

1. *Mal. J. Med. Scien. January 1999;6(1):3-5*

Smoking and exercise

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No abstract.

2. *Mal. J. Med. Scien. January 1999;6(1):6-11*

Radiotherapy in age related macular degeneration: a therapeutic update.

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Age related macular degeneration (ARMD) leads to progressive deterioration of vision among elderly peoples over sixth decade of life. The only established treatment with laser is suitable for very small group of patient and remaining patients are allowed to follow its natural course. Currently there is overwhelming interest in the use of radiotherapy in proliferative ARMD with demonstrable decrease in the neovascular membrane, improvement or stabilization of the visual acuity and control of macular exudation. A precise radiation dose of 12-20 Gy in 5-10 fractions to the posterior segment of the eye seems optimum with least possible radiation complications. Here we review the existing literature on the usefulness of radiotherapy in ARMD.

3. *Mal. J. Med. Scien. January 1999;6(1):12-17*

The odontoblasts and its related structures: a review.

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Odontoblasts are terminally differentiated distinctive cellular bodies, which line the periphery of the pulp chamber in a tooth. Each cell have a cytoplasmic process that extend into dentine. Numerous complex interjunctions occur between adjacent odontoblasts cell bodies. This is a review on the present knowledge regarding its morphology, which reflects the functional activity of the cell.

4. *Mal. J. Med. Scien. January 1999;6(1):18-22*

Management of somatising patients

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Somatisers are heterogenous group. It ranged from atypical depression to factitious disorder at the end of the spectrum. In between is a diverse group of somatoform disorders. Somatising patients are commonly seen in primary care practices. The mental symptoms behind somatic complaints are usually overlooked, thus the correct diagnosis could not be reached and the patients are inadequately treated. The management of somatising patients needs special skills to facilitate treatment and referral when necessary. Ten important points in planning of the treatment were discussed. The first interview with patient is crucial because it will determine the outcome of the therapeutic alliance. The style and approaches of the interview can be adopted depending upon the orientation of the psychiatrist and the nature of the patient's problems. Reattribution approach of interview is commonly used in general practice and it is suitable for somatisers who have some psychological understanding. The choice of subsequent treatment depends to a large extent on the way in which formulation is made.

5. *Mal. J. Med. Scien. January 1999;6(1):23-26*

Smoking in the workplace: Smoking pattern and attitude to towards smoking policies.

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The acceptability to employee of workplace smoking restriction is an important factor for their compliance. This study describe the smoking pattern of workers at the Kota Bharu Department of Health and their attitudes towards smoking restriction at workplace. There were 35.0% male 3.8% if female workers were current smoker. Twenty five percent of the smokers smoke at workplace. Support for the smoking restriction policies with exception of certain areas was strong, with at least 81.5% of the respondents agreeing to the policies. Thus the results shows a generally favourable milieu among health staffs.

6. *Mal. J. Med. Scien. January 1999;6(1):27-32*

Adolescent's perception of cigarette advertisements

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A total of 190 male Form 4 students from three schools in Kota Bharu were studied on their perception of indirect cigarette advertisements in the local media. The most frequently advertising media for these students were television (32.4%), radio (23.9%) and newspaper (19.9%). Cigarette advertisements constitute only a small portion of their three 'popular' and three 'unpopular' advertisements. There were 47 students (24.7%) who listed at least one indirect cigarette advertisement as being one of their 'popular' advertisements. There were 75 students (39.5%) who listed at least one indirect cigarette advertisement as being one of their 'unpopular' advertisements. Five indirect cigarette advertisements screened over the local television were then shown to the students. The majority of the students responded that the advertisements were advertising non-cigarette products. However, 20.3% of the responses claimed the advertisements were promoting cigarettes. Our findings highlight the need to consider a complete ban on all forms of cigarette advertisement so that there will be less influence on adolescents to start and continue smoking.

7. *Mal. J. Med. Scien. January 1999;6(1):33-37*

Community Kitchen: Centralised community cooking for elderly in Pondok Paya Ular Pasir Mas, Kelantan.

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Community kitchen or meals on wheels is a common community service in developed countries which aimed to improve the nutritional situations of the elderly. A pilot project for a community kitchen was carried out in Pondok Paya Ular, Pasir Mas, Kelantan involving 14 elderly females. Members of the community participated in organising the kitchen. The aim of the study is to determine the viability of the community kitchen, its cost-effectiveness and the improvement of nutritional situations of the elderly following centralised cooking with a set of menu on a sufficient balance diet. Two meals (lunch and dinner) were provided for six days a week for a period of four months. It was found that the elderly enjoyed eating in group and their nutritional status showed some improvement in terms of body Mass Index (BMI), haemoglobin level and haematocrit. The average cost of running the community kitchen was RM3.20 per person per day.

8. *Mal. J. Med. Scien. January 1999;6(1):38-56*

A detailed analysis of brain abscess in the East Coast of North East Peninsular Malaysian, 1990-1996.

