

# Oral Health Seeking Behaviour among Non-Malaysian Adults in Malaysia

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## ABSTRACT

**Introduction:** Health seeking behaviour (HSB) refers to any activity undertaken by individuals who perceive themselves to have a health problem or to be ill in order to find an appropriate remedy. This study aimed to understand the oral HSB among non-Malaysian adults in Malaysia when they encounter oral health problem(s) (OHP). **Methods:** Data of non-Malaysian adults aged 18 years and above from a nationwide cross-sectional household survey [National Health and Morbidity Survey (NHMS) 2019] were analysed using complex sample descriptive statistics. Presence of OHP within the last two weeks were assessed. Those with OHP were then asked whether treatment was sought from a healthcare practitioner (HCP). Those who did not seek treatment were prompted to report their perception of needing to seek care from a HCP and the reasons if they perceived care is not needed.

**Results:** Among the 736 non-Malaysian adults, 5.37% reported to have encountered OHP. Among them, only 12.71% sought care from HCP. 75.61% of those who did not seek care from a HCP did not perceive the need to seek treatment, stating not sick enough to necessitate treatment (30.86%) and self-medicate (32.29%) as the main reasons. **Conclusion:** There is a low prevalence of non-Malaysians who sought oral healthcare as compared to previous NHMS, as well as low perceived need to seek care from HCP. Studies have identified immigrants as high-risk groups for oral diseases. Improving oral health literacy, provision of assistance programs and social support are crucial to improve oral HSB among non-Malaysians.

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# Factors associated with Lower Urinary Tract Symptoms (LUTS) among Malaysian Men 40 years old and above: Findings from National Health and Morbidity Survey (NHMS) 2019

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## ABSTRACT

**Introduction:** Lower Urinary Tract Symptoms (LUTS) is one of the major men's health challenges and is thought to be linked to other comorbidities and unhealthy lifestyles. This study analyses the factors associated with developing LUTS among Malaysian men 40 years old and above. **Methods:** The study was part of the National Health and Morbidity Survey (NHMS) done in 2019. Validated self-administered bilingual International Prostate Symptom Score (IPSS) was used to assess the LUTS. The grading was based on a standard scoring system when participants scored 8 to 35 in IPSS were considered having probable moderate-severe LUTS. Other comorbidities and unhealthy lifestyles were also obtained using face-to-face interview and in-situ measurements such as anthropometry assessment and blood check-up. Statistical analysis was performed using SPSS version 21. **Results:** In all 2,251 men were included in this study. Prevalence of probable LUTS among men was 16.3% (95%CI 14.1-18.8) with high prevalence were recorded among inactive males, 19.9% (95%CI:15.5-25.2), with two or more comorbidities, 18.6% (95%CI:15.6-21.9) and aged 60 years and above, 23.9% (95%CI 19.8-28.6). Inactive males were significantly associated with probable LUTS with AOR 1.57 (95%CI: 1.23, 2.00). Male aged 50 to 59 years old were significantly associated with probable LUTS with AOR 1.49 (95% CI: 1.09,2.03) while male aged 60 years and above with AOR 2.25 (95% CI: 1.69,3.01). **Conclusions:** Ageing and being physically inactive among males are associated with development of moderate to severe LUTS. It is recommended to have a more in-depth investigation such as clinical profiling of subjects in the subsequent survey.