

PATIENTS are often surprised when told that they have prediabetes. Some feel relieved that it is "not yet diabetes", while others are uncertain about what prediabetes really means. Despite the fact that prediabetes is not a harmless condition, it offers a crucial opportunity - to take timely action so that diabetes can be prevented.

What is prediabetes?

Prediabetes occurs when blood sugar levels are higher than normal, but not yet in the range of diabetes. It signals a stage of increased risk, just like a yellow traffic light - a clear signal that changes are needed before the condition results in diabetes. Doctors typically diagnose prediabetes using the following tests:

- ➡ Fasting blood glucose: 5.6 to 6.9 mmol/L
- ➡ Two-hour glucose test after a sweet drink: 7.8 to 11.0 mmol/L
- ➡ HbA1c (average sugar over 3 months): 5.7% to 6.4%

*Values above these thresholds indicate diabetes.

Can prediabetes be reversed?

Yes. The encouraging fact is that prediabetes does not always result in diabetes. With appropriate lifestyle changes, a lot of individuals have been able to return their sugar levels to the normal range. While this does not mean one is permanently "cured", it demonstrates that diabetes is not inevitable.

In clinical practice, I have witnessed a lot of patients who have successfully reversed prediabetes through consistent lifestyle adjustments. The earlier action is taken, the greater the likelihood of preventing diabetes.

Most effective lifestyle changes

The following strategies have been shown to be most effective:

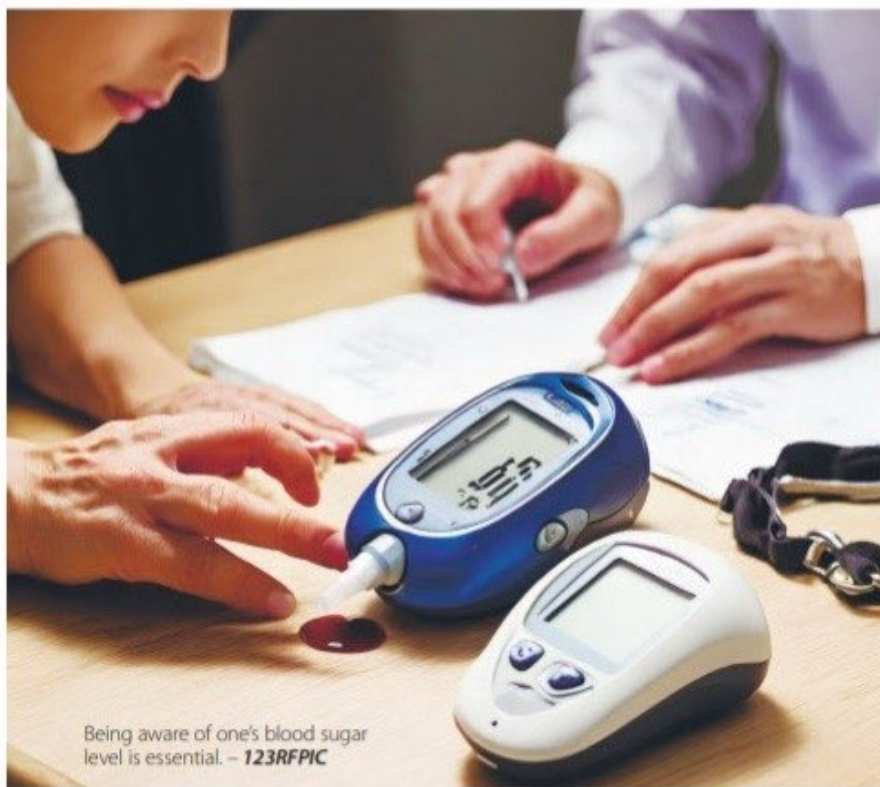
- ➡ Weight management - Losing even 5-7% of body weight (for example, 4-5kg if one weighs 70kg) significantly reduces the risk of diabetes.
- ➡ Healthy eating patterns - Emphasise on vegetables, fruits, whole grains, legumes, fish and lean protein. Reduce sugary drinks, refined carbohydrates such as white bread and cakes, and processed foods.
- ➡ Physical activity - Aim for at least 150 minutes of moderate exercise per week, such as brisk walking, cycling or swimming. The key is consistency and choosing an enjoyable activity.
- ➡ Avoid smoking and limit alcohol - Both worsen blood sugar control and increase the risk of cardiovascular diseases.

