

AKHBAR : BERITA HARIAN
MUKA SURAT : 5
RUANGAN : NASIONAL

Subsidi ubat di semua fasiliti KKM masih kekal

Kuala Lumpur: Subsidi ubat-ubatan kepada pesakit yang mendapatkan rawatan di semua fasiliti Kementerian Kesihatan (KKM) dikekalkan bagi memastikan rakyat tidak terbeban dengan peningkatan kos.

Timbalan Menteri Kesihatan, Datuk Lukanisman Awang Sauni, berkata bagi mengurangkan beban pesakit yang mendapatkan rawatan di fasiliti swasta, KKM menyediakan harga panduan pengguna untuk membantu rakyat mendapatkan maklumat harga ubat-ubatan menerusi www.pharmacy.gov.my bagi membuat perbandingan harga.

"KKM meneliti inisiatif ketelusan harga ubat iaitu fasiliti kesihatan swasta yang dikenal pasti perlu memaparkan harga ubat seperti diumumkan Perdana Menteri (Datuk Seri Anwar Ibrahim) pada 3 Oktober 2023.

"Langkah ini dapat meningkat-

kan akses rakyat kepada bekalan ubat yang lebih kompetitif harganya dan membolehkan rakyat mengetahui harga ubat yang perlu dibayar, seterusnya membuat pilihan mengikut kemampuan masing-masing," katanya menjawab pertanyaan Datuk Mohd Isam Mohd Isa (BN-Tampin) di persidangan Dewan Rakyat, semalam.

Mohd Isam bertanya mengenai tindakan KKM berhubung ramalan peningkatan harga ubat-ubatan serta produk farmaseutikal kira-kira lima hingga 10 peratus yang akan memberi tekanan kewangan kepada pesakit dan waris, khususnya penghidap penyakit kronik.

Lukanisman berkata, harga ubat di pasaran dipengaruhi pelbagai sektor ekonomi seperti kadar pertukaran mata wang asing, kos penyelidikan dan pembangunan serta masalah pengilangan,

yang berada di luar kawalan KKM.

Laksana langkah jimat kos

Bagi mengurangkan kos perolehan ubat, katanya, KKM melaksanakan beberapa langkah, antaranya kaedah perolehan ubat dengan kontrak tiga tahun yang dilihat memberi faedah dan manfaat besar kepada kerajaan.

"Langkah ini mampu menjimatkan kos kerajaan untuk mendapat harga tawaran yang lebih stabil, selain memastikan tidak berlaku kenaikan harga dalam tempoh tiga tahun.

"KKM akan mengelak kos berulang bagi tujuan perolehan seperti kos pengiklanan tender, pemantauan kontrak lebih efektif dan mengelakkan terputusnya bekalan perkhidmatan sekiranya berlaku proses tender baharu," katanya.

AKHBAR : HARIAN METRO
MUKA SURAT : 16
RUANGAN : DEWAN RAKYAT

Harga ubat dipengaruhi pelbagai faktor ekonomi

Kuala Lumpur: Kementerian Kesihatan Malaysia (KKM) memaklumkan penentuan harga ubat dipengaruhi oleh pelbagai faktor ekonomi seperti kadar tukaran wang asing, kos penyelidikan dan pembangunan serta masalah pengilangan.

Timbalan Menteri, Datuk Lukanisman Awang Sauni berkata, faktor itu adalah di luar kawalan pihaknya.

Disebabkan itu, katanya, bagi mengurangkan kos perolehan ubat, KKM melaksanakan beberapa langkah seperti perolehan ubat dengan kontrak tiga tahun.

"Kaedah ini memberi faedah kepada kerajaan seperti pertamanya menjimatkan kos kerajaan mendapatkan harga tawaran yang lebih stabil dan tidak berlaku kenaikan harga dalam tempoh tiga tahun.

"Kedua, mengelakkan kos berulang bagi tujuan perolehan seperti kos pengiklanan tender, keti-

ga, pemantauan kontrak yang lebih efektif dan keempat mengelakkan terputus bekalan atau perkhidmatan sekiranya berlaku proses tender baru," katanya di Dewan Rakyat di sini, semalam.

