholarship mechanism.

Sagah acknowledged public criticism over the policy, but said it would ensure accountability and encourages students to remain competitive, particularly in medicine.

Beban ekonomi isu kesihatan mental dijangka cecah RM25.3b

KUALA LUMPUR - Kos implikasi dan beban ekonomi akibat masalah kesihatan mental di Malaysia dianggarkan boleh mencecah RM25.3 bilion menjelang 2030 sekiranya tiada tindakan intervensi berkesan diambil bagi menangani kemelut berkenaan.

Pengerusi Jawatankuasa Pilihan Khas Kesihatan Parlimen, Suhaizan Kaiat berkata, lonjakan unjuran impak kewangan itu membuktikan isu tersebut bukan lagi masalah klinikal, sebaliknya memberi kesan langsung kepada produktiviti dan sosioekonomi negara.

"Jawatankuasa dimaklumkan bahawa beban ekonomi masalah kesihatan mental di Malaysia dianggarkan boleh mencecah RM25.3 bilion pada 2030, sekiranya tiada tindakan berkesan diambil," katanya ketika membentangkan kenyataan penerangan berhubung Penyata DR.4 2026 mengenai Pengukuhan Sistem Kesihatan Mental di Malaysia di Dewan Rakyat pada Isnin.

Suhaizan berkata, data terbaharu mengenai aliran peningkatan kes kemurungan menunjukkan angka membimbangkan dalam kalangan penduduk dewasa di negara ini.

"Kadar kemurungan dalam kalangan pen-

duduk Malaysia berumur 16 tahun ke atas meningkat daripada 2.3 peratus pada 2019 kepada 4.6 peratus pada 2023 bersamaan kira-kira 1 juta orang telah terkesan dengan isu kesihatan mental ini," katanya.

Menurutnya, golongan kanak-kanak serta remaja turut mencatatkan trend peningkatan status kes kritikal bagi tempoh masa sama.

"Dalam kalangan kanak-kanak pula, masalah kesihatan mental meningkat daripada 7.9 peratus kepada 16.5 peratus bagi tempoh sama. Bagi remaja berumur 13 hingga 17 tahun pula, satu daripada empat remaja mengalami kemurungan. Ini bukan sekadar angka, tapi gambaran tekanan sedang dihadapi generasi muda negara kita," katanya.

Sehubungan itu, Suhaizan berkata, jawatankuasa mengemukakan 12 syor strategik menerusi pendekatan menyeluruh bagi merombak sistem sokongan sedia ada.

Bagi aspek intervensi kritikal dan tindakan segera, beliau menekankan keperluan memperluas kapasiti talian bantuan krisis, gerakan kempen antistigma berskala besar serta kawalan ketat terhadap etika pelaporan media. - *Bernama*

Wanita perlu saling menyokong demi putus kitaran keganasan

Lelaki perlu jadi perisai, bukan ancaman dalam hubungan

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Tragedi wanita ditikam sebanyak 61 kali bukan sekadar statistik jenayah yang ngeri, tetapi ia adalah satu tamparan hebat kepada nilai kemanusiaan kita.

Angka '61' itu menceritakan, amarah yang tidak terkawal, kebenaran mendalam dan paling menyedihkan, kegagalan sistem sokongan sosial dalam melindungi golongan rentan.

Di sebalik setiap tikaman itu, ada mesej yang jelas iaitu perlu menilai semula bagaimana lelaki menggunakan kekuatannya dan bagaimana wanita bertindak sesama mereka.

Perunding Psikiatri Kanak-Kanak dan Remaja, Fakulti Perubatan, Universiti Kebangsaan Malaysia (UKM), Prof Madya Dr Fairuz Nazri Abd Rahman, berkata secara biologi, lelaki dikurniakan dengan

struktur fizikal yang lebih kuat tetapi ia sering disalahertikan sebagai alat untuk mendominasi.

Katanya, dalam psikologi masyarakat yang toksik, kekuatan fizikal dianggap sebagai 'lesen' untuk menunjukkan kuasa.