Why lifestyle interventions matter most

Researches from large international trials, supported by local findings, has consistently shown that lifestyle changes are more effective

Reversing prediabetes

➤ Consistent changes today can prevent lifetime of complications tomorrow



Being aware of one's blood sugar level is essential. - 123RF/PIC

than medication in preventing diabetes among those with prediabetes. Lifestyle intervention can reduce the risk of diabetes by nearly half. The foundation of diabetes prevention remains in lifestyle modification.

Recognising warning signs

Most individuals with prediabetes have no symptoms. However, as sugar levels rise, one may experience excessive thirst, frequent urination, persistent fatigue, blurred vision and unexplained weight loss.

Even without symptoms, screening is important, especially for those who are overweight, above 35 years old and have a family history of diabetes, high blood pressure, obesity

or abnormal cholesterol.

Measuring progress

The best way to know whether lifestyle changes are working is through blood tests. Improvements after going on a glucose fast as indicated on a HbA1c are clear signs that efforts of lifestyle changes are paying off.

Patients are encouraged to keep track of their results, as seeing measurable progress is often motivating.

Beyond diet and exercise

Other lifestyle factors also play a crucial role:

- ➡ Sleep: Poor or insufficient sleep increases insulin resistance. Aim for seven to nine hours of

quality sleep.

- ➡ Stress management: Chronic stress elevates hormones that raise blood sugar. Relaxation techniques, mindfulness, prayer or simple hobbies can help.

- ➡ Abdominal obesity: Excess fat around the waistline is particularly harmful. Aiming for a healthier waist circumference lowers risk.

Role of family history

A family history of diabetes increases risk, but it does not make diabetes unavoidable. Genetics may create a predisposition, but lifestyle largely determines the outcome.

By maintaining a healthy weight, staying active and eating healthily, a lot of people with strong family histories of diabetes have remained well throughout life.

Why this should matter to Malaysians?

The National Health and Morbidity Survey 2023 reported that 15.6% of Malaysian adults live with diabetes, many of whom are undiagnosed. Should prediabetes be included, the figures are even more concerning, indicating that millions of Malaysians are at risk. Yet, the hopeful message is that a large proportion of these cases could be prevented through early detection and simple lifestyle changes.

Final thoughts

Prediabetes should not be viewed as a minor or temporary issue. Instead, it is a valuable warning signal and - more importantly - a window of opportunity.

If you have been told that you have prediabetes, take it seriously - while staying rooted in positivity. It is not too late. Through balanced nutrition, regular physical activity, adequate sleep, and effective stress and weight management, you can prevent diabetes and safeguard your long-term health.

Small, consistent lifestyle changes made today can prevent a lifetime of complications tomorrow. The power to prevent diabetes truly lies in your hands.

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Health Ministry targets 956 fully digital dental clinics by 2027

Thesun 10/11/2025 ms/26

THE Health Ministry (MOH) is expanding the Dental Information System (DIS) to improve the efficiency and standardisation of dental services nationwide.

Health Minister Datuk Seri Dr Dzulkefly Ahmad said a total of 71 dental clinics have adopted the system to date, with the ministry targeting 956 clinics to go fully digital by 2027.

"We are now in the era of digital development and the health sector is moving in tandem through various digital initiatives. Digitalisation is not just about systems, it represents a new way of working that is faster, more accurate and patient-centred.

