

AKHBAR : BERITA HARIAN

MUKA SURAT : 9

RUANGAN : NASIONAL

Doktor boleh preskripsi ubat berasaskan kanabis tahun depan

Langkah pertama kerajaan 'menghalalkan' produk CBD bagi tujuan perubatan

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Kuala Lumpur: Bahan aktif yang terkandung dalam pokok kanabis selepas ini boleh digunakan secara bersyarat menerusi preskripsi yang boleh diperolehi daripada doktor terlebih dahulu.

Menteri Kesihatan, Khairy Jamaluddin yang kali pertama mengumumkan perkara itu berkata, ia perkara yang terkandung dalam rangka kerja yang disasarkan dapat dilaksanakan pada tahun depan.

Dalam rangka kerja itu, ia

menggariskan mengenai pendaftaran produk cannabidiol (CBD) tertentu, sekali gus menjadi langkah pertama kerajaan untuk 'menghalalkan' bahan itu secara perubatan.

Khairy berkata, pihaknya sentiasa berhati-hati dengan pelaksanaan kerangka kerja itu dengan merujuk amalan antarabangsa termasuk kajian penyelidikan tempatan dan bersandarkan data saintifik.

"Dari segi peraturan, setiap produk farmasi mesti ada pemegang pendaftaran produk di Malaysia, biasanya adalah syarikat farmaseutikal yang terbabit dalam bidang farmasi. Nanti, kita akan keluarkan kerangka bagi pendaftaran produk CBD yang saya jangkaan kita boleh keluarkan pada tahun ini.

"Yang penting bukan hanya produk itu sendiri, kita kena tengok kesahihan produk, kita kena tengok data dari segi keselamatan dan keberkesanan produk untuk penyakit tertentu, te-

tapi juga dari segi pendidikan, pendedahan saintifik yang perlu diberikan kepada pegawai perubatan di Malaysia.

"Buat masa ini saya melihat kepada penggunaan CBD yang mendapat preskripsi (daripada doktor) bukan untuk kegunaan sendiri dan jauh sekali tidak ada penggunaan kanabis secara rekreasi. Terhad kepada CBD sahaja. Itu langkah pertama kita," katanya selepas hadir Majlis Pelancaran Laporan Apakah Pendirian Sebenar Rakyat Malaysia terhadap Dadah anjuran badan pemikir The Centre, semalam.

Khairy juga menjelaskan Kementerian Kesihatan (KKM) menerusi Bahagian Regulatori Farmasi Negara (NPRA) melihat semua maklumat serta terbitan saintifik berkenaan pengguna-bahan itu.

"Sekarang ini kita dalam proses melihat dalam keadaan apa CBD boleh diberikan. Itu termasuk dalam kerangka (kerja) kita nanti untuk kita laksanakan da-

Sekarang ini kita dalam proses melihat dalam keadaan apa CBD boleh diberikan. Itu termasuk dalam kerangka (kerja) kita nanti untuk kita laksanakan dalam tahun depan

Khairy Jamaluddin,
Menteri Kesihatan



lam tahun depan," katanya.

Bagaimanapun, beliau menegaskan setakat ini belum ada keputusan mengenai keperluan untuk meluluskan penanaman la-

dang ganja susulan kebenaran guna produk CBD.

"Itu jauh lagi sebab penanaman itu kita kena tengok dulu...selangkah demi selangkah. Kita kena berhati-hati," katanya.

Dalam perkembangan lain, Khairy berkata, individu yang terbabit dalam penyalahgunaan dan penagihan dadah perlu melalui proses pemulihan dan kesihatan awam.

Masalah penyalahgunaan dadah bukanlah sesuatu yang baharu. Pada 1983, dadah diisytiharkan musuh nombor satu negara kita dan sejak itu, dadah ini ditangani melalui sistem kehakiman sebagai satu jenayah serta banyak tumpuan diberikan kepada menghukum.

"Tetapi kita tahu melalui bukti saintifik, melalui amalan daripada negara lain, pendekatan yang semata-mata menghukum itu bukan pendekatan yang terbaik untuk kita menangani masalah dadah dan penyalahgunaan dadah," katanya.