Beliau berkata demikian ketika menjawab pertanyaan **Datuk Mohd Isam Mohd Isa (BN-Tampin)** mengenai apakah tindak balas kementerian berhubung ramalan peningkatan harga ubat-ubatan serta produk farmaseutikal kira-kira lima hingga 10 peratus yang bakal memberi tekanan kewangan kepada pesakit dan waris, khususnya terhadap individu menghadapi penyakit kronik.

Mengulas lanjut, Lukanisman berkata, antara langkah bagi mengurangkan kos lain adalah dengan melaksanakan perolehan secara bersama dengan hospital pengajar di bawah Kementerian Pengajian Tinggi dan Kementerian Pertahanan.

AKHBAR : SINAR HARIAN
MUKA SURAT : 12
RUANGAN : NASIONAL

12 NASIONAL

SINAR HARIAN • SELASA 12 MAC 2024

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Subsidi ubat KKM kekal

Elak rakyat terbeban
akibat peningkatan
kos ubat

SHAH ALAM

Subsidi ubat-ubatan kepada pesakit yang menerima rawatan di semua fasiliti Kementerian Kesihatan (KKM) masih dikekalkan supaya rakyat tidak terbeban dengan sebarang peningkatan kos ubat.

Timbalan Menteri Kesihatan Datuk Lukanisman Awang Sauni berkata, bagi mengurangkan beban pesakit yang mendapatkan rawatan di fasiliti swasta pula, KKM menyediakan harga panduan pengguna untuk membantu rakyat mendapatkan maklumat harga ubat-ubatan menerusi www.pharmacy.gov.my bagi membuat perbandingan harga.

"KKM telah meneliti inisiatif ketelusan harga ubat iaitu fasiliti kesihatan swasta yang dikenal pasti perlu memaparkan harga ubat seperti diumumkan Perdana Menteri, Datuk Seri Anwar Ibrahim pada 3 Oktober 2023.

"Langkah ini dapat meningkatkan akses rakyat kepada bekalan ubat yang lebih kompetitif harganya serta membolehkan rakyat mengetahui harga ubat yang perlu dibayar seterusnya membuat pilihan mengikut kemampuan masing-masing," katanya pada sesi soal jawab di Dewan Rakyat pada Isnin.

Beliau menjawab pertanyaan Datuk Mohd Isam Mohd Isa (BN-Tampin) mengenai tindak balas KKM berhubung



Lukanisman ketika sesi soal jawab Pertanyaan-Pertanyaan Jawab Lisan pada Persidangan Dewan Rakyat di Bangunan Parlimen, Kuala Lumpur pada Isnin.

ramalan peningkatan harga ubat-ubatan serta produk farmaseutikal kira-kira lima hingga 10 peratus yang akan memberi tekanan kewangan kepada pesakit dan waris khususnya penghidap penyakit kronik.

Lukanisman memaklumkan harga ubat di pasaran dipengaruhi oleh pelbagai sektor ekonomi seperti kadar pertukaran mata wang asing, kos penyelidikan dan pembangunan serta masalah pengilangan yang di luar kawalan KKM.

Namun katanya, bagi membantu kerajaan mengurangkan kos perolehan ubat, KKM telah melaksanakan beberapa langkah antaranya kaedah

perolehan ubat dengan kontrak tiga tahun yang dilihat memberi faedah dan manfaat besar kepada kerajaan.

"Langkah ini mampu menjimatkan kos kerajaan untuk mendapat harga tawaran yang lebih stabil selain dapat memastikan tidak berlaku kenaikan harga dalam tempoh tiga tahun.

"Selain itu, KKM akan mengelakkan kos berulang bagi tujuan perolehan seperti kos pengiklanan tender, pemantauan kontrak lebih efektif dan mengelakkan terputusnya bekalan perkhidmatan sekiranya berlaku proses tender baharu," katanya. - Bernama

SIDA
PARLI

AKHBAR : SINAR HARIAN
MUKA SURAT : 25
RUANGAN : NEGERI

Tibi ancam 10,000 penduduk pangsapuri

PASIR GUDANG - Lebih 10,000 penduduk yang menetap di sebuah pangsapuri di Bandar Seri Alam berdepan ancaman tibi berikutan kediaman mereka dikenal pasti sebagai antara *hotspot* penyakit maut itu di negeri ini.