"Therefore, 3D-printing technology is also being used in the production of dental prostheses to accelerate treatment and improve precision," he recently said during a meeting with the staff of the Health Ministry Children's Dental Centre and Training Institute, George Town.

The DIS serves as a central platform for access to dental-related information, including clinical data, resources, practitioners' contact and surveys.

Dzulkefly mentioned that oral health is now recognised as an integral part of overall health and well-being, adding that

Malaysia fully supports the implementation of the Global Oral Health Action Plan 2023-2030 under the World Health Organisation and has reaffirmed the commitment at the 78th World Health Assembly in Geneva earlier this year.

He said oral diseases such as dental caries and gum disease have been found to be closely linked to non-communicable diseases, including diabetes, hypertension and heart disease.

To address this, the ministry will continue strengthening preventive and educational initiatives in oral health through the School Dental Health Programme, which encourages good dental care practices from a young age, and community dental services delivered through clinics and mobile units.

Earlier, Dzulkefly visited the MOH Dental Training Institute in George Town, which has produced more than 12,000 dental professionals, including dental therapists, dental technologists and surgical assistants, serving across the country.

He also announced an allocation of RM1 million for upgrading, repairs and air-conditioning improvements at the institute's training block.



An allocation of RM1 million has been announced for upgrading, repairs and air-conditioning improvements at the Health Ministry Training Institute. – **BERNAMAPIC**

MA63 claims must be resolved via talks and not confrontation, says Anwar

KOTA KINABALU: Prime Minister Datuk Seri Anwar Ibrahim emphasised that the Malaysia Agreement 1963 (MA63) claims must be resolved through rational discussion and negotiation, not confrontation or hostility.

He said the Madani government is committed to resolving the claims comprehensively, including through the Technical Committee of the Malaysia Agreement 1963 Implementation Action Council, chaired by Deputy Prime Minister

Datuk Seri Fadillah Yusof.

"This is being discussed now. Datuk Seri Fadillah chairs the technical committee. We have meetings to discuss it. If we agree, we implement it. If not, we discuss it again and vote again. This is how we cooperate, not by 'going to war'."

He was speaking at the *Rancakkan Madani* event, which was attended by Communications Minister Datuk Fahmi Fadzil, Communications Ministry secretary-general Datuk Seri Mohamad Fauzi Md Isa and over 2,000

participants, including students and local community members.

On Sabah's 40% revenue claim, Anwar urged all parties to first study and understand the matter.

"I visited the Jalan Gaya (Sunday market) earlier, and people were shouting about Sabah's 40% revenue. Listen and understand first. Yes, it is in MA63. But over the past three years (since the Madani government took office), we have been discussing it."

Fadillah had said on Oct 23 that 13 of the 29 MA63 claims discussed

under the agreement had been classified as resolved.

Anwar, who also holds the Finance portfolio, said the federal government spends RM17 billion annually on Sabah, including allocations for education, health, security and infrastructure, exceeding the state's annual revenue collection of about RM10 billion.

"We take the RM10 billion revenue and we give back RM17 billion. Why? Because there is cooperation between the federal and state governments.

Sabah is slightly behind, so we provide more assistance.

"We still provide support to Kelantan and Perlis although they are opposition-led states.

"To solve the annual flood problems, we spend billions. This is our responsibility."

He said Malaysia needs strong leadership capable of uniting people.

"If a leader is great among the *Murut, Kadazan, Dayak, Bugis* or *Suluk*, his greatness lies in his willingness to cooperate." – Bernama



Prime Minister Datuk Seri Anwar Ibrahim meeting people at the Jalan Gaya Sunday market in Kota Kinabalu yesterday. PIC COURTESY OF PRIME MINISTER'S OFFICE

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NST 10/11/2025 MS/2

RESOLVE MA63 ISSUES VIA TALKS, SAYS PM

Federal allocation to Sabah higher than revenue collection, says Anwar

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PRIME Minister Datuk Seri Anwar Ibrahim said any issues over the Malaysia Agreement 1963 (MA63) must be resolved through discussions and negotiations, not via confrontation or hostility.

