

Most breast cancer cases diagnosed late: Minister

■ BY QIRANA NABILLA MOHD RASHIDI
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PUTRAJAYA: Breast cancer continues to claim lives in Malaysia, with more than half of cases diagnosed at advanced stages, said Health Minister Datuk Seri Dr Dzulkefly Ahmad yesterday.

He revealed that as of 2024, only 857,722 women, just 10.9% of the target population, have undergone breast cancer screenings.

"More concerning is the fact that over 50% of breast cancer cases in Malaysia are detected at stages three and four, indicating late diagnosis," he said after launching the Breast Cancer Awareness Month ceremony.

Dzulkefly said the Health Ministry is targeting at least 20,000 women aged 30 and above for screenings from October to December through scheduled activities during the awareness month.

"From 2019 to 2023, over eight million women underwent breast cancer screenings, with coverage averaging around 27% annually. The incidence rate in 2022-2023 stood at 38.1 per 100,000 women, underscoring the urgency of stronger awareness and prevention efforts," he added.

The ministry has outlined several initiatives to boost early detection:

- ➊ Clinical breast examinations for women aged between 30 and 60 at the Health Ministry's headquarters, with free mammogram referrals for the B40 group.
- ➋ Community screenings at 83 locations nationwide, including 20 National Cancer Society Malaysia (NCSM) panel hospitals across 12 states.
- ➌ Mammogram screening tour using UniSZA's mobile trailer in collaboration with NCSM at selected sites.
- ➍ Comprehensive screening programmes covering colorectal, cervical, prostate and lung cancers.



Dzulkefly (left) attending the inauguration of Breast Cancer Awareness Month at the Health Ministry in Putrajaya yesterday. – ADAM AMIR HAMZAH/THESUN

Dzulkefly highlighted the rising trend in cases, namely 18,206 new cases in 2007-2011, 21,634 in 2012-2016 and 29,534 in 2017-2021.

Between 2022 and 2023, 12,820 cases were reported, with the latest data still being compiled.

"This reflects delays in early detection and underscores the urgent need to strengthen public awareness so that women come forward earlier for screening," he said, adding that the initiatives aim to expand access, improve early detection and enable timely treatment.

He emphasised the moral and practical responsibility of a national healthcare system, and said: "The strength of a healthcare system is not

measured by how well we treat the strongest among us, but by how we protect and care for the weakest and most underserved.

"That is why our outreach programmes are so critical, particularly for low-income and underserved communities."

In line with the international Pink October campaign, the ministry would organise Breast Cancer Awareness Month under the theme "United for Women: Spread Awareness, Save Lives", aligned with World Cancer Day 2025-2027's theme "Unity in Diversity", highlighting that the fight against breast cancer requires unity and collaboration from all parties.

14 MONTHS TO END

Perak to stop licensing vape sellers from next year

IPOH: Perak will stop issuing business licences to sellers of electronic cigarettes or vapes from Jan 1.

State Health, Human Resources, National Integration and Indian Community Affairs Committee chairman A. Sivanesan said the decision was made during the state executive council meeting on Sept 22 as preparation for a nationwide ban on vape.

He said Perak would become the seventh state to restrict the sale of vapes through local government business licensing after Perlis, Kedah, Johor, Pahang,

Terengganu and Kelantan.

"If we want to ban it entirely, we first need to amend the relevant acts. Until then, we cannot impose a total ban.

"What these states have done is to stop issuing licences to businesses selling vape. With this, we are reducing the sale of vapes through licensed premises.

"The state government has wide authority over public health, community education and business licensing.

"We are using this power to drive lifestyle changes among Perak residents through licensing restrictions and conducting integrated enforcement," he said at his office here yesterday.

Sivanesan said vape sales would be phased out in the state

within 14 months, as business licence applications would be accepted until Dec 31.

"Before Dec 31, they can still apply, but after Jan 1, no applications will be entertained. Licences are valid for only one year.

"Once the one-year licence expires, they cannot renew them. So, gradually, we will put a complete stop to all vape sales within 14 months from now," he said.

He added that Perak had recorded 44 cases of e-cigarette or vaping product use-associated lung injury (EVALI) and 27 non-EVALI cases, along with 111 nicotine poisoning cases between 2015 and 2023.

The state had also seen a rising number of drug abuse cases linked to vaping.



Health Ministry launches posting swap platform

KUALA LUMPUR: The Health Ministry has launched the Mutual Posting Swap Platform (also known as the Suka Sama Suka Posting Swap Platform), to streamline and speed up staff transfers, aiming to reduce bureaucracy and improve employee welfare.

The ministry said the platform's first phase, which begins yesterday, is open to the nursing division, with applications now processed online instead of manually.

"The system will be expanded in phases starting next year to the medical officer, assistant medical officer, dental officer, pharmacy officer and assistant pharmacy

officer schemes.

