

AKHBAR : HARIAN METRO
MUKA SURAT : 6
RUANGAN : LOKAL

AKTA 852

Lindungi masyarakat daripada rokok dan vape

Kuala Lumpur: Akta Kawalan Produk Merokok Demi Kesihatan Awam 2023 (Akta 852) bakal memberi perlindungan kepada masyarakat terutama kanak-kanak daripada bahaya produk berkenaan (rokok dan rokok elektronik atau vape).

Ketua Penolong Pengarah Kanan, Bahagian Kawalan Penyakit, Kementerian Kesihatan Malaysia (KKM) Dr Muaz Sayuti berkata, akta itu ditunggu-tunggu oleh ibu bapa dan guru kerana

dapat mengawal semua jenis produk rokok yang ada dalam pasaran berikutan ia turut melibatkan soal pendaftaran produk itu dengan KKM.

"Pendaftaran dalam konteks ini bukan seperti ubat-ubatan yang jika berdaftar dengan KKM maksudnya selamat. Pendaftaran melalui akta ini supaya dapat pengawasan dan mengetahui kandungan yang berada dalam produk itu.

"Jika mempunyai kesan kepada kesihatan, akta ini

ada kuasa untuk tarik kebenaran terhadap produk terbabit," katanya ketika menjadi tetamu pada program Ruang Bicara terbitan Bernama TV, kelmarin.

Beliau berkata, KKM berusaha untuk meluluskan akta itu kerana perlu ada akta khas yang mengawal produk rokok dan vape sedangkan Peraturan-Peraturan Kawalan Hasil Tembakau (PPKHT) 2004 berada di bawah Akta Makanan 1983.

"PPKHT berada di bawah

Akta Makanan 1983, umum mengetahui bahawa rokok dan vape bukan produk makanan. Disebabkan itu, KKM berusaha untuk meluluskan satu akta yang boleh mengawal produk berbahaya itu.

"Dengan lulusnya akta ini, ia merupakan kejayaan besar buat kami di KKM serta masyarakat. Pelbagai perkara berkaitan akan diperincikan dalam peraturan itu terutama kepada golongan kanak-kanak," katanya.

AKHBAR : HARIAN METRO
MUKA SURAT : 20
RUANGAN : LOKAL

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Kota Bharu

Strok haba paling bahaya

Sakit kategori berkaitan kepanasan boleh membawa maut jika tidak dirawat segera

Strok haba kini dikenal pasti sebagai antara penyakit paling berbahaya dalam kategori penyakit berkaitan kepanasan atau *Heat Related Illness* yang boleh membawa maut jika tidak dirawat segera.

Menurut rekod, pada suku pertama 2024, terdapat 45 kes penyakit berkaitan kepanasan di Malaysia dengan dua kematian akibat strok haba dan beberapa mangsa juga mengalami komplikasi serius memerlukan rawatan intensif di Unit Rawatan Rapi (ICU).

Pakar Perubatan Kecemasan, Jabatan Kecemasan, Hospital Universiti Sains Malaysia (USM), Dr Syafiqah Adnan berkata, rawatan awal amat penting dalam menangani strok haba iaitu dengan menyejukkan badan mangsa secepat mungkin terutamanya menggunakan ais.

Katanya, selain itu, rawatan awal yang boleh dilakukan ahli keluarga atau sesiapa sahaja adalah memindahkan mangsa ke tempat yang sejuk, menanggalkan pakaian, menggunakan kipas atau semburan air serta meletakkan ais di badan mangsa jika ada.

"Lagi cepat mangsa disejukkan, lagi tinggi kadar sembuh dan risiko kematian berlaku."

"Walaupun bagaimanapun,

Strok haba berlaku apabila tubuh tidak mampu mengeluarkan haba secara efektif akibat terdedah kepada suhu tinggi untuk jangka masa yang lama"

Dr Syafiqah

masalah utama ialah kebanyakan mangsa tiba di hospital dalam keadaan yang sudah kritikal. Rawatan tidak lagi memberikan banyak kesan kepada mangsa," katanya.

Beliau berkata, strok haba adalah sebahagian daripada spektrum penyakit berkaitan haba yang merangkumi beberapa tahap daripada paling ringan hingga paling berbahaya.

"Kategori penyakit berkaitan kepanasan atau *heat related illness* terdiri daripada beberapa peringkat iaitu *heat edema* (sembap kaki), *prickly heat* (ruam panas), *heat cramp* (kekejangan), *heat syncope* (pingsan), *heat exhaustion* (keletihan haba) dan yang paling berbahaya ialah strok

haba yang boleh membawa maut.