AKHBAR : HARIAN METRO

MUKA SURAT : 5

RUANGAN : LOKAL

3,934 jangkitan, sembilan kematian

Putrajaya: Malaysia kembali merekodkan lebih 3,000 kes kelmarin apabila sebanyak 3,934 kes baharu direkodkan di seluruh negara.

Menerusi laman web COVIDNOW, jumlah kes baharu itu membabitkan 3,927 kes penularan tempatan dengan tujuh lagi adalah import yang mendapat jangkitan dari luar negara.

Pertambahan kes baharu itu menjadikan sehingga kini terdapat 36,894 kes masih aktif. Daripada jumlah yang dinyatakan itu, 96.3 peratus atau 35,547 kes sedang menjalani kuarantin wajib di ru-

mah serta 26 individu lagi bersamaan 0.1 peratus berada di Pusat Kuarantin dan Rawatan Covid-19 (PKRC).

Selain itu sebanyak 1,268 kes atau 3.4 peratus sedang dirawat di hospital manakala 23 individu (0.1 peratus) berada di unit rawatan rapi (ICU) dan tidak memerlukan alat bantuan pernafasan serta 30 individu lagi berada di ICU dan memerlukan alat bantuan pernafasan.

Kadar

penggunaan ICU di seluruh negara kini berada paras 60.6 peratus dan terdapat lapan negeri yang merekodkan kadar penggunaan ICU melebihi 60 peratus.

Negeri paling tinggi dengan penggunaan ICU ialah Kelantan dengan 79.7 peratus, disusuli Selangor (77.2 peratus), Kedah (74.7 peratus), Putrajaya (70 peratus),

masing-masing 65.2 peratus di Sabah dan Kuala Lumpur, Negeri

Sembilan (61.2 peratus) dan Johor (60.3 peratus).

Dalam pada itu, terdapat sejumlah sembilan kematian dilaporkan di negara ini menjadikan jumlah angka korban akibat jangkitan COVID-19 adalah sebanyak 35,828 kes.

Angka korban itu termasuk dua kes yang meninggal dunia di luar fasiliti kesihatan (BID).

Turut dilaporkan ialah 2,747 kes pulih di negara ini, ia menjadikan sehingga kini jumlah kes sembuh meningkat kepada 4,531,948 kes.

35,547 kes jalani kuarantin wajib di rumah

15,225 kes ILI dilapor di Negeri Sembilan

Seremban: Waspada berikutan sebanyak 15,225 kes Penyakit Seperti Influenza (ILI) dilaporkan berlaku di Negeri Sembilan setakat 9 Julai lalu.

Pengerusi Jawatankuasa Bertindak Kesihatan, Alam Sekitar, Koperasi dan Kepenggunaan negeri, S Veerapan, berkata, kumulatif kes pada minggu epid 27 sebanyak 1,762 iaitu penurunan sebanyak 6 peratus berbanding minggu sebelumnya.

Katanya, daerah Seremban mencatatkan jumlah kes ILI yang paling tinggi iaitu sebanyak 4,923 kes.

"Ia diikuti daerah Tampin sebanyak 3,877, Jempol (2,255), Jekebu (2,050), Kuala Pilah (973), Port Dickson (824) dan Rembau (323).

"Kumulatif wabak ILI di Negeri Sembilan pada tahun ini adalah sebanyak sembilan wabak, bagaimanapun tiada wabak ILI yang aktif," katanya.

AKHBAR : KOSMO
MUKA SURAT : 6
RUANGAN : NEGARA

Pendaftaran produk ubatan berasas ganja tahun depan

KUALA LUMPUR – Kementerian Kesihatan (KKM) akan mengumumkan rangka kerja berhubung pendaftaran produk perubatan mengandungi kanabis atau ganja dikenali sebagai kanabidiol (CBD) tertentu yang dijangka dilaksanakan tahun hadapan.

Menteri Kesihatan, Khairy Jamaluddin Abu Bakar berkata, rangka kerja yang akan diumumkan tahun ini itu melibatkan kajian secara sains mengenai penggunaan CBD dalam sektor kesihatan awam pada tahun hadapan.

"Kementerian komited berdasarkan bukti dan sains, jadi dalam erti kata lain jika sains menunjukkan arah tertentu, kita tidak boleh mengelak.