"Applications can be made at <https://p3s.moh.gov.my>. All eligibility requirements and application procedures can be found in the guidelines on the portal," it said yesterday.

The ministry said staff transfers were previously handled manually, often resulting in long delays and the use of unofficial channels due to high application volumes.

It added that the new platform would serve as the official system to speed up matching, streamline workflows and ensure transparency and fairness without changing existing approval regulations.

"Through the implementation of this system, the transfer process will become easier, faster and more transparent.

"Administration at the responsibility centre level only needs to confirm the officer's eligibility, and a new placement letter will be generated automatically after a successful match is made.

"The officers involved must report to their new placement location on the official effective date," the statement read.

The ministry said the initiative reflected its commitment to safeguarding healthcare workers' welfare, and increasing administrative efficiency.

PROUD ACHIEVEMENT

NST 2/10/2025 MS/7

Ministry backs school's mental health app

Putrajaya school's Helpie app to be developed further, says Fadhlina

PUTRAJAYA

THE Education Ministry will support the development of "Helpie", a mental health application created by teachers and pupils of SK Putrajaya Presint 11(1).

The move follows the school winning the 2025 World's Best School Prize in the Supporting Healthy Lives category for its work on the app.

Minister Fadhlina Sidek said the ministry would focus on three key areas.

"First, we will consider the app

itself and how its capabilities can be expanded.

"Second, we will continue to support the headmaster and teachers in developing further innovations.

"Third, we will ensure the school is recognised and elevated as an exemplary institution, whose role and innovations can be shared with other schools," she said on Tuesday.

The prize that SK Putrajaya Presint 11(1) won was awarded by T4 Education, a global community of over 200,000 teachers from more than 100 countries seeking to transform education.

Fadhlina said Helpie had proven effective in reducing stress and improving pupils' emotional and psychosocial support at school.

She expressed gratitude for the historic victory, as well as her appreciation to Yayasan Hasanah



Teachers and pupils of SK Presint 11(1) involved in the development of the Helpie app at Putrajaya Convention centre yesterday.

BERNAMA PIC

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for supporting the initiative.

"This victory highlights the role of the school, the headmaster, teachers, pupils and parents who have nurtured students' potential through the Helpie app," she said.

Project leader and coordinator Mohd Saharudin Setapa said the app had been in development since 2023.

"From feedback, the app had a positive impact as students became more confident and willing

to share their problems," he said.

He added that the Helpie team would continue to grow with the involvement of former pupils now in secondary school, demonstrating continuity in collaboration and innovation.

Muhammad Muhriz Marzuki, 14, who led the initial development of Helpie in 2023, expressed pride in the achievement.

"I feel very proud because we worked hard for this." **Bernama**



Fasa pertama Sistem P3S dibuka kepada skim jururawat di bawah Bahagian Kejuruteraan.

(Foto: Ihsan)

KKM mulakan Sistem Pertukaran Suka Sama Suka

P3S kurangkan birokrasi, percepat proses penempatan serta jaga kebajikan warga kesihatan

Oleh Esau Abu Yamin
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Kuala Lumpur: Kementerian Kesihatan (KKM) memperkenalkan Sistem Pertukaran Suka Sama Suka (P3S) bermula semalam, sebagai langkah untuk mengurangkan birokrasi, mempercepatkan proses pertukaran penempatan dan menjaga kebajikan warga kesihatan.

Menurut Kesihatan, Datuk Dr Donkaly Ahmad, berhubung dengan adanya sistem ini, ia dapat mengurangkan birokrasi, mempercepatkan proses pertukaran dan serta memastikan proses pertukaran dapat dijalankan dengan telus, adil dan lebih pantas.

KKM dalam tempaan media berhubung pelaksanaan program ini, memuktamadkan fasa pertama Sistem P3S dibuka kepada skim jururawat di bawah Bahagian Kejuruteraan.

Selepas skim jururawat, P3S akan diperluas secara bertahap mulai 2026 kepada skim Pegawai Perubatan, Peminang Pegawai Perubatan, Pegawai Pergigian, Pegawai Farmasi dan Peminang Pegawai Farmasi.

"Perubahan boleh dibuat secara dalam talian melalui portal rasmi: <https://p3s.moh.gov.my>.

"Semua syarat kelulusan dan

tesaurus permohonan boleh di rujuk dalam garis panduan di portal tersebut," katanya.

KKM memuktamadkan, sebelum ini proses pertukaran pegawai dilaksanakan secara manual.

"Disahkan jumlah permohonan yang tinggi, proses sering mengambil masa panjang dan mendorong penggunaan saluran tidak rasmi.

"P3S menjadi platform rasmi mempercepat padanan, memperkemas aliran kerja, serta menjelinkan proses lebih telus dan adil tanpa mengubah peraturan kelulusan sedia ada," katanya.

Proses lebih mudah, telus

KKM mengatakan melalui pelaksanaan sistem P3S, proses pertukaran akan menjadi lebih