Ahli Dewan Undangan Negeri (ADUN) Johor Jaya, Liew Cai Tung berkata, perkembangan itu membimbangkan lebih-lebih lagi lapan kes tibi atau *tuberculosis* dicatatkan dengan satu kematian di kawasan kediaman terbabit tahun lalu.

"Pangsapuri ini dihuni penduduk tempatan termasuk komuniti dari Sabah dan Sarawak selain warga asing.

"Kegagalan penduduk tidak membuat saringan lebih awal mengakibatkan penularan penyakit tibi terutama membabitkan ahli keluarga.

"Kes tibi menular sekiranya mereka tidak menjalani saringan atau mendapatkan rawatan pada masa yang tepat," katanya ketika Karnival Kesihatan anjuran Unit Tibi Klinik Kesihatan Masai di Dewan Tasek 64 di sini pada Isnin.

Turut hadir, Pakar Perubatan Kesihatan Awam dan Pegawai Kesihatan Daerah Johor Bahru, Dr Haidar Rizal Toha.

Menurut Cai Tung, kawasan itu antara kediaman yang memiliki penduduk paling ramai dan padat menempatkan 22 blok dan berharap kesedaran berkaitan penyakit tibi dipertingkatkan dari semasa ke semasa.

Terdahulu, Cai Tung berkata, pang-anjuran karnival berkenaan adalah satu usaha mencegah penularan penyakit.

"Karnival ini memberi peluang kepada penduduk membuat saringan kesihatan termasuk melakukan X-ray secara percuma.

"Usaha kakitangan Klinik Kesihatan Masai turun padang bagi menjalankan karnival selama sehari di harap dapat mempertingkatkan kesedaran berkaitan tibi serta bertindak lebih awal sebelum terlewat," ujarnya.

Terdahulu, Dr Haidar berkata, batuk berpanjangan, demam, berpeluh, kurang selera makan dan susut berat badan merupakan antara simptom penyakit berkenaan.

"Mereka yang ada simptom ini perlu menjalani pemeriksaan kesihatan dengan segera," katanya.

AKHBAR : SINAR HARIAN
MUKA SURAT : 27
RUANGAN : NEGERI

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SELASA 12 MAC 2024 • SINAR HARIAN

Lebih ramai penderma organ diperlukan - IJN

KUALA LUMPUR - Lebih ramai individu diperlukan sebagai penderma organ terutamanya bagi membantu pesakit yang memerlukan pemindahan segera.

Pengerusi Institut Jantung Negara (IJN), Tan Sri Dr Noor Hisham Abdullah berkata, lebih 300,000 orang yang telah berikrar untuk menderma organ seperti jantung, hati, paru-paru dan sebagainya, namun 0.02 peratus sahaja berakhir dengan pendermaan tersebut.

Menurutnya, di IJN sahaja, terdapat 22 orang pesakit sedang menunggu penderma yang sesuai untuk melaksanakan pemindahan yang melibatkan jantung.

"Kekangan dan cabaran yang kita ada selama 30 tahun adalah mendapatkan organ, jadi kami memerlukan kerjasama daripada setiap individu yang telah berikrar untuk menderma organ.

"Walaupun ramai yang berikrar tetapi apabila tiba masanya, ada keluarga yang tidak bersejua dan sebagainya.



Dr Noor Hisham (dua dari kanan), Dr Aizai Azan (dua dari kiri) dan tetamu kehormat lain bersama dua pesakit (tiga dan empat dari kanan) yang telah berjaya melaksanakan pemindahan jantung di IJN.

"Negara paling berjaya dalam pemindahan ini yang boleh dicontohi ialah Turkiye yang mana pada tahun 2008 hingga 2020, mereka berjaya membuat pemindahan sebanyak 768 kali

di 15 pusat jantung tetapi negara kita hanya 29 kali," katanya.

Beliau berkata demikian ketika sidang akhbar selepas majlis *Second Chance At Life: Successful Heart Transplant*

Journeys di IJN, di sini pada Isnin.