"Saya akan umumkan tidak lama lagi mengenai rangka kerja yang mana kita akan mendaftarkan beberapa produk CBD bermula tahun hadapan," jelasnya selepas Majlis Pelancaran The Centre's Drug Perception Study Report, di sini

semalam.

Tambah Khairy Jamaluddin, keputusan untuk membenarkan produk CBD itu juga tidak perlu melalui mana-mana peruntukan akta mahupun kelulusan di Parlimen.

Dari segi kelulusan produk CBD, Khairy Jamaluddin berkata, produk-produk akan diusulkan oleh syarikat-syarikat farmaseutikal dan dinilai NPRA sebelum didaftarkan pada tahun depan.

Dalam pada itu, beliau berkata, Malaysia tidak terburu-buru untuk turut sama mengikut langkah Thailand yang mengeluarkan ganja daripada senarai dadah sekaligus membuka ruang kepada penanaman tumbuhan itu.

"Untuk tanam itu jauh lagi, soal penanaman ini kita tengok dulu, kita buat secara berperingkat-peringkat. Langkah kita berhati-hati, pertama kita daftar beberapa produk CBD, kita tengok penerimaan doktor dan pesakit," tambahnya.

AKHBAR : THE STAR

MUKA SURAT : 6

RUANGAN : NATION

Nine ILI outbreaks in Negri Sembilan this year

SEREMBAN: A total of 15,225 influenza-like illness (ILI) cases have been reported in Negri Sembilan from Jan 1 to July 9.

State health, environment, cooperatives and consumerism action committee chairman S. Veerapan said the Seremban district recorded the highest number of cases at 4,923, followed by Tampin (3,877), Jempol (2,255), Jelebu (2,050), Kuala Pilah (973), Port Dickson (824) and Rembau (323).

"There have been nine cumulative outbreaks of ILI recorded in the state this year and there are (currently) no active ILI outbreaks.

"There have been no closures of schools or kindergartens due to the outbreak, and no reported deaths," he said in a statement here yesterday.

He advised those at risk, especially senior citizens and children, to seek early treatment if they display symptoms such as fever, flu, cough and diarrhoea.

He also advised the public to regularly wash their hands and avoid visiting crowded places apart from practising proper coughing etiquette. — Bernama

AKHBAR : NEW STRAITS TIMES

MUKA SURAT : 3

RUANGAN : NATION/NEWS



The proposed tobacco and smoking control law contains clauses to prohibit the sale of cigarettes, tobacco and vape products to anyone born after 2005. FILE PIC

GENERATIONAL ENDGAME

Khairy: Cabinet okays smoking ban bill

KUALA LUMPUR: The Tobacco and Smoking Control Bill was approved by the cabinet on Wednesday, said Health Minister Khairy Jamaluddin.

He said the bill would go before Parliament for debate in the upcoming session, which starts next Monday.

Khairy said: "The tobacco bill was approved by the cabinet yesterday (Wednesday). We will be submitting it to Parliament for this session."

The proposed tobacco and smoking control law contains clauses to prohibit the sale of cigarettes, tobacco and vape products to anyone born after 2005.

Traders and cigarette vendors will not be allowed to sell smoking products to people covered by the ban.

Khairy previously said the proposed generational smoking ban was the next step towards reducing cancer cases and improving

cancer treatment access in the country.

He also said once the law was passed, Malaysia would become the first country in the world to enact a tobacco generational endgame legislation.

He said if nothing was done to overcome the smoking problem in the country, the habit would cost the government RM8 billion to treat lung cancer, heart problems and chronic obstructive pulmonary disease by 2030.

'Cabinet members, MPs need to support Khairy's proposal'

GEORGE TOWN: All cabinet members and members of parliament have been urged to unanimously support Health Minister Khairy Jamaluddin's proposal for a progressive law to eliminate smoking and possession of tobacco products for people born after 2005.

Consumers Association of Penang (CAP) president Mohideen Abdul Kader said if the law is enacted, it would create a healthy society and reduce the financial burden on the health-care system.

"CAP welcomes and applauds Khairy's announcement (on the proposal of a progressive law to eliminate smoking and possession of tobacco products for people born after 2005).

"As such, we urge all cabinet members and MPs to unanimously support Khairy's proposal because, as he described, 'Malaysia will become the first country in the world to enact a tobacco generational endgame legislation'.