"Strok haba biasanya berlaku apabila tubuh tidak mampu mengeluarkan haba secara efektif akibat terdedah kepada suhu tinggi untuk jangka masa yang lama.

"Apabila seseorang itu mengalami strok haba, suhu badan melonjak melebihi 40 darjah celsius selain menunjukkan tanda-tanda seperti muka merah, kulit kering tanpa peluh.

"Paling ketara ialah kesadaran yang merosot ditambah gejala lain yang dapat dilihat seperti pening, sakit kepala, muntah, sawan, dan kekejangan serta mangsa mungkin juga akan berjalan terhuyung-hayang dan menunjukkan tanda-tanda seakan-akan strok biasa tetapi dalam kes ini badan mereka terlalu panas," katanya.

Katanya, bagi mengurangkan risiko strok haba, orang ramai dinasihatkan tidak melakukan aktiviti luar terutamanya semasa gelombang haba dan melakukan aktiviti pada waktu yang kurang panas seperti pagi atau petang.

"Selain itu, orang ramai

juga boleh memakai pakaian yang nipis, longgar, memilih warna yang tidak menyerap haba serta disarankan untuk minum air sebanyak mungkin walaupun tidak dahaga dan elakkan minuman yang beralkohol sebelum atau semasa melakukan aktiviti luar.

"Strok haba juga boleh terjadi kepada bayi dan warga emas terutamanya jika terdedah secara terus kerana sistem penyejukan badan mereka kurang berfungsi dengan baik dan tubuh mereka tidak dapat mengawal suhu dengan baik," katanya.

Pada masa sama, beliau turut menasihati golongan yang berisiko seperti jemaah haji dan umrah mengambil langkah pencegahan yang sewajarnya termasuk meminum air secukupnya dan menjaga suhu badan sepanjang menunaikan ibadah.

45

Bilangan kes penyakit berkaitan kepanasan di Malaysia pada suku pertama 2024



ORANG ramai dinasihatkan tidak melakukan aktiviti luar terutamanya semasa gelombang haba untuk mengurangkan risiko diserang strok haba.

AKHBAR : SINAR HARIAN
MUKA SURAT : 12
RUANGAN : NASIONAL

Malaysia kemuka Resolusi Kesihatan Paru-Paru WHO

KUALA LUMPUR -

Malaysia mengambil langkah signifikan dalam menangani beban global penyakit paru-paru dengan mengetuai penyerahan bersejarah Resolusi Kesihatan Paru-Paru Pertubuhan Kesihatan Sedunia (WHO) pada Kongres Kanser Sedunia di Geneva, Switzerland baru-baru ini.



DR DZULKEFLY

Resolusi itu, yang didasarkan untuk diterima pakai sebagai agenda kesihatan global di Perhimpunan Kesihatan Sedunia dan Perhimpunan Agung Pertubuhan Bangsa-Bangsa Bersatu pada 2026, bermatlamat untuk memberikan keutamaan kepada kesihatan paru-paru pada platform antarabangsa.

Menteri Kesihatan, Datuk Seri Dr Dzulkefly Ahmad berkata, Inisiatif Malaysia mengemukakan Resolusi Kesihatan Paru-Paru WHO merupakan suatu seruan jelas kepada semua negara untuk mengutamakan strategi bersepadu dan komprehensif bagi menangani beban penyakit paru-paru secara langsung.

"Dengan menyerahkan resolusi ini kepada WHO, kami menyasarkan untuk memangkin pergerakan di seluruh dunia yang akan menyelamatkan jutaan nyawa serta meringankan beban sosial dan ekonomi yang disebabkan oleh penyakit yang boleh dicegah ini," katanya pada Selasa.

Penyakit paru-paru termasuk kanser paru-paru dan penyakit pernafasan lain menjadi isu kesihatan global yang mendesak, terutamanya di negara membangun yang menanggung beban penyakit berkenaan.

Menurut WHO, lebih 85 peratus kematian pramatang akibat penyakit tidak berjangkit (NCD) berlaku dalam persekitaran yang ada sumber terhad.

Di Malaysia, kanser paru-paru kekal sebagai antara punca utama kematian berkaitan kanser dan Kementerian Kesihatan (KKM) melaporkan terdapat peningkatan kes akibat kelaziman merokok yang tinggi serta pencemaran alam sekitar.