Hadir sama, Ketua Pegawai Eksekutif (CEO) IJN, Datuk Dr Aizai Azan Abdul Rahim; Perunding Kanan Pakar Bedah Kardiotoraks, Profesor Datuk Dr

Mohamed Ezani Md Taib dan tetamu kehormat lain.

Menurut Dr Noor Hisham, ramai pakar dari Malaysia telah dihantar ke Turkiye untuk mempelajari lebih lanjut mengenai pemindahan tersebut.

Bagaimanapun, katanya, kepakaran berkenaan sukar dikembangkan berikutan masih terdapat stigma buruk dalam kalangan masyarakat mengenai perkara itu.

"Orang ramai di negara ini masih mempunyai stigma walaupun pihak jabatan agama Islam telah mengeluarkan fatwa dibolehkan untuk menderma organ yang bukan melibatkan jantung sahaja.

"Kalau ada kepakaran tetapi tidak ada organ, susah untuk meningkatkan (kepakaran) ini.

"Oleh itu, kerjasama padu daripada semua pihak seperti Kementerian Kesihatan Malaysia (KKM), IJN dan sebagainya diperlukan untuk mengatasi stigma ini seterusnya memastikan kejayaan pemindahan organ di negara kita," ujarnya.

AKHBAR : UTUSAN MALAYSIA
MUKA SURAT : 31
RUANGAN : DALAM NEGERI

Kenaikan harga ubat luar kawalan KKM

KUALA LUMPUR: Kenaikan dan penentuan harga ubat-ubatan serta produk farmaseutikal antara lima hingga 10 peratus adalah di luar kawalan Kementerian Kesihatan (KKM).

Timbalan Menteri-nya, Datuk Lukanisman Awang Sauni berkata, penentuan harga ubat dipengaruhi pelbagai faktor ekonomi seperti kadar tukaran wang asing, kos penyelidikan dan pembangunan serta masalah pengilangan.

Sehubungan itu, bagi mengurangkan kos perolehan ubat, katanya, KKM melaksanakan beberapa langkah seperti perolehan ubat dengan kontrak tiga tahun.

"Kaedah ini memberi faedah kepada kerajaan seperti menjimatkan kos kerajaan mendapatkan harga tawaran yang lebih stabil dan tidak berlaku kenaikan harga dalam tempoh tiga tahun.

"Selain itu, bagi mengelakkan kos berulang bagi tujuan perolehan seperti kos pengiklanan tender, pemantauan kontrak yang lebih efektif dan keempat mengelakkan terputus bekalan atau perkhidmatan sekiranya berlaku proses tender baharu," katanya semasa sesi pertanyaan-pertanyaan bagi jawapan lisan di Dewan Rakyat, semalam.

Beliau berkata demikian bagi menjawab soalan Datuk Mohd Isam Mohd Isa (BN-Tampin) mengenai tindak balas kementerian berhubung rancangan peningkatan harga ubat-ubatan serta produk farmaseutikal kira-kira lima hingga 10 peratus yang bakal memberi tekanan kewangan kepada pesakit dan waris khususnya individu menghadapi penyakit kronik.

Lukanisman berkata, antara langkah bagi mengurangkan kos lain adalah melaksanakan perolehan secara bersama dengan hospital pengajar di bawah Kementerian Pengajian Tinggi (KPT) dan Kementerian Pertahanan (Mindef).

AKHBAR : NEW STRAITS TIMES
MUKA SURAT : 4
RUANGAN : NEWS / NATION

Ministry not ready for generic meds production

THE Health Ministry is still unable to establish an ecosystem to produce generic medicine.

Deputy Minister Datuk Lukanisman Awang Sauni said while the government had plans to produce them, the cost of manufacturing these generic, or alternative medications, would be prohibitively expensive in comparison to more developed nations, such as India, which is already at the forefront of this industry.

"We have yet to reach a stage where we can establish such an ecosystem within the country.

"Nevertheless, we are committed to ensuring that the prices of these medications, as well as their procurement within the ministry, are regulated so that new medications can be obtained for more effective treatment," he said during the ministry's question-and-answer session yesterday.

He was responding to Datuk Mohd Isam Mohd Isa's (BN-Tampin) supplementary question regarding the possibility of

having alternative sources of medicine and the ministry's plan to locally produce generic medication.