"It will be a momentous achievement for Malaysia, which started its tobacco control in the early 1970s.

The proposed tobacco and smoking control law contains clauses to prohibit the sale of cigarettes, tobacco and vape products to anyone born after 2005.

Traders and cigarette vendors would not be allowed to sell

smoking products to people covered by the ban.

According to Mohideen, the government made a bad decision when it imposed a 10 per cent excise duty on all electronic and non-electronic cigarette products to raise revenue last year without considering the economic cost of treating chronic smoking-related diseases.

"The taxes earned from all tobacco products are minuscule compared with the estimated current expenditure of RM3 billion to treat chronic smoking-related diseases. The amount is projected to increase to RM8 billion by 2030.

"The claim by the tobacco industry that vaping is harmless and a way to take people off smoking tobacco products is baseless and self-serving.

"Studies have shown that vaping is unsafe as the aerosol contains heavy metals and other toxic chemicals as well.

"Vaping has been found to be more addictive, making it harder to quit.

"Malaysia desperately needs a comprehensive tobacco control law to replace the current Control of Tobacco Product Regulations 2004 that, oddly, is placed under the Food Act 1983."

Mohideen said without the tobacco industry's intense lobbying, the regulations would have been replaced by a standalone Tobacco Control Act in 2007.

AKHBAR : THE STAR

MUKA SURAT : 3

RUANGAN : NATION

Cannabis meds on sale by 2023

KJ: Cannabidiol products to be prescribed, not bought over the counter

By RAGANANTHINI
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KUALA LUMPUR: Registration of cannabidiol (CBD) products is likely to begin next year with a framework on the registration of cannabis products for medicinal use expected to be released sometime this year, says Khairy Jamaluddin.

"I target that next year, we can start registering a few CBD products," the Health Minister said, adding that the National Pharmaceutical Regulatory Agency (NPRA) would analyse proposals on the implementation.

Khairy said factors such as the product's authenticity, safety and efficacy against certain conditions needed to be determined.

In addition to that, he said medical practitioners would also have to be trained to prescribe CBD for

medicinal use.

"Once available, CBD has to be prescribed and cannot be bought over the counter.

"For the time being, I am looking at prescribed CBD and not for self-medication. Recreational use of cannabis is a far cry. It will be limited to only CBD," he told reporters on the sidelines of the launch of The Centre's Drug Perception Study Report yesterday.

"This is the first step. It is better we take cautious steps in line with international standards and scientific data."

Khairy also said the ministry would study the circumstances under which CBD could be prescribed.

On cultivation of the cannabis plant, he said it was not on the cards for now.

"That is still far away. We go step by step," he said, adding that it was important to look at the response to

the products first.

"If the acceptance is huge and it is safe and efficacious, only then we can think about cultivation."

He said he was convinced about the evidence of the use for CBD for medicinal purposes.

He said the products would have to undergo clinical trials on their use for certain medical conditions, adding that talks would be held with researchers from local universities including Universiti Malaya.

On another matter, Khairy said the Cabinet had approved the draft of the proposed Tobacco and Smoking Control Bill on Wednesday.

"So, I will be sending it to Parliament for the coming meeting," he said.

The proposed Bill has provisions to prohibit the sales of cigarettes, tobacco and vape products to those born after 2005.

The Dewan Rakyat will convene from July 18 to Aug 4.

Meanwhile, Persatuan Pengasah Malaysia president Ramli Abd Samad said while the announcement made by the Health Ministry to release the framework for the registration of CBD products next year was welcome, the rakyat must be properly informed about it first.

"Our current education on drugs is creating a stigma towards the substance itself and the addicts including their family.

"When people hear 'cannabis', the first thing in their mind would be the negative effects of it, while in fact there are scientific proofs on its benefits," he said.

Citing morphine as an example, despite being a dangerous substance if used wrongly, it still possesses benefits as a painkiller.

Ramli said CBD would be beneficial to some groups of people, especially those who are suffering from terminally-ill diseases and mental health disorders.

Universiti Malaya's Centre for Addiction Sciences director Assoc Prof Dr Rusdi Abd Rashid said the government should speed up the permission to bring cannabis into the country for research purposes.

Dr Rusdi, whose research is on the use of cannabis for autistic persons with behavioural problems, said the delay would lengthen the time for him to finish his studies.