Kesan kewangan NCD di Malaysia adalah ketara, dengan anggaran impak tahunan berbilion dolar dalam kos penjagaan kesihatan secara langsung dan kehilangan produktiviti.

Bagi menangani isu itu, Malaysia melaksanakan beberapa inisiatif bertujuan membendung perbuatan merokok, meningkatkan kualiti udara dan menggalakkan gaya hidup sihat.

Ia termasuk Pelan Strategik Kebangsaan untuk Kawalan Kanser (2021-2025) yang memfokuskan pada pengukuhan perkhidmatan pencegahan, pengesanan awal dan rawatan di seluruh negara.

Malaysia juga membangunkan Pelan Strategik Kebangsaan Kesihatan Paru-Paru (2025-2030) dan Pelan Hala Tuju Inisiatif Kesihatan Paru-Paru.

Strategi ini memanfaatkan teknologi digital untuk meningkatkan hasil kesihatan paru-paru dan menambah baik daya tahan penjagaan kesihatan.

"Dengan melabur dalam perubatan ketepatan, kecerdasan buatan dan teleperubatan, kami meletakkan Malaysia sebagai peneraju global dalam memerangi penyakit paru-paru.

"Teknologi termaju ini akan meningkatkan upaya pemeriksaan, membolehkan pengesanan awal dan menyokong pembangunan pelan rawatan yang dipersonalisasi, kesemuanya penting untuk meningkatkan kesihatan paru-paru dan menyelamatkan nyawa," kata Dr Dzulkefly. - Bernama

AKHBAR : UTUSAN MALAYSIA
MUKA SURAT : 6
RUANGAN : DALAM NEGERI

Kerajaan lancar pelan 'Putrajaya Sihat'

PUTRAJAYA: Kerajaan meluluskan Pelan Strategik Putrajaya Sihat Sejahtera (PSS) sebagai salah satu inisiatif di bawah Agenda Nasional Malaysia Sihat (ANMS).

Timbalan Perdana Menteri, Datuk Seri Dr. Ahmad Zahid Hamidi berkata, kelulusan itu bagi menjayakan hasrat kerajaan melahirkan penjawat awam yang mempunyai status kesihatan baik supaya terus berfungsi dengan produktif dalam membangunkan negara.

"Pelan Strategik PSS menggariskan pelbagai strategi, inisiatif dan sasaran yang perlu dicapai menjelang 2030.

"Ia bermatlamat menurunkan prevalen faktor risiko kesihatan dalam kalangan penjawat awam di Putrajaya melalui pelaksanaan polisi berkaitan pembudayaan hidup sihat dan persekitaran yang menyokong kesihatan.

"Selain itu, ia juga bagi meningkatkan literasi kesihatan serta amalan budaya hidup sihat di tempat kerja," katanya dalam kenyataan, semalam.

Terdahulu, Ahmad Zahid yang juga Pengerusi Jawatankuasa Kabinet Agenda Nasional Malaysia Sihat mempengerusikan Mesyuarat Jawatankuasa Kabinet Agenda Nasional Malaysia Sihat (ANMS) Bilangan 2/2024.

Ahmad Zahid berkata, strategi yang digunakan dalam melaksanakan PSS termasuk pengukuhan literasi kesihatan penjawat awam dan persekitaran yang menyokong kesihatan.

"Pemantapan intervensi kesihatan pembudayaan hidup sihat dan pengukuhan kelestarian persekitaran yang menyokong kesejahteraan kesihatan juga menjadi antara strategi dilaksanakan.

"Selain itu, ia turut melibatkan pemeraksanaan nilai 'ownership' dalam kesejahteraan kesihatan melalui pengiktirafan kepada rakan strategik," katanya.

AKHBAR : NEW STRAITS TIMES
MUKA SURAT : 3
RUANGAN : NATION / NEWS

'PUTRAJAYA SIHAT SEJAHTERA'

Health plan for civil servants launched

KUALA LUMPUR: The Agenda Nasional Malaysia Sihat cabinet committee has approved the strategic plan for the "Putrajaya Sihat Sejahtera" programme.

Cabinet committee chairman Datuk Seri Dr Ahmad Zahid Hamidi said the move was aimed at cultivating a healthier workforce among civil servants, enabling them to contribute effectively to the nation's development.

He said the strategic plan encompassed strategies and initiatives set to commence with a pilot phase from 2024 to 2025.

"The programme aims to reduce the prevalence of health risk factors among public servants in Putrajaya through the implemen-

tation of policies.

