# **EDITORIAL BOARD**

INTERNATIONAL E-JOURNAL OF SCIENCE, MEDICINE AND EDUCATION (IEJSME)

# **INTERNATIONAL ADVISORS**

# PROFESSOR JAMES A DICKINSON

Professor of Medicine, University of Calgary, CANADA

#### PROFESSOR RON HARDEN

General Secretary,

Association of Medical Education in Europe (AMEE), UNITED KINGDOM

# **EDITOR-IN-CHIEF**

PROFESSOR LIM KEAN GHEE

# **DEPUTY EDITOR-IN-CHIEF**

DR WONG SIEW TUNG

# **EDITORIAL ASSISTANT**

DR LAI PEI KUAN

## **EDITORIAL BOARD**

## PROFESSOR MAK JOON WAH

(EMERITUS PROFESSOR, IMU, MALAYSIA)

# PROFESSOR TRUDIE ROBERTS

(PROFESSOR [CLINICAL], UNIVERSITY OF LEEDS, UNITED KINGDOM)

#### PROFESSOR DATUK LOKMAN HAKIM BIN SULAIMAN

(PRO-VICE CHANCELLOR, RESEARCH, IMU, MALAYSIA)

#### PROFESSOR IAN SYMONDS

(DEAN OF MEDICINE, UNIVERSITY OF ADELAIDE, AUSTRALIA)

### PROFESSOR DATO' JAI MOHAN

(PROFESSOR OF HEALTH INFORMATICS & PAEDIATRICS, IMU, MALAYSIA)

#### PROFESSOR DATO' SIVALINGAM NALLIAH

(CLINICAL SCHOOL, IMU, MALAYSIA)

#### PROFESSOR GERARD FLAHERTY

(PROFESSOR OF MEDICAL EDUCATION, NATIONAL UNIVERSITY OF IRELAND GALWAY, IRELAND)

#### PROFESSOR DATO' KANDASAMI PALAYAN

(CLINICAL SCHOOL, IMU, MALAYSIA)

#### DR BALVINDER SINGH GILL

(CENTRE HEAD, MEDICAL RESEARCH RESOURCE CENTRE, INSTITUTE FOR MEDICAL RESEARCH, KUALA LUMPUR, MALAYSIA)

#### PROFESSOR TENG CHEONG LIENG

(CLINICAL SCHOOL, IMU, MALAYSIA)

#### DR SHEAMINI SIVASAMPU

(ASSISTANT DIRECTOR, HEALTH STATISTIC UNIT, CLINICAL RESEARCH CENTRE, MINISTRY OF HEALTH MALAYSIA)

#### DR ROZITA HALINA TUN HUSSEIN

(SENIOR DEPUTY DIRECTOR, FINANCING PLANNING, INFORMATICS AND HEALTH ACCOUNTS, MINISTRY OF HEALTH MALAYSIA)

#### PROFESSOR RENU AGARWAL

(PROFESSOR OF PHARMACOLOGY, SCHOOL OF MEDICINE, IMU, MALAYSIA)

#### PROFESSOR JAMES KOH

(PROFESSOR OF MEDICINE, SCHOOL OF MEDICINE, IMU, MALAYSIA)

# **EDITORIAL ADDRESS**

#### PROFESSOR LIM KEAN GHEE

Editor-in-chief

International e-Journal of Science, Medicine and Education 126, Jalan Jalil Perkasa 19, Bukit Jalil, 57000 Kuala Lumpur, MALAYSIA

E-mail: iejsme@imu.edu.my

# **CONTENTS**

# **EDITORIAL**

Travel medicine: Travelling to space and the reality on the ground	1 - 2
Lokman Hakim Sulaiman	
ORIGINAL ARTICLE	
A structured lifestyle intervention combined with mobile health application to reduce chronic disease risk among employees at a university workplace Ching Li Lee, Harvinder Kaur, Gilcharan Singh, Winnie Siew Swee Chee	3 - 15
Prevalence of malnutrition among patients with breast cancer and colorectal cancer in Hospital Tuanku Ja'afar, Seremban	16 - 29
Wei Xiang Wong, Ting Xuan Wong, Shu Hwa Ong, Sangeetha Shyam, Seong Ting Chen, Winnie Siew Swee Chee	
LETTER TO THE EDITOR	
Making space for the older adventure traveller: The dawn of commercial space tourism	30 - 32
Jack Yassa, Shang Yuin Chai, Gerard T Flaherty	
An inexpensive inguinal hernia teaching model	33 - 37
Ramji Narayanan	