He said the government is committed to resolving the issues comprehensively through the Technical Committee of the Malaysia Agreement 1963 Implementation Action Council chaired by Deputy Prime Minister Datuk Seri Fadillah Yusof.

"This is being discussed now. Datuk Seri Fadillah chairs the technical committee. We have meetings to discuss.

"If we agree, we implement it. If not, we discuss again and vote again.

"This is how we cooperate, not by 'going to war'," he said at the Rancangan Madani programme here yesterday.

On the state's claim for a 40 per

cent share of revenue earned from Sabah, he urged all parties to understand the matter.

"I visited the Jalan Gaya (Sunday market) earlier, and people were shouting about Sabah's 40 per cent revenue. Listen and understand first.

"Yes, it is (included) in MA63, but over the past three years (since the Madani government took office), we have been discussing it," he said.

On Oct 23, Fadillah said that 13 of the 29 MA63 issues had been resolved.

Anwar, who is finance minister, said his government had allocated more funds for the development of Sabah than any other prime minister.

This, he said, reflected the government's commitment to uplifting the state's economy and infrastructure.

He said the federal government spends RM17 billion annually on Sabah, including on education, health, security and infrastructure, such as schools and clinics.

The allocation for Sabah, he said, was far higher than the revenue collection of about RM10 billion a year.

"We also provide support to Kelantan and Perlis, even though they are opposition-led states.

"To solve the annual flood problems, we spend billions of ringgit.

"This is our responsibility, to take care of Malaysia. We want

everyone to live well and happily," he said.

He also addressed the upcoming Sabah General Election, and said politicians should not become "heroes" only when the polls approach.

Those in power, he said, should address key issues, including roads, schools and healthcare, instead of focusing only on short-term popularity.

"Where were you last year? Where were you two years ago? Where were you when you were a minister and in power?

"Why were the things you mentioned not implemented back then?"

Anwar's senior political secretary, Datuk Seri Shamsul Iskandar Mohd Akin, told Bernama that the prime minister's commitment to Sabah was evident in efforts to address the "AJK" issues: *air* (water), *jalan* (roads), and *karan* (electricity).

Shamsul Iskandar cited the Ulu Padas Hydroelectric Dam and the Pan Borneo Highway as examples of these efforts.

He said Anwar visited Sabah in December 2023, roughly a year after being sworn in as prime minister, to officiate the dam.

The dam, slated for completion in 2029, is expected to generate 187.5 megawatts of electricity, adding 15 per cent to Sabah's power generation capacity. It also has the potential to supply six billion litres of water daily.

JOM HEBOH FUN RUN

FUN, FAMILY AND FITNESS FOR 2,000

Carnival offers entertainment programmes and family activities



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SOME 2,000 people, including children as young as 4, took part in the inaugural Jom Heboh Fun Run event with *Harian Metro*, organised in conjunction with Karnival Jom Heboh here.

Media Prima Omnia chief operating officer Datuk Mohd Efendi Omar said the programme was not merely an opportunity for the public to engage in recre-

ational activities, but also brought together the community.

"The response has been very encouraging, and we anticipate continuing running programmes like this at future Karnival Jom Heboh locations."

Present were Media Prima Bhd chairman Datuk Seri Dr Syed Hussian Aljunid, Penang police chief Datuk Azizee Ismail and Karnival Jom Heboh project director Eileen Lim.

Lim, who is Media Prima Om-



Media Prima Bhd chairman Datuk Seri Dr Syed Hussian Aljunid (on stage, fourth from left) and Penang police chief Datuk Azizee Ismail (on stage, fifth from left) launching the Jom Heboh Fun Run in Seberang Prai yesterday. NSTP PIC BY HAZREEN MOHAMAD

nia activation team general manager, said the organisation of the fun run completed the Jom Heboh brand as a family entertainment platform that brings programme content close to the hearts of the community.

