

CONCERN FOR MEDICAL STUDENT HEALTH: CONCERN FOR OUR NEXT GENERATION

Dear Sir,

I read with great interest the two recent publications in the Singapore Medical Journal by Shams et al⁽¹⁾ and Boo et al.⁽²⁾ Of interest was the high prevalence of health problems among medical students in Iran and Malaysia, namely, iron deficiency anaemia⁽¹⁾ and obesity,⁽²⁾ respectively.

Medical students are no different from other teenagers, and are susceptible to similar health problems as their non-medical counterparts. Hence, the issue is not the existence of health problems among medical students, but the level of concern for this problem. Although medical students are our next generation of physicians who will be providing healthcare to the population, it seems that the level of concern for their health is lower than that for other populations. Besides having to study hard, medical students also have to be trained in ward work, and that puts them at a high risk of exposure to diseases. It is time to rethink and plan for a better health surveillance and care system for our medical students, isn't it?

Yours sincerely,

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2. Boo NY, Chia GJ, Wong LC, et al. The prevalence of obesity among clinical students in a Malaysian medical school. Singapore Med J. 2010; 51:126-32.