

# ABSTRACT

## PUBLIC POSTER ABSTRACTS

### AUSTRALIA

#### MENTAL HEALTH : A RISING ISSUE IN AUSTRALIA

In Australia, nearly half the population will have experienced a mental illness at some stage of their life, and around 1 in 5 Australians<sup>1</sup> get diagnosed with a mental health disorder every year; a figure set to rise<sup>1</sup>. As the largest contributor to Australia's burden of non-fatal disease<sup>2</sup>, mental illness not only affects individuals and their family but also the nation economically. This poster aims to raise awareness of the growing problem of mental illness in Australia, recognise the importance of assessing the mental wellbeing of each patient and explore the role of general practitioners in dealing with such issues.

### HONG KONG

#### LIGHT OR NIGHT - PUBLIC POSTER ON THE ISSUE OF OVER-ILLUMINATION AND RELATED ROLES OF INDIVIDUALS

As an environmental degradation in which excess artificial outdoor lightings prevail, the problem of over-illumination, or light pollution, is prominent in Hong Kong. Studies have shown that, on average, the night sky of this crowded metropolitan is 20 times brighter than the international dark sky standard, with rapid urbanization and prevalent street lightings as culprits. Related health risks include insomnia, depression, migraine headache and increased incidence of breast and prostate cancer.

Through the public poster, we hope to increase public awareness of the health-related consequences of over-illumination and empower individuals with knowledge to reduce over-illumination and its detrimental effects.

### INDONESIA

#### '3-RIGHTS'

People widely accept that "fat children are healthy". It's a worldwide incorrect trend that is unrecognized in daily life. In 2010, WHO estimated that 42 million preschool children are overweight.<sup>(1)</sup> These number are increasing! In Indonesia, 7-9% of 6-to-14-years old children and 12% preschool ones are overweight and obese.<sup>(2)</sup> Obesity is associated with occurrence of non-communicable diseases such as diabetes, heart diseases, and cancers at younger age and even childhood depression.<sup>(1,3)</sup> Our objective is to change common perspective towards children's nutritional status to prevent the occurrence of these growing number complications. It's the time to implement "3-Rights" to our future generations.

# MALAYSIA

## DIFFERENCE HAPPENS UPON SINGLE CRUCIAL CHOICE - KEEP NO STAGNANT WATER, SAVE YOUR LOVE ONE FROM DENGUE FEVER

The disease that we have chosen is dengue fever which is endemic in Malaysia. Our target is the public community which consists of various ethnic and also from all walks of life.

The aim of our poster is to raise awareness of the public on the cleanliness of the environment. We can get rid of dengue vector Aedes mosquitoes breeding site by frequently checking and removing stagnant water around the community's housing area. Dengue fever is a life threatening disease, if it is not eradicated, it will take lives including the younger generation which is the hope of our future.

# PHILIPPINES

## ANAK (MALNUTRITION AMONG POOR FILIPINO CHILDREN)

Almost one in every three Filipino children aged six to 10 is underweight and or stunted for their age. While the government's efforts to address extreme poverty and hunger has brought the Philippines in track in meeting its target for MDG1, malnutrition appears in subtler ways, and not necessarily in hunger. Food is important, but food per se, or the inadequate intake of it, is a limited part of the broad scope of malnutrition. Intra-family food distribution is one factor is most often overlooked; 55.1% of Filipino households have sizes of five and more. Population growth among poor Filipinos is twice the national average. Solving the Philippines's food problem isn't just about solving the Philippines's food problem; it's also about giving families and women the tools they need, so they can make the decisions they want.

# SINGAPORE

## "AS GOOD AS IT GETS" : OCD IN LION CITY

Singapore's healthcare isn't as fixated on OCD as it should be. The seminal 2012 Mental Health Survey showed that Obsessive Compulsive Disorder [OCD] is third in prevalence after Major Depressive Disorder [MDD] and alcohol dependence [while outmatching prevalence in the West].

With relatively few campaign efforts, OCD holds a dim place in the public eye. If untreated, it runs a chronic course, with an average of 17 years between onset and appropriate treatment. The burden of disease is significant, second only to MDD in quality of life lost.

OCD deserves both research and awareness; after all, the data is compelling.

# TAIWAN

## QUIT BETEL QUID CHEWING - SCREEN FOR SMILE.

Betel quid(檳榔嚼塊)is first chewed by new immigrants to Taiwan to cure jungle fever, and becomes a habitual practice of Taiwanese, especially middle-aged men with lower education background, meager salary(NTD20,000~40,000) and aborigines. Its carcinogenic ingredients enhances oral cancer(OC) prevalence, killing a patient every 4 hours. Oral Cancer Screening(OCS) is offered free to its high risk group as OC could be possibly cured when diagnosed early. Sadly, the betel-nut-chewing-practice prevails and OCS receives low participation. Our poster urges the public to "Quit Betel Quid Chewing". "SCREEN" represents constructive suggestions to quit this habit besides promoting OCS for early diagnosis. "SMILE" shows the benefits after quitting betel quid chewing.