"I need the finished material. If the government does not allow the finished product to be brought in, I cannot continue with the research."

"And the research would then take another two years before it can be prescribed to patients," he added.

Watch the video
TheStarTV.com

AKHBAR : THE SUN

MUKA SURAT : 4

RUANGAN : NEWS WITHOUT BORDERS

Exercise key to overall health, wellness

BY ELLY FAZANIZA
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PETALING JAYA: Exercise is important to maintain physical fitness and overall health and wellness, so why don't Malaysians do it?

In the 2019 National Health and Morbidity Survey, 50.1% of the country's adult population were reported to be overweight (30.4%) or obese (19.7%).

Similarly, the United Kingdom medical journal, *The Lancet*, pointed to Malaysia as being the most obese country in Southeast Asia.

But despite the staggering figures, why are some Malaysians still reluctant to exercise?

Life coach Suraya Kulop said Malaysians are reluctant to exercise due to their busy lifestyles, especially as the nation eases towards a post-Covid-19 recovery phase.

"Our habits are inter-related with

50.1% of country's adult population overweight or obese, says 2019 survey

our mindset. When we were in lockdown, we started to exercise to motivate ourselves and occupy our time," she told *theSun*.

She said it would take as much as 21 days of daily workouts to get into the habit of exercising.

"A simple exercise can mean a 20-minute brisk walk three to four times a week. Hormones such as endorphins, which are produced in our brain, are released when we move and this can improve our mood, which is good for our overall health."

Suraya said another reason behind the reluctance to exercise is that it is not seen as enjoyable.

Dietitian Reshmy Ranees echoed this sentiment. She said most people

do not care much about their health, until they are faced with a certain illness.

"Most don't care much about diabetes until they or someone close to them has the disease."

"There is a lack of information on how to manage diabetes and the food (those affected) should avoid."

Reshmy said companies have a responsibility to ensure their employees are healthy.

"There must be better ways to approach individuals besides organising health talks or producing pamphlets that are not updated."

"People should be encouraged to exercise."

Reshmy advised individuals to have a blood test done to determine

if they are diabetic or pre-diabetic.

She cited a study released in 2020 in Penang, where 19.6% who were tested were found to be diabetics and 10.12% were pre-diabetics.

"Once an individual knows their bloodwork, they can seek the assistance of other professionals, like dietitians, to plan their meals and fitness trainers for exercise regimes."

"There are also certified diabetes educators who can teach diabetics how to manage their lives in terms of medications, exercise and checking feet for signs of injury."

Reshmy said there is a high probability that by now, these pre-diabetics would already be diabetics.

She also said it was vital for primary schools to have a syllabus on healthy eating.

"It is estimated that 1.65 million Malaysian schoolchildren are expected to be overweight or obese

by 2025."

Former deputy health minister Lee Boon Chye had previously called on the government to allocate additional funds in the national budget to combat non-communicable diseases (NCD).

Common NCD include diabetes, cardiovascular diseases and cancers as well as chronic respiratory diseases.

"We need to have more support for preventive healthcare measures that include corporate entities."

"Some insurance companies have collaborations to raise awareness of the importance of health."

"Similarly, there is the Healthy Community Empowers the Nation programme that provides community awareness and knowledge on the prevention of NCD."

"It has easy daily exercises that have a positive impact on one's health."

Monkeypox case: Casual contacts disease-free

BATU PAHAT: The Johor Health Department yesterday confirmed that all 14 casual contacts of a Malaysian in Singapore who was infected with monkeypox on July 6 were free of the disease.

State Health and Unity Committee chairman Ling Tian Soon said the 14, all of whom were from Johor, had been instructed to undergo self-quarantine at home for a week.

"As of today (July 14), no new cases have been reported involving visitors from Singapore to Johor," he added.

"However, all hospitals in the state were asked to be on alert and instructed to improve facilities as well as adopt the same procedures practised during the Covid-19 pandemic," he said yesterday at the opening of the Haemodialysis Unit Building at the Sultanah Nora Ismail Hospital.

On July 6, a 45-year-old Malaysian living in Singapore tested positive for monkeypox and visited several acquaintances in Johor, Bernama reported.

On the opening of the haemodialysis unit building worth RM1 million contributed by Permodalan Nasional Bhd, Ling said there were 66 patients seeking dialysis services there.