"This is related to promoting a healthy lifestyle and creating a health-supporting environment, as well as enhancing health literacy and an environment that supports health in addition improving health literacy and cultural practices of healthy living in the workplace," he said in a statement.

"Other strategies include strengthening the sustainability of environments that support health and wellbeing, and empowering a sense of ownership in health and wellbeing through recognition of strategic partners.

"We will also expand the Well-ness on Wheel (WOW) service

through 19 vehicles to be launched in collaboration with members of parliament for WOW activities starting in 2025."

Zahid said a baseline data survey would be conducted this year, followed by an evaluation of the pilot phase's effectiveness at the end of 2025.

He said 16 initiatives would be implemented as indicators for measuring the success of the programme.

"The success of these initiatives will be assessed through studies and surveys, such as the Malaysia Health Literacy Survey 2028, Malaysia Healthy Lifestyle Index 2028, National Health and Morbidity Survey 2028 and post-effectiveness study of the pro-



Participants at a run in Putrajaya last month. The 'Putrajaya Sihat Sejahtera' programme aims to reduce the prevalence of health risk factors among public servants. PIC BY MOHD FADLI HAMZAH

gramme in 2030," he said.

Zahid said the success of the programme relied on empowering public servants and the commitment of strategic partners across all ministries, depart-

ments and agencies, in adopting a whole of nation approach.

He said health and wellbeing issues must be addressed across ministries and agencies in all policies (Health In All Policies).

AKHBAR : THE STAR
MUKA SURAT : 8
RUANGAN : NATION

Call to set spending at 5% of GDP

Keep manpower and upgrade public health facilities, government told



By RAGANANTHINI VETHASALAM
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PETALING JAYA: Keeping manpower and upgrading public health facilities should be among the top priorities in the government's spending plan for next year, say members the medical fraternity.

Referring to next month's tabling of Budget 2025, they said that Malaysia's public healthcare spending should be at 5% of gross domestic product (GDP) in accordance to the World Health Organisation's yardstick.

Malaysian Medical Association (MMA) president Datuk Dr Kalwinder Singh Khaira said about 70% of Malaysians rely on public healthcare services, which means that urgent steps need to be taken to retain the services of healthcare workers by improving their work-life balance, benefits and overall efficiency.

"The brain drain and resignations of both junior and senior doctors which are occurring at an alarming rate need to be addressed," he said.

If introducing more new positions within the system is a challenge, he said the government should look into creating "Khas Untuk Penyandang (KUP) Gred



Increase pay and benefits: MMA proposes to increase medical officers' hourly active on-call rate and specialists' hourly active on-call allowance rate in this file photo.

Khas C" positions for specialists who have been stagnating at the UD56 scale.

"There are a few hundred doctors in this category across all specialisations. Up to 100 are senior doctors who got their UD56 (grade) in 2017 and have since been stagnating at this scale," he said.

MMA is expecting the government to announce new on-call rates under Budget 2025.

"We hope the government will accept MMA's proposal of increasing the hourly active on-call rate for medical officers to RM25 an hour (from the current rate of RM9.16 an hour for weekend active calls)," he said.

"Similarly, we hope that the government will increase the specialists' hourly active on-call allowance rate to RM30 an hour (from RM10.40 currently)," he added.

MMA also called for allocation for the purchase of Automated External Defibrillator (AED) machines in view of the increasing reports of cardiac arrest cases. "Corporate organisations and privately-owned gymnasiums as well as sports centres should be given tax relief for purchasing this life-saving equipment," he said.

Senator Dr RA Lingeshwaran, who is the former director of Hospital Sungai Bakap, suggested

that hospitals be given a certain percentage of revenue collected from sin taxes derived from cigarettes, alcohol and also sugar-sweetened beverages (SSB) tax.

"This is so that they can replace their ageing equipment and upgrade dated facilities," he said.

Former Health Ministry's disease control division deputy director Datuk Dr Zainal Ariffin Omar said hospitals and clinics, especially those which serve as the first point of contact such as the outpatient department, should be upgraded and equipped with the required manpower, particularly specialists.

He also proposed that the Peka

B40 scheme be expanded to cover follow-up care for non-communicable diseases (NCD) after diagnosis.

Dr Ginsky Chan, Access Director at Angsana Health, said Budget 2025 should focus on strengthening the health system to meet the evolving needs of Malaysians.

"This includes addressing the challenges posed by an ageing population, rising rates of NCD and ensuring equitable access to healthcare services for all."