Regarding the ministry's plan to stabilise or reduce the price of medicines for treatments such as depression, leukaemia and cancer, Lukanisman said these medicines were still distributed free of charge to patients.

He said drug prices, however, were influenced by various economic factors, such as foreign exchange rates, research and development costs, and manufacturing costs, and these factors were beyond the ministry's control.

He said the ministry had implemented several measures to reduce drug procurement costs, including by conducting pooled procurement with teaching hospitals under the Higher Education and Defence ministries.

He said the procurement by these ministries was estimated to save RM179.6 million for the procurement period from 2020 to 2022.



Datuk Lukanisman
Awang Sauni

AKHBAR : NEW STRAITS TIMES
MUKA SURAT : 9
RUANGAN : NEWS / NATION

TUESDAY, MARCH 12, 2024. NewStraitsTimes

Nation / NEWS

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EAT PROTEINS

FASTING TIPS DURING HEATWAVES

Staying hydrated is vital, says health specialist

NAJIHAH BORHAN
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MUSLIMS should pay heed to some precautions during the hot weather in the fasting month. This is crucial to prevent health implications related to the severe heat.

Universiti Kebangsaan Malaysia public health specialist Professor Dr Sharifa Ezat Wan Puteh said people with higher risks, such as the elderly, were prone to heat exhaustion and heat stroke.

She said those fasting should drink enough water during *sahur* and breaking of fast.

"Staying hydrated is crucial during fasting to prevent dehydration, which can lead to dizziness, headaches and fatigue."

"A person needs two litres of fluids a day. One should take 500ml during *sahur* and the 1.5 litre balance should be in small periodic intakes in the evening and at night."

"The general eight glass of water can be broken into the '2-4-2 glasses' rule; two glass of water during *iftar*, four glass throughout the night and two during *sahur*," she told the *New Straits Times*.

Sharifa Ezat said taking complex carbohydrates, such as whole grain bread and rice, provided sustained energy and kept people full for more hours as they took longer to digest.

"Make sure to take proteins such as chicken, fish, eggs, fruits and vegetables as protein fuels your body, keeps up energy levels and delays hunger pangs."

"Don't take too much salt, carbonated drinks, high-sugar drinks, greasy foods and caffeine as these might dehydrate you. You tend to pass urine more and easily dehydrate."

Ezat said people experiencing symptoms or signs of heat exhaustion should break their fast and drink water.

They should also have a cold shower or put cold towels in between the folds of body parts to bring down their temperature, she said.

If unsure, people should seek treatment because a surge in temperature can also be caused by infection or fever.

She said heat strokes could be fatal in certain cases, and once it got close to that point, some patients might need resuscitation.

Health director-general Datuk Dr Muhammad Radzi Abu Hassan recently urged people to take preventive measures when

the weather was hot, especially during Ramadan.

"People should plan activities during Ramadan and avoid the peak times of hot weather between 11am until 4pm."

"Avoid wearing thick, tight and dark-coloured clothes to help the process of losing heat from the body, and limit vigorous physical activity during hot weather as it can increase the risk of heat-related illness."

According to the MyHealth portal, signs and symptoms of heat-related health problems vary according to the case severity.

Common symptoms include headache, lethargy, poor concentration, dizziness, muscle weakness and nausea, while more severe symptoms are dehydration, confusion and coma.

Checks with the Malaysian Meteorological Department showed that heatwaves usually occurred from February to May.

DO'S & DON'TS DURING RAMADAN

Food Suggestions During Sahur
Take proteins such as chicken, fish and eggs as protein fuels your body, keeps energy level up and delays hunger pangs

Foods to Avoid During Sahur
Don't take too much salt, carbonated drinks, high-sugar drinks, greasy foods and caffeine, as these might dehydrate you

Drink Sufficient Water
* 250ml per glass

2 glasses during *iftar* **4** glasses throughout the night **2** glasses during *sahur*

Avoid Heat-related Illness
• Avoid wearing thick, tight and dark-coloured clothes and limit vigorous physical activity during hot weather as it can increase the risk of heat-related illness

Signs and Symptoms of Heat-related Illness

• Headache • Lethargy • Dizziness
• Nausea • Poor concentration
• Muscle weakness • Severe forms are dehydration, confusion and coma

People who experience symptoms of illness due to heat should seek immediate treatment at the nearest health facility

INFOGRAPHIC NST

AKHBAR : THE STAR
MUKA SURAT : 8
RUANGAN : NATION

'Medicine prices are stable'

Lukanisman: MOH has long term contracts to ensure supply



DESPITE concerns predicting an increase in medicine prices by up to 10%, Deputy Health Minister Datuk Lukanisman Awang Sauni has assured that this will not be the case.