She said, more proudly, the event attracted 50 participants from Penang police, led by Azizee, and including Seberang Prai Selatan police chief Superintendent Jay January Siowou, as well as those from the Inland Revenue Board, Puspakom and Uda Holdings Bhd.

This, she said, shows that Karnival Jom Heboh not only presents entertainment pro-

grammes, but also provides beneficial content and activities for families.

"We not only bring you artistes and hold concerts, as well as other entertainment programmes, but also collaborate with the Health Ministry to conduct health checks for visitors.

"We also feature aerobic activities, traditional games and children's costume competitions."

Meanwhile, luck was on the side of supermarket worker Mohamad Adib Azmi, 24, who came in first after completing the 5km fun run in 20 minutes.

Adib said: "I started running

about a year ago. In a month, I participate in three or four running events in Penang.

"Getting to the podium is a bonus... it feels truly satisfying."

Earlier, the run was enlivened by the participation of personalities, such as Farah Nabilah Wazer, Fahiz Ariff, Barr Zaizan, Amirulhakim Lokman, Asrulnizam Kadir, Fatin Hamimah and Muaz Mohamed.

Every participant received a jersey and bag of Jom Heboh souvenirs worth more than RM50, besides being able to win lucky draw prizes worth more than RM40,000.

Simulation leads to real-life skills in medical education

AS THE healthcare landscape grows increasingly complex, the ability to practise clinical skills in a controlled environment has become indispensable.

Simulation-based education enables medical students to refine their clinical decision-making, technical proficiency and communication abilities.

This innovation was at the heart of Internal Medicine Summit 2025: Advancing Through Simulation Learning (IMS 2025), hosted by the Asian Medical Students' Association (Amsa) Newcastle Chapter at Newcastle University Medicine Malaysia (NUMed).

Sponsored by Modeizham Sdn Bhd and Vine Cafe & Founders Bakery, the summit welcomed participants from NUMed, Universiti Kebangsaan Malaysia (UKM), Manipal University College Malaysia, James Cook University, International Islamic University Malaysia (IIUM) and Cempaka International School.

NUMed Clinical Affairs Associate Dean Dr Vasantha Subramaniam said, "IMS 2025 reflects NUMed's commitment to nurturing excellence in medical education and preparing future-ready doctors."

"It paves the way for students to immerse themselves in simu-



Built on the belief that meaningful engagement transforms knowledge into practice, IMS 2025 offered a small-scale, high-touch learning environment.

lated learning experiences that mirror the complexities of patient care."

Clinical vice-president and organising chairman Ong Paul Sherng added, "Each participant received personalised guidance from experienced clinical instructors."

"A standout feature was the integration of virtual reality (VR), which made clinical scenarios more realistic, engaging and dynamic."

Through interactive workshops, hands-on sessions and emerging topics, the summit empowered participants to

enhance their clinical reasoning, sharpen diagnostic and procedural skills, and cultivate the confidence and empathy essential for effective patient care.

The programme also underscored the importance of interdisciplinary learning.

A highlight was the keynote address by Prof Judy CG Sng from National University of Singapore, Yong Loo Lin School of Medicine.

Her talk on AI (artificial intelligence) in Healthcare, Neuroscience and Medical Education introduced the virtual integrated patient (VIP) platform

– an AI-powered simulation tool that transforms bedside teaching into a scalable, immersive experience.

Her insights generated much interest and enthusiasm among attendees, inspiring many to explore the intersection of medicine and innovation.

Consultant ophthalmologists Dr Andrew Low and Dr Leroy Tan from Hospital Sultan Ismail delivered an Ophthalmology Masterclass, focusing on visual acuity, funduscopy and sight-threatening emergencies.

