

Foreword from the Editor



Dear JUMMEC readers,

Greetings. In this first issue of 2018, JUMMEC continues to bring you interesting updates in health and translational research contributed by our talented colleagues from around the region.

Excessive stress may affect the performance and mental wellbeing of a university undergraduate. In their survey with 456 undergraduates, Jia & Loo have found that female and first year undergraduates demonstrate a high prevalence rate of perceived stress. Their findings coincide with previous reports and since the pattern of the data seemed unchanged since last published, effective actions must be implemented to address this issue.

Pancreatic cancer is an aggressive silent killer. Attempting to identify the prognostic factors amongst Malaysian patients, Malwinder *et al.* examined 107 pancreatic cancer cases in University Malaya Medical Centre. They found that patient's disease progression status (ECOG performance status), tumour staging and treatment intent were the important prognostic factors instead of age, CA19-9 (a marker previously suggested to be sensitive and selective for pancreatic cancer diagnosis) and tumour grading.

Shifting the focus to Iraq, Wakar *et al.* found significant prevalence of Hepatitis C Virus (HCV) infection in the female health care workers (HCWs) of Baghdad, where HCV-4 is the most predominant genotype. In addition, they were also found to be infective, suggesting occupational risk and nosocomial transmission. A timely alert perhaps to the World Health Organization or the Ministry of Health of Iraq to fasten the health education and the implementation of universal precautions in clinical operations among HCWs of Iraq?

Back to Malaysia with some encouraging findings, Nik Rosmawati *et al.* reported that a canteen-based food nutrition intervention program was found to be successful in altering the knowledge and perception of the primary school students to prefer healthy food rather than fast food. Interestingly, the data showed that the alteration was not the result of enhanced acquisition of knowledge pertaining to healthy food given to the students of the intervention group, but rather, the success of the program in motivating the food handlers to serve more healthy foods. Indeed an approach worth to be explored further and its working philosophy adapted into other fields with similar problems to formulate potential solutions, perhaps the stressful undergraduates?

We would like to thank the readers, the fellow contributors of JUMMEC, and the Faculty of Medicine, University Malaya for their continual support. It is only with the combined effort of everyone that has allowed JUMMEC to continue its endeavour to share the exciting progress in the field of health and medicine.

Kiew Lik Voon

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