He said the government has taken steps to ensure medicine prices stay stable.

Among the steps taken was acquiring three-year-long acquisition contracts with medicine suppliers, said Lukanisman.

"This ensures that medicine prices will remain stable and not increase for three years while also saving the government from repetitive costs such as advertising new tenders.

"This has made contract monitoring more effective while also ensuring there is no sudden cut in medicine supply during the three years," he said during ministry question time in the Dewan Rakyat yesterday.

Lukanisman said the ministry has also continued to engage in pool procurement of medicine with teaching hospitals under the Higher Education Ministry and



Key provision: The Deputy Health Minister was responding to concerns that medicine prices could increase by 10% in the near future.

military hospitals under the Defence Ministry.

"This joint acquisition saved the government an estimated RM179.6mil in the procurement period from year 2020 to 2022," he said.

Lukanisman was responding to a question by Datuk Dr Nik

Muhammad Zawawi Salleh (PN-Pasir Puteh), who brought up concerns that medicine prices could increase by up to 10% in the near future.

In a follow-up question, Muhammad Zawawi asked about the possibility of having localised production of general medication

as an alternative supply.

To this, Lukanisman said the ministry had plans to do so, but such a move would require much more research and cost assessment.

"We are not at the right stage yet to create such an ecosystem in the country," he said.

AKHBAR : THE STAR
MUKA SURAT : 10
RUANGAN : NATION

A second chance at life

Successful heart transplants for duo thanks to donors and IJN

By HO JIA WEN
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KUALA LUMPUR: Danielle Kang has received a new lease on life after a miraculous heart transplant.

The teenager's health problems started in November last year when she was rushed to Pusat Jantung Sarawak in Kuching for treatment before she was transferred to the National Heart Institute (IJN) here on Jan 15.

Heart and Lung Transplantation and Mechanical Heart Programme clinical director Datuk Dr Mohd Nazeri Nordin said the Sarawakian's case was severe.

"She was in quite a bad condition when she came here; her cardiac status remained poor despite ongoing treatment.

"We had an urgent meeting to discuss her condition," he said.

Kang, 18, was given mechanical support to keep her alive while waiting for a suitable donor.

However, she needed an urgent heart transplant within two weeks.

Fortunately, IJN received a call, and a Fire and Rescue Department helicopter was deployed to rush



Feeling grateful:

Muhammad Farhan (third from left) and Kang, sharing a light moment with (from left) Prof Datuk Dr Mohamed Ezani Taib, Datuk Dr Aizai Azan Abdul Rahim, Dr Noor Hisham and Dr Mohd Nazeri at an IJN press conference yesterday. — ART CHEN/The Star

the donor's heart from Melaka in the early morning of Feb 25.

The very same day, the heart was successfully transplanted.

"We discharged her to the ward after two weeks in the intensive care unit," Dr Mohd Nazeri said here yesterday.

Kang missed her Sijil Pelajaran Malaysia exams due to her condition, and will be sitting for it this year.

"I feel very fortunate that I have my family and doctors to take

care of me," she said.

Another patient, Muhammad Farhan Irfan Mohd Razif, 20, from Melaka also had a successful heart transplant in January.

He was referred to IJN from Hospital Angkatan Tentera Melaka.

He had waited for eight months before a suitable donor was available. "I am on the road to recovery and with a new heart, I can walk farther and feel stronger," he said.

Meanwhile, IJN chairman Tan Sri Dr Noor Hisham Abdullah stressed the urgent need for organ donors.

"Although 382,020 citizens have pledged to donate organs, only 0.002% actually donated.

"When the time came, some families did not consent to the donation," he said.

He said this during the Second Chance At Life: Successful Heart Transplant Journey event in IJN yesterday.