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Don't delay looking after health: YB

TAWAU: People here have been urged to give priority to their personal health.

Balung Assemblyman, Datuk Syed Abas Syed Ali said the people should not wait until they have reached a certain age before taking steps to care for their health.

He said in many cases, even the young suffered from illnesses normally suffered by older people.

He said the younger generation should therefore start taking care of their health from young.

He said many young people in the country also suffered from heart disease, diabetes and kidney diseases. "If they are aware of the importance of health and take care of their health from young, they would not face too much problems when in their 40s," he said when officiating at the Health and Circumcision Programme 2011 at Masjid Babul Salam at Sri Balung.

Syed Abas suggested they exercise, take nutri-

tious food and avoid getting obese and taking too much sugar.

The Science and Technology Advisor to the Chief Minister meanwhile said circumcision has been practised since Prophet Ibrahim's era.

Besides cleanliness reasons he said circumcision also halves the risk of becoming infected with HIV.

To back his claim, he said a study carried out on 2,784 men between the ages of 18 and 24 in Kinsumu, Kenya by the United States' Health Study Institute showed that there was a 53 per cent decrease in HIV infection among men who had been circumcised compared to those who had not.

Another study involving 4,996 men between the ages of 15 and 49 in Rakai, Uganda, showed 48 per cent of those who underwent circumcision were less likely to be infected compared to those who did not.