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Sixty patients with brain abscess were treated by the Neurosurgical Unit of the Department of Surgery, Hospital Universiti Sains Malaysia from January 1990 until December 1996. A retrospective study was done and data were collected from the computerised registry of the Hospital Universiti Sains Malaysia.

Good results were attained in patients who were treated both surgically and medically. There was only one death in that group. The mortality was high in patients treated solely by medical means. Death was common in patients who presented with the acute onset of symptoms of less than one week's duration and those with poor mental status.

Brain abscess is common in the East Coast population possibly of Malaysia, due in part to its lower socio-economic status. The main factor that influences morbidity and mortality is the clinical presentation on admission. Efforts should be directed toward prevention of infection and early recognition and management.

9. *Mal. J. Med. Scien. January 1999;6(1):57-60*

Supplementation with iron and deworming for mild and moderate anaemia in the elderly in Kelantan

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Baseline survey showed that the prevalence of chronic energy deficiency, mild and moderate anaemia and helminthic infection were 36.6%, 33.2% and 57.3% respectively.

An interventional (single blind) study by iron supplementation and deworming were given to the elderly with mild and moderate anaemia for 3 months. The subjects, N = 108, were divided into 4 groups. Group A was treated with iron supplementation, Group B by deworming, Group C with both iron supplementation and deworming, while Group D, as a control group was given placebo. The result showed that the effectiveness of the intervention (test minus placebo) for haemoglobin and haematocrit were: Iron supplementation (Group A), Haemoglobin 5.03 gm% (t=4.761, p= 0.0018), Haematocrit 0.63 (t=2.830, p=0.0116). Deworming (Group B), Haemoglobin 1.40mg% (t=0.071, p=0.7900), Haematocrit 0.41 (t=2.034, p=0.0554). Iron and Deworming (Group C), Haemoglobin 2.38gm% (t=3.606, p=0.0013), Haematocrit 0.46 (t=3.114, p=0.0044). The result showed that iron supplementation and deworming had improved the level of haemoglobin and haematocrit in elderly with borderline anaemia significantly.

10. *Mal. J. Med. Scien. January 1999;6(1):61-66*

Determination of propranolol concentration in human plasma by high-performance liquid chromatography.

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The concentration of propranolol in plasma was determined by HPLC using Lichrosorb reverse phase column C18 (Phenomenex) with UV detection at 295 nm and oxprenolol as an internal standard. Run time for each analysis was 10 minutes with recovery of 92.3% to 103.6%. Intra-day and inter-day precision expressed as a mean percent of coefficient of variation (CV) were 6.41% and 3.03% respectively. The accuracy of intra-day and inter day assays were 2.97% and 2.87% respectively. Propranolol in plasma kept frozen at -20°C was stable within 6 weeks. The analysis of propranolol concentration was later used to study the pharmacokinetics of propranolol in cirrhotic Malay patients.

11. *Mal. J. Med. Scien. January 1999;6(1):67-72*

Cardiac involvement in myeloma-associated systemic amyloidosis.

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Three cases of myeloma-associated amyloidosis presenting with cardiac failure are reported. Two cases expired within few weeks of initiation of melphalan and prednisolone chemotherapy. Cause of deaths were intractable heart failure and undetermined in a patient. It is concluded that systemic AL amyloidosis must be considered in the differential diagnosis of heart failure among middle-aged and elderly patients in the absence of coronary artery disease. Transthoracic echocardiogram has been shown to be a useful tool in diagnosing amyloid cardiomyopathy. The presence of plasma cell dyscrasia and the extent of organ involvement are important to determine the prognosis and the response to therapy.

12. *Mal. J. Med. Scien. January 1999;6(1):73-74*

Acute pancreatitis with normal amylase concentration

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The lack of sensitivity and low level of initial serum pancreatic enzymes in patient with hyperlipidaemic pancreatitis has been reported. They presented evidence that the hypertriglyceridaemia interfered with amylase measurement. We reported a case of acute pancreatitis with normal serum amylase concentration with underlying hypertriglyceridaemia.

13. *Mal. J. Med. Scien. July 1999;6(2):1-4*

Communication in medical practice - surfeit or dearth.

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No abstract.

14. *Mal. J. Med. Scien. July 1999;6(2):5-11*

Effect of nicardipine on fasting plasma lipids and apolipoproteins in male New Zealand white rabbit.

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The effect of nicardipine on fasting plasma lipid profiles was studied in rabbits given a 2% cholesterol diet. Twenty four New Zealand White rabbits (2.2 -2.8 kg) were divided into 3 groups. Group 1 (control) was fed a normal diet, group II (HC) was fed a 2% cholesterol diet and group III (HC + NICA) was fed a 2% cholesterol diet with nicardipine treatment (0.5mg kg⁻¹ body weight twice daily intramuscularly for 10 weeks). The following parameters which included fasting plasma total cholesterol, triglycerides, HDL cholesterol and apolipoprotein A and B were measured before and after 10 weeks of study. In the present study we observed that a 2% cholesterol diet caused a significant increase in plasma total cholesterol, LDL cholesterol, HDL cholesterol and triglycerides. However, the increase in total cholesterol and LDL cholesterol were not prevented by treatment with nicardipine. Nicardipine appeared to cause further increase in HDL cholesterol and prevented further rise in plasma triglycerides after 10 weeks of treatment.

