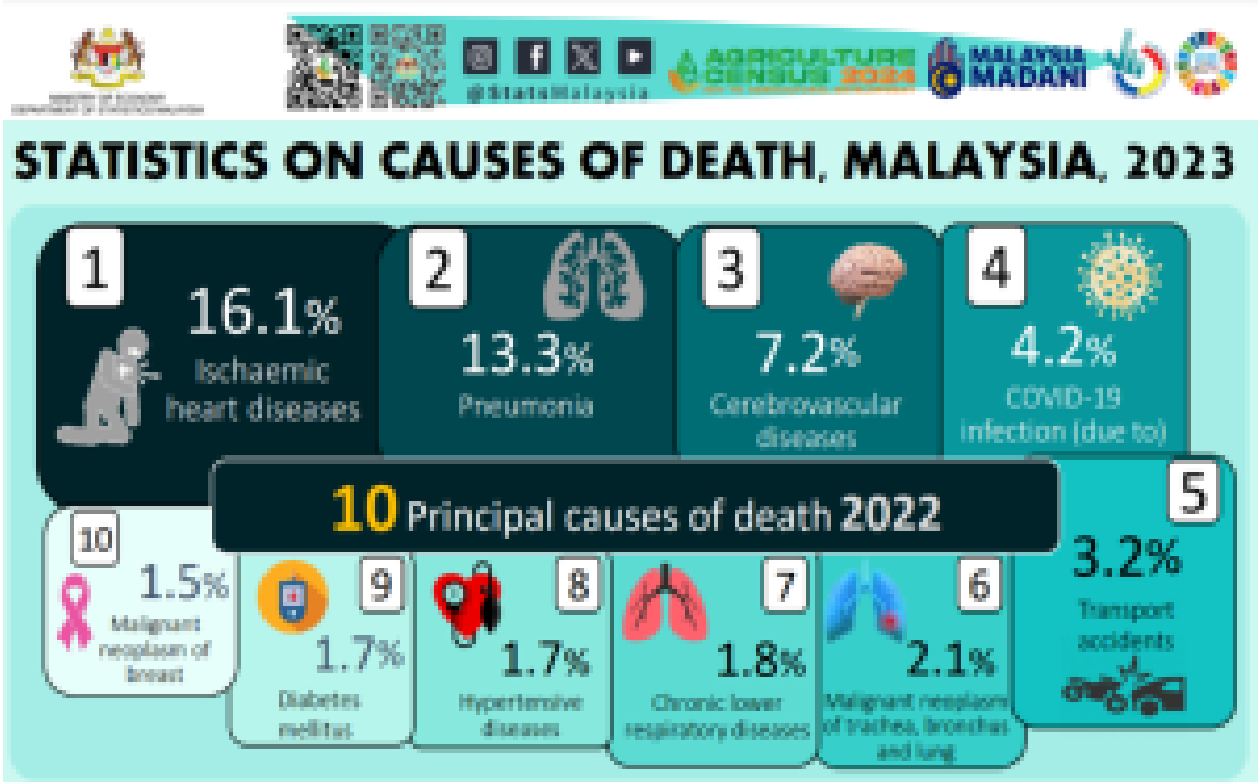
PREVENTION IS BETTER THAN CURE

Top 5 causes of death in Malaysia :-



1. **Ischaemic heart disease;**
2. **Pneumonia;**
3. **Cerebrovascular diseases;**
4. **Covid-19 infection;**
5. **Transport accident**

The statistic of the National Health and Morbidity

Survey in 2023

The heart diseases and cardiovascular diseases (CVDs) were **caused by 3+1 important health issues,** namely: –



1. **Diabetes;**
2. **Hypertension;**
3. **High cholesterol plus**
4. **Obesity**

Effective strategies to embody the principle of "prevention is better than cure." : –

- **Regular Health Check-ups**: Helps to detect potential health issues early.

- **Vaccinations**: Immunizations prevent diseases before they occur.

- **Healthy Lifestyle Choices**: Eating a balanced diet, exercising regularly, and avoiding harmful habits like smoking can significantly reduce health risks.

- **Regular Exercise**: Helps to maintain a healthy body.

- **Stress Management**: Techniques like meditation, yoga, and mindfulness can help manage stress, which can prevent various health issues.

- **Education and Awareness**: Learning about potential risks and how to mitigate them can empower individuals to make informed decisions.

- **Hygiene Practices**: Regular handwashing and

proper sanitation can prevent the spread of infections.

- **Mental Health Support**: Seeking help and support for mental health can prevent crises and promote overall well-being.

- **Community Programs**: Participating in community health initiatives can promote collective well-being and prevention strategies.

Implementing these measures and living habits can help reduce the likelihood of health issues and enhance overall quality of life.

Feel free to contact us for further clarification with no obligation attached.

Contact us now for a free consultation:
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