"Specific areas of focus could include strengthening primary healthcare services to prevent and manage chronic conditions more effectively and promoting the use of health technology and digital health to improve screening, diagnosis and patient care," Chan said.

He cited international benchmarks which showed that upper middle-income country's spend about 6% to 8% of GDP on healthcare.

"However, it is crucial to prioritise efficiency over simply increasing the budget. By addressing inefficiencies within the existing system, we can maximise the impact of our healthcare spending," he added.

He said this could involve reforms such as streamlining administrative processes, increasing public-private partnerships and promoting preventive care.

The Health Ministry was allocated RM11.2bil in Budget 2024, making it the second highest recipient.

PSS plans to groom healthy civil servants

PUTRAJAYA: The Cabinet committee meeting on Agenda Nasional Malaysia Sihat (ANMS) has approved the Putrajaya Sihat Sejahtera (PSS) Strategic Plan as part of the national health agenda's initiatives.

The plan aims to support the government's goal of fostering a healthy public service workforce capable of contributing productively to Malaysia's development.

Deputy Prime Minister and ANMS Cabinet Committee chairman Datuk Seri Dr Ahmad Zahid Hamidi said the PSS Strategic Plan outlined various strategies, initiatives and targets to be achieved by 2030.

"It aims to reduce the prevalence of health risk factors among public servants in Putrajaya by implementing policies promoting a healthy lifestyle and creating a health-supportive environment, while also improving health literacy and workplace wellness practices," he said in a statement that was reported by Bernama after chairing the meeting yesterday.

PSS will be implemented from the pilot phase, running from 2024 to 2025 with a baseline data survey to be conducted this year, followed by an effectiveness survey at the end of 2025.

AKHBAR : THE SUN
MUKA SURAT : 5
RUANGAN : NATIONAL

'I never prevented anyone from taking Covid vaccine'

► My video broadcast contained no element of deception, falsehood or offensive words, says clinic founder

SEPANG: The KL Sky Clinic founder Dr Roland Victor told the Sessions Court here he had never prevented anyone from taking the Covid-19 vaccine shot, as he believed it was an individual's personal choice.

Roland, 42, who is charged with making and initiating the transmission of offensive videos regarding the Covid-19 vaccine, said this when reading his witness statement on the first day of the defence proceedings before Judge Ahmad Fuad Othman on Monday.

He said he made a live video broadcast lasting about 56 minutes on Feb 7, 2021, via The KL Sky Clinic Facebook page, to inform the public about the mRNA (messenger ribonucleic acid) vaccine.

"At no point in the video did I prevent anyone from receiving vaccinations. The live broadcast explains the vaccine's function, how mRNA helps build immunity, and the side effects that may occur after vaccination."

"Throughout the live broadcast, I did not talk about any offensive content. In fact, the

entire video contained no elements of deception, falsehood, or words that could offend others," Victor said.

The former Practice Control Unit and Private Medicine senior assistant director at the Federal Territories Health Department, Kuala Lumpur and Putrajaya, said the content of the live broadcast was based on references from the National Pharmaceutical Control Bureau, the Health Ministry, and documents issued by Pfizer, Bernama reported.

"I also addressed and answered questions from the audience (during the live video) on current issues and health topics. I translated the document from English to Malay to help the public understand how the vaccine works, its contents, and the side effects of the Comirnaty mRNA vaccine," he said.

Victor said the explanations in the video were based on his research and reading of various articles, and as a doctor, he was responsible for providing accurate and timely information to the public.

"The video had no impact on the national vaccination drive, which saw a response rate of almost 90%. I was personally involved in the national immunisation programme at The KL Sky Clinic, supplying the Sinovac vaccine," said Victor, who has been serving at the clinic for over 10 years.

Deputy public prosecutor Ahmad Zuhaimi Muhammad Amin appeared for the prosecution, while the accused was represented by lawyer Datuk Ahmad Zaidi Zainal.

Last March 21, Ahmad Fuad ordered Victor to enter his defence on the charge after finding that the prosecution had succeeded in establishing a *prima facie* case against him.

On July 5, 2021, Victor was charged with making and initiating the transmission of the offensive video with intent to annoy others using the Facebook profile page "The KL Sky Clinic" at 10.30pm on Feb 7, 2021.

He was charged under Section 233 (1) (a) of the Communications and Multimedia Act 1998 and can be punished under Section 233 (3) of the same Act which carries a maximum fine of RM50,000 or imprisonment for up to one year or both. He can be further fined RM1,000 for each day the offence continues after conviction.