The use of electronic sensor in hormone analysis

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The development of antibody-based biosensor has grown steadily during recent years, and their use as a routine instrument in clinical application is not far from reality. This study has demonstrated the capability of conductometric sensor to quantitate human Follicle Stimulating Hormone (hFSH) from urine samples. The principles are adopted from Enzyme Linked Immunosorbent Assay (ELISA) technique. Self fabricated gold coated electrode was dipped in the microtiter well containing antibody-antigen complex. Substrate was added to the system to initiate a secondary reaction, which produces electroactive species and change the conductivity of the solution. The changes were proportional with the concentration of the hormone present. The results obtained correlate well with the conventional ELISA technique. Inter and intra assay variation (%CV) were under 6% and the lowest detection limit is 0.75 mIU/ml which was well under the physiological range of the hormone. This system offered advantages such as simplicity, reliability, minimal addition of reagents, freedom from turbidity and color problem, probability of miniaturizing the electrode thus minimizing the sample volume and the ability of on line data analysis. This study proved that Antigen-Antibody reaction via EIA could be detected electronically and it has a potential to be used as one of the measuring mode in clinical analysis.

Antimicrobial effects of psidium guajava extract as one mechanism of its antidiarrhoeal action.

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A morphine-like spasmolytic action (not naloxone reversible; involving the inhibition of acetylcholine release) and also effects on the transmural transport of electrolytes (Na^+ and K^+) and water have been reported as possible modes of the antidiarrhoeal action of polar fractions of *Psidium guajava* leaf extractives. The objective for this study was to verify if the reported modes of the antidiarrhoeal action should be broadened to include direct antimicrobial actions on some of the more common bacteria known to cause toxin-induced acute diarrhoea. Serial dilutions of a water-soluble, freeze-dried methanolic extract were tested on 10 such organisms, grown separately on nutrient agar plates, to determine the minimum inhibitory concentration (MIC) for each of these bacteria. These included the causative agents for (i) enteric fever (*Salmonella typhi*, *Salmonella paratyphi A*, *Salmonella paratyphi B* and *Salmonella paratyphi C*), (ii) food poisoning (*Salmonella typhimurium* and *Staphylococcus aureus*), (iii) dysentery (*Shigella dysenteriae*, *Shigella flexneri* and *Shigella sonnei*), and (iv) cholera (*Vibrio cholerae*). The growth of all these organisms was inhibited at the MIC of 10mg/ml of the extract, which is equivalent to 2.5 $\mu\text{g/ml}$ of active extractable flavonoids. The most sensitive organisms (MIC = 1 mg/ml) were *Staphylococcus aureus*, *Vibrio cholerae* and *Shigella flexneri*.

The pilot study of WHOQOL - 100 (Malay Version)

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In confronting the advances in the new treatment for incurable illnesses there is an increasing need for doctors to be aware of their patient's cognition and feeling related to their quality of life (QOL). Recognizing this need the authors had translated and pilot tested the WHOQOL - 100, a genuinely international measure of QOL by the World Health Organization (quality of life group). The WHOQOL-100 Malay version was pilot tested on 50 healthy controls and 250 ill subjects, suffering from hypertension, diabetes mellitus, those suffering from both hypertension and ischaemic heart disease, epilepsy and schizophrenia. The results showed several unique features of the QOL, which was influenced by different types of illnesses. The information obtained is different and probably not observable from clinical consultations. This study will be an impetus for further studies using the WHOQOL-100 assessment tool in the local population.

18. *Mal. J. Med. Scien. July 1999;6(2):26-29*

Breast cancer after augmentation mammoplasty with silicone gel-filled implant. A case report.

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A 47 year-old Chinese housewife with a silicone gel-filled implant mammoplasty carried out 10 years ago presented with a palpable painless lump in the right breast. Excision biopsy revealed infiltrating ductal carcinoma. Right simple mastectomy and axillary sampling was done followed by chemotherapy and radiotherapy. The history, safety, potential complications of silicone breast implants are reviewed and discussed.

19. *Mal. J. Med. Scien. July 1999;6(2):30-31*

Munchausen syndrome by proxy

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Munchausen syndrome by proxy is a rare disorder in child psychiatric practice. A case of Munchausen syndrome by proxy that was managed in the Child Psychiatric Clinic, Universiti Sains Malaysia Hospital is reported. Factors that suggest the diagnosis are discussed. Multidisciplinary approach to the management of such cases is warranted.