"Until recently, there were 30 dialysis machines placed in the unit, with patients charged RM13 for each treatment session."



SPOT CHECKS ... Malacca Road Transport Department director Muhammad Firdaus Shariff inspecting a vehicle during a joint operation with the Malacca National Anti-Drug Agency and Malacca Immigration Department in Kota Laksamana yesterday. - BERNAMAPIX

Negri records 15,225 flu-like illness cases

SEREMBAN: A total of 15,225 influenza-like illness (ILI) cases have been reported in Negri Sembilan for the period Jan 1 to July 9.

State Health, Environment, Cooperatives and Consumerism Action Committee chairman S. Veerapan said Seremban had the highest number of cases at 4,923. Tampin had 3,877, Jempol recorded

2,255, Jelebu had 2,050, Kuala Pilah reported 973 while Port Dickson registered 824 and Rembau had 323.

There have been nine outbreaks of ILI recorded in the state this year but none are currently active.

"There have been no closures of schools or kindergartens due to the outbreaks, and no reported deaths," he said in a statement yesterday.

Meanwhile, he advised those at risk, especially senior citizens and children, to seek treatment early if they develop symptoms such as fever, flu, cough and diarrhoea.

Veerapan said the public should wash their hands regularly, avoid visiting crowded places and practise proper coughing etiquette. - Bernama

Experts: Food inflation may expose children to obesity risk

KUALA LUMPUR: The current rise in food prices or food inflation, as well as supply chain issues, may disrupt access to proper balanced diets, according to experts who fear that this may adversely affect people's health.

The B40 group, who are the most impacted by the inflation of food prices and who are forced to tighten their belts, may be compelled to make unhealthy food choices and experts fear that this may expose their children, in particular, to the risk of developing conditions such as obesity and diabetes.

There is existing data that points to a rather high prevalence of obesity among children from B40 households.

According to the National Health and Morbidity Survey 2019, the obesity and overweight rates among children from B40 families stood at 15.6% and 15.4% respectively.

In comparison, the prevalence of obesity and being overweight among urban children stood at 15.3% and 15.4% respectively.

A person is considered obese if their body mass index (BMI) exceeds 30, and is overweight if their BMI ranges between 25 and 29.9.

BMI is calculated by dividing the person's weight in kilograms by their height in metres squared.

Universiti Kebangsaan Malaysia Centre for Community Health Studies lecturer in the Nutritional Sciences Programme Prof Dr Ruzita Abd Talib said in the past, obesity was linked to high-income families who lived in cities and were exposed to an environment that contributed to an intake of high-calorie food.

However, the situation has changed and even those living in rural areas and B40 families are facing obesity issues.

"Obesity is high in states with high levels of urbanisation such as Putrajaya due to supply guarantee factors in terms of food quality and quantity as well as environmental factors." - Bernama

Ministry to start registering cannabidiol products in 2023

KUALA LUMPUR: The Health Ministry aims to register some cannabidiol (CBD) products in 2023.

Its minister, Khairy Jamaluddin, said the framework for the CBD product registration will be obtained this year and the National Pharmaceutical Regulation Agency (NPRA) will assess the proposals.

"I foresee that we will be able to begin the registration of several CBD products next year, but what's important isn't the product itself. We

need to see the veracity of the product data from safety aspects and effectiveness against certain diseases."

"Education and scientific exposure (on this matter) would need to be provided to medical officers in Malaysia," he said after the launch of a report titled *How Do Malaysians Really Feel About Drugs?* by The Centre, a think tank co-founded by Khairy that conducted a survey on 500 adults nationwide in April.

He also stressed that the use of CBD would be on prescription only and would never encompass recreational use.

"When we bring CBD in, it cannot be sold over the counter, it must be through prescriptions and what's important is that when the product is available, doctors know how to provide prescriptions."

Khairy said the matter would take some time as the ministry was being cautious and was viewing

international practices and scientific data on the use of CBD products.

He said the ministry would begin with assessing CBD product registrations, which is open to all, followed by clinical tests that encompass human trials conducted by Malaysian researchers.

The ministry is also having discussions with researchers from Universiti Malaya to have them conduct clinical trials on CBD use for medical conditions. - Bernama