EXERCISE FOR MEDICINE PROGRAM IN HEALTH CLINICS FOR TREATMENT OF PREHYPERTENSION AND PRE-DIABETES CASES IN SELANGOR, WILAYAH PERSEKUTUAN AND NEGERI SEMBILAN, MALAYSIA

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Introduction

Diseases due to unhealthy lifestyles such as heart diseases and diabetes are increasing in Malaysia. Heart diseases are the leading cause of deaths of patients in government hospitals, i.e. 16.1% of total deaths in 2009. A customised exercise regime is designed as Exercise for Medicine (ExforMe) program to contain and prevent chronic diseases, including diabetes, heart disease, obesity and hypertension.

Material and Methods

A total of 126 participants from government health clinics in three states of Peninsular Malaysia were selected to participate in the ExforMe. Each participant was evaluated prior to the program using an assessment protocol. Fitness assessment and evaluation with body composition measurement were taken. Exercise therapist prescribed a personalized exercise program according to conditions.

Results

Effect of exercise was measured in terms of improvement in hypertension and diabetes, body weight, body fat, lipid profile and physical fitness at three and six months.

Conclusion

ExforMe is beneficial to improve the status of hypertension, diabetes, body weight and lipid profile when it is carried out for longer period.