The afternoon session featured a Virtual Ultrasound Simulation

Masterclass led by Dr Vasantha, followed by parallel workshops covering paediatrics, emergency medicine, obstetrics and gynaecology, venepuncture and cadaveric VH dissection.

Another defining moment was the VR Acute Care simulation powered by SIM X software, which created an immersive learning environment that surpassed traditional manikin-based simulations.

Participants were thrust into high-pressure scenarios, working in teams to make critical decisions and save virtual patients.

To conclude the day, an open-access VR station allowed attendees to further explore the technology and practise skills.

Dr Vasantha said, "Events like this truly embody NUMed's belief that meaningful learning occurs when knowledge is translated into practice."

"They reaffirm our commitment to ensuring our graduates are well-equipped to navigate the evolving landscape of modern healthcare."

With its emphasis on innovative technology and interactivity, IMS 2025 set a new standard for clinical education – demonstrating how simulation learning is reshaping the way future physicians are trained.

OTHER

NEWS & VIEWS



Compiled by CHARLES RAMENDRAN

Finding the joy in acting

Movie producer Raja Azmi adds another feather to her hat

AFTER more than four decades working mostly behind the scenes, movie producer and director Raja Azmi Raja Sulaiman has finally heeded a long-standing call to act.

Berita Harian reported that the industry veteran from Kuala Kangsar, Perak, believes in the principle that “every phase in life should be explored and every area of art must be experienced”.

“I have done so many things such as writing, producing, direct-

ing but in the end, I realised my heart belongs to acting.

“I directed one film but I dared not take on another.

“Directing is very challenging; so I continued as a producer. But as I grew older, I gained more courage to act,” said Raja Azmi.

She has produced seven movies and made her acting debut in the drama *Marhaban Kome Oi*.

“Acting has become enjoyable and inspiring. It has a calming effect on me. Sometimes, when I

do not have acting jobs for three or four months, I miss it and feel lonely,” she added.

Despite acting taking up more of her time, she still writes novels, dramas and film scripts.

> To feed his drug addiction, a 14-year-old student spent more than half of the RM5 pocket money his father gave him on three drops of magic mushrooms for his vape, *Kosmo! Ahad* reported.

Now he is undergoing rehabili-

tation at a centre in Kota Baru, Kelantan.

The teenager, who wanted to be identified only as Azfar, said he would spend RM2 on food at school and save the rest to feed his addiction.

He said he purchased the drug from a friend.

“School authorities found me constantly intoxicated and I was expelled,” he said, adding that his addiction had made him rebellious.

PERUT KEMBUNG & TIDAK SELESA

Tanda Perut Anda Tidak Hadam

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MASALAH perut kembung dan rasa tidak selesa di bahagian perut merupakan satu keadaan yang sering dialami oleh ramai individu tanpa mengira umur. Keadaan ini biasanya dikaitkan dengan masalah sistem penghadaman yang tidak berfungsi dengan baik.

Dalam istilah perubatan, ia boleh dikaitkan dengan masalah dispepsia atau kesukaran hadam. Walaupun masalah ini kelihatan seperti sakit biasa, namun ia boleh menjejaskan rutin harian serta menurunkan kualiti hidup seseorang.

Perut kembung berlaku disebabkan oleh sistem pencernaan yang tidak berfungsi dengan lancar, menyebabkan makanan tidak diuraikan dengan baik. Akibatnya, gas terkumpul di dalam sistem pencernaan, terutamanya di dalam perut dan usus. Gas yang terakumulasi proses semula jadi penghadaman makanan ini, boleh menjadi berlebihan jika seseorang mengambil makanan yang sukar dihadam seperti makanan berlemak dan pedas, herba tinggi, minuman bergas, atau makanan yang mengandungi kandungan serat yang tinggi secara berlebihan. Selain itu, cepat makan berlaku cepat juga menelan udara semasa makan juga boleh menyebabkan pengumpulan gas.