"Apabila seorang lelaki menggunakan tangannya untuk menyakiti, dia sebenarnya sedang mendedahkan kelemahan jiwanya yang paling besar.

"Kekuatan fizikal lelaki seharusnya menjadi perisai kerana sejarah dan fitrah manusia menetapkan lelaki sebagai pelindung.

"Seorang lelaki sejati adalah mereka yang menggunakan kekuatannya untuk memastikan wanita di bawah jagaannya sama ada isteri, anak, ibu atau rakan sekerja berasa selamat," katanya.

Bagaimanapun, beliau berkata, apabila kekuatan itu bertukar menjadi punca ketakutan, maka konsep 'kejantanan' itu sudah gagal sepenuhnya.

Oleh itu, katanya, penting untuk mendidik anak lelaki dari rumah, 'menjadi kuat' bermaksud, mempunyai kawalan diri yang tinggi.

"Kekuatan yang tidak diimbangi dengan emosi yang matang adalah senjata berbahaya.

"Jadi masyarakat harus berhenti mengagungkan lelaki yang bersikap

agresif dan mula menghargai lelaki yang mampu melindungi wanita dengan kasih sayang dan rasa hormat," katanya.

Terlepas pandang

Dr Fairuz Nazri berkata, satu aspek yang sering terlepas pandang dalam pencegahan jenayah terhadap wanita adalah peranan sesama wanita itu sendiri.

Katanya, sering kali sebelum tragedi ngeri berlaku, sudah ada tanda-tanda awal seperti lebam di lengan, tangisan di tengah malam atau perubahan tingkah laku yang mendadak.

Namun, katanya, masih ramai yang memilih untuk membisu kerana kadangkala, tanpa sedar, wanita lain menjadi punca mangsa terus terperangkap dalam kitaran keganasan.

"Kata-kata seperti, 'Sabariah, itu ujian rumah tangga' atau 'Jangan dedahkan aib suami' ini sebenarnya adalah racun yang membunuh secara perlahan.

"Apabila seorang wanita menjustifikasikan keganasan yang dilakukan oleh seorang lelaki terhadap wanita lain, dia sebenarnya sedang memberi 'lampu hijau' kepada pemangsa untuk terus bertindak zalim.

"Wanita seharusnya menjadi penyokong tegar sesama sendiri (sisterhood) dengan berusaha membantu melindungi wanita lain," katanya.

Beliau berkata, wanita boleh membantu dengan cara mendengar tanpa menghakimi, memberi keberanian dengan membantu mencari jalan keluar melalui saluran undang-undang atau perlindungan sosial.

Mengulas mengenai langkah pencegahan, Dr Fairuz Nazri berkata, usaha membendung keganasan terhadap wanita memerlukan pendekatan menyeluruh membabitkan keluarga, sekolah, komuniti dan pihak berkuasa.

Katanya, antara langkah yang dicadangkan termasuk pendidikan awal mengenai persetujuan dan rasa hormat antara jantina, memperkukuh kepekaan komuniti terhadap tanda-tanda penderaan serta memastikan setiap laporan ancaman diambil serius oleh pihak berkuasa.

"Campur tangan awal boleh menyelamatkan nyawa. Kita tidak boleh lagi mengamalkan sikap tidak mahu masuk campur apabila melihat tanda-tanda keganasan," katanya.

Sehubungan itu, beliau menggesa masyarakat supaya tidak menunggu sehingga tragedi menimpa orang terdekat sebelum mengambil serius isu keganasan terhadap wanita.

Mereka yang memerlukan bantuan atau sokongan emosi boleh menghubungi talian HEAL 15555, Talian Kasih 15999, Befrienders Malaysia atau mendapatkan bantuan di Pusat Khidmat Krisis Bersepadu (OSCC) di hospital kerajaan.

Jadi masyarakat harus berhenti mengagungkan lelaki yang bersikap agresif dan mula menghargai lelaki yang mampu melindungi wanita dengan kasih sayang dan rasa hormat

Fairuz Nazri Abd Rahman,
Perunding Psikiatri Kanak-Kanak dan Remaja, Fakulti Perubatan, UKM