# MALAYSIA

## SWEET MISERY

Gestational diabetes mellitus is the most common medical complication and metabolic disorder of pregnancy. In Malaysia, most pregnant mothers are not aware of the possibility of them developing GDM, owing to the fact that it is not a common subject of interest. Recognizing this as a growing problem here in our country, we would like to educate the public on the risks and complications of GDM, hoping to nip the problem in the bud. Big babies, fetal growth restriction, lifetime diabetes are some of the worrisome complications that are preventable. By bringing light to this medical concern, screening for GDM will hopefully be made priority.

# INDIA

## CERVICAL CANCER - SILENCE IS DEADLY

Globally, cervical cancer is the second most common cancer amongst women. In India alone, 200 women die every day because of it. Vaccination and screening now constitute the new paradigm for its prevention. However in developing countries, poor funding, and a low level of awareness about the disease makes this difficult.

The stigma associated with cancer makes it imperative to educate women about the risks involved, the screening methods (PAP smear) and vaccination.

In an effort to educate the public and muster support for the same, we present to you, our public poster entry for AMSC 2013.

# JAPAN

In the past, rapid industrial growth in Japan caused “the four big environmental pollution.” In order to protect the environment and keep ourselves healthy, we must pay attention to the sustainable growth of the industry.

Our poster presents two main messages. One is for public people: “Become aware of environmental pollution.” If companies are putting the environment and people’s health at risk, people have the right to know the truth. The other message is for health specialists including doctors: “Make efforts to protect the environment.” To act against environmental pollution not only makes better world but also benefits companies.

# KOREA

## **NON-COMMUNICABLE DISEASE : EXCESSIVE SODIUM INTAKE CAUSED BY DAILY DIET IN KOREA**

### **Background of the Study :**

From old times, every Korean home made kimchi with salted cabbage and Korean soy sauce. Koreans are accustomed to such excessive salt intake. Diseases related to high blood pressure and stomach cancer are prevalent in Korea. Excessive sodium intake can also cause cardiovascular disorders and kidney ailments, and can accelerate calcium release, which leads to osteoporosis.

### **Material & Method :**

This study referred to “National Study Of Decreasing Sodium Intake Level”

### **Results & Conclusion :**

We have to be aware of the seriousness of excessive sodium intake, reduce sodium intake and increase calcium intake to accelerate sodium release.

# MALAYSIA

## **DENGUE : THERE IS NO ESCAPE, SO LET’S STOP IT SPREAD**

Dengue is a vector-borne (Aedes sp.) disease which is endemic in tropical countries including Malaysia. Both urban and rural areas are affected therefore this poster is targeted to the citizens of Malaysia. To stop the spread of dengue, we must first prevent the breeding of it’s vector, which is in stagnant water. The most applicable preventive measure is to remove stagnant water from the household and also the environment. The emphasis is more on the environment as the citizens, taking this disease lightly, rarely take the initiative to go the extra mile and clean up the environment.

# MONGOLIA

Every parents around the world want their children grow healthy and peacefully. Thousands of children are growing in every corner of the Mongolia. Unfortunately whether they live in safe and healthy environment is still unclear to us even government takes number of measures for this. Especially one of the most harmful polluting agents, "Lead" causes severe diseases in children. Thus, we tried to raise awareness on children's environment by showing the significance of decreasing lead concentration in living environment. If we look the future through the gun, the future will look us through the artillery.

# PAKISTAN

## FOOD HYGIENE PRACTICES AMONG VENDORS

The growing number of diverse street side food sellers and their lack of understanding of food safety issues have made unhygienic street food a matter of great public health concern particularly in the developing countries. Regardless of the unappealing ambiance, people from all walks of life are enthralled by the unique flavor of the delectable food items sold by the vendors as these are affordable and convenient to purchase. Contaminated food causes common infectious diseases like typhoid (4% cases reported), hepatitis E and A (62% cases reported), diarrhea and food poisoning. According to gastroenterology department at Shifa International Hospital, Islamabad, 20% of the patients visiting the hospital last year became ill because of eating out. To eradicate this problem, awareness should be created among the public and food safety laws should be enforced strictly.

# THAILAND

## STUDYING OF OCCUPATIONAL DISEASE FOR PROMOTING THE PREVENTION IN COUNTRYSIDE OF NAKHON RATCHASIMA

"MRS-Medical Rural Studies" is a one course of Suranaree University of Technology which allows medical students to have real-time outdoor education. The locations are arranged within Nakhon Ratchasima province of Thailand only. We have found the local health risks and problems. Most of people do several plantations. Some of them will come to Primary Care Unit (PCU) with myalgia. We risk of such problem due to working without proper ergonomics practice. Although they had the good treatments, they repeatedly come with the same symptoms. Therefore, we had hypothesized that solving the problem may need the Preventive care of "Integrated Care", if we give the appropriate instruction that may support them.

# UNITED KINGDOM

Increasing antibiotic resistance, illustrated by methicillin resistance in *S. aureus* rising around 20% between 1987 and 1997<sup>[1]</sup> and the number of identified unique  $\beta$ -lactamase enzymes increasing four-fold between 1995 and 2009<sup>[2]</sup>, is an ever-present concern in the UK. One pertinent contributing factor is the noncompliance of patients, failing to finish prescribed courses, increasing the likelihood of antibiotic resistance. We believe that this is, in part, due to the lack of information and guidance provided to the public. Our poster aims to target young people, aged 16-24, who were shown to have the highest level of non-compliance of any age group.<sup>[3]</sup>