Selain faktor pemakanan, gaya hidup moden yang sibuk dan penuh tekanan ini juga turut menyumbang kepada masalah penghadaman. Tekanan emosi dan ketidakseimbangan biologi seperti ketidakseimbangan hormon dalam tubuh badan, termasuk hormon yang mengawal penghasilan asid dalam sistem penghadaman. Hal ini kerana, terdapat segelintir individu yang sering menjalani gaya hidup yang tidak sihat, seperti kurang bersenam, kualiti tidur yang tidak mencukupi dan tidak menjaga waktu makan. Pengambilan ubat-ubatan tertentu seperti ubat-ubatan untuk ubat-ubatan juga boleh menyebabkan gangguan kepada sistem penghadaman. Justeru, amat penting untuk kita menjaga gaya hidup sihat agar sistem penghadaman dapat berfungsi dengan lebih efisien.

Tanda-tanda lain perut tidak hadam selain kembung perut, termasuklah sendawa berlebihan, loya, rasa panas di dada (pedih ulu hati), dan kadangkala rasa panas dalam perut. Ada kalanya, masalah ini bersifat sementara dan akan hilang selepas beberapa jam. Semua ini merupakan petunjuk bahawa sistem penghadaman sedang bekerja dalam keadaan yang tidak optimum. Jika gejala ini berlaku berulang kali dalam tempoh yang lama, ia boleh menjadi kepada masalah kesihatan yang lebih serius seperti gastrik atau ulser perut. Disarankan untuk berjumpa dengan doktor untuk mendapatkan rawatan lanjut.

Bagi mengatasi masalah ini, langkah pencegahan amat penting, seseorang perlu lebih peka terhadap pemakanan harian mereka dengan mengamalkan pemakanan yang sihat dan waktu yang teratur. Makan dalam kuantiti sederhana, memperbanyakkan pengambilan makanan yang mudah dihadam seperti sup, buah-buahan segar dan sayur-sayuran hijau amat baik untuk penghadaman. Elakkan makanan yang terlalu pedas, berminyak dan bergas. Minuman seperti air kosong, air buana dan air halia juga boleh membantu melegakan rasa tidak selesa pada perut. Ketika makan juga, perlu mengunyah makanan dengan perlahan-lahan bagi membantu sistem penghadaman memproses makanan dengan lebih cukup. Di samping itu, penting juga untuk melakukan senaman ringan seperti berjalan kaki selepas makan, yoga dan senaman pernafasan, bagi mengurangkan tekanan dan melancarkan sistem penghadaman.

Kesimpulannya, perut kembung dan rasa tidak selesa adalah antara tanda awal bahawa sistem penghadaman kita memerlukan perhatian. Langkah awal mudah akan tanda-tanda ini kerana jika dibiarkan berlarutan, ia boleh membawa kepada masalah kesihatan yang lebih serius. Dengan mengamalkan pemakanan seimbang, gaya hidup sihat dan pengurusan stres yang baik, kita dapat memastikan sistem penghadaman berfungsi dengan baik dan kesihatan perut terjaga.



APABILA usia semakin meningkat, pelbagai perubahan berlaku pada tubuh manusia, termasuklah pada sendi dan otot. Salah satu bahagian yang sering terjejas ialah lutut.

Sendi lutut memainkan peranan penting dalam menyokong berat badan dan membolehkan seseorang berjalan, berdiri, serta melakukan aktiviti harian dengan selesa. Namun, apabila usia meningkat, tulang rawan pada bahagian lutut mula menipis sehingga menyebabkan rasa sakit, kekakuan dan kadangkala bengkak. Oleh itu, amat penting bagi golongan warga emas untuk melakukan aktiviti ringan yang sesuai bagi menjaga kesihatan lutut agar mereka kekal aktif dan berdaya dalam kehidupan seharian.

Antara aktiviti ringan yang sangat disarankan untuk orang tua ialah berjalan kaki. Aktiviti ini bukan sahaja mudah dilakukan, malah tidak memerlukan peralatan khas. Berjalan secara perlahan dan konsisten setiap hari selama 20 hingga 30 minit dapat membantu menguatkan otot di sekitar lutut, melancarkan peredaran darah dan mengekalkan fleksibiliti sendi. Walau bagaimanapun, warga emas perlu memastikan permukaan tempat berjalan adalah rata dan selamat untuk mengelakkan risiko tergelincir atau terjatuh.

Berenang dan senaman air juga sangat sesuai untuk menjaga kesihatan lutut orang tua. Aktiviti dalam air memberikan sokongan kepada berat badan, sekaligus mengurangkan tekanan pada sendi lutut. Gerakan perlahan dalam air dapat membantu menguatkan otot tanpa menyebabkan rasa sakit atau kecederaan. Di samping itu, berenang turut meningkatkan daya tahan tubuh dan kesihatan jantung, menjadikan ia satu bentuk senaman menyeluruh yang baik untuk warga emas.

Senaman regangan juga penting bagi mengekalkan kelenturan sendi lutut. Regangan yang dilakukan secara lembut

Aktiviti Ringan Yang Sesuai Untuk **MENJAGA LUTUT ORANG TUA**

setiap pagi atau sebelum tidur dapat membantu mengurangkan kekakuan serta meningkatkan keanjalan otot. Contohnya, regangan kaki di atas kerusi, mengangkat kaki secara perlahan, atau melaraskan lutut sambil duduk boleh dilakukan di rumah tanpa bantuan. Senaman ini mudah tetapi memberi kesan yang positif terhadap kekuatan dan kestabilan lutut.

Selain itu, berbasikal perlahan menggunakan basikal statik juga antara aktiviti ringan yang baik untuk lutut. Ia membantu menggerakkan sendi lutut tanpa memberi tekanan berlebihan serta melatih koordinasi otot kaki. Namun, orang tua harus memastikan tahap rintangan basikal tidak terlalu tinggi agar sendi tidak tertekan. Senaman seperti ini boleh dilakukan beberapa kali seminggu bagi mengekalkan kelancaran pergerakan lutut dan keselamatan pergerakan lutut.

Bukan itu sahaja, aktiviti harian ringan seperti berkebun, menyapu halaman, atau melakukan kerja rumah ringan juga boleh dijadikan bentuk senaman tidak langsung. Aktiviti sebegini bukan sahaja membantu mengekalkan kekuatan fizikal tetapi juga memberikan kepuasan emosi dan mengelakkan rasa bosan dalam kalangan warga emas. Walau bagaimanapun, mereka perlu berhati-hati agar tidak membongkok terlalu lama atau mengangkat objek berat yang boleh membebankan lutut.

Bagi memastikan lutut sentiasa berada dalam keadaan baik, penjagaan pemakanan turut memainkan peranan penting. Pengambilan makanan yang kaya dengan kalsium, vitamin D, dan kolagen dapat membantu menguatkan tulang serta menyokong kesihatan sendi. Berat badan yang ideal juga penting bagi mengurangkan tekanan ke atas lutut. Warga emas digalakkan

untuk memantau berat badan mereka agar lutut tidak menanggung beban berlebihan semasa bergerak.

Oleh itu, menjaga kesihatan lutut pada usia tua memerlukan gabungan antara aktiviti ringan yang sesuai, pemakanan seimbang, dan gaya hidup sihat. Lutut yang sihat membolehkan warga emas terus aktif dan menikmati kehidupan tanpa rasa sakit atau pergerakan menjadi terhad. Jangan biarkan usia menjadi penghalang untuk terus bergerak aktif. Mulakan dengan aktiviti ringan yang mudah dan selamat untuk kelangsungan hidup.

Berita Harian 10/11/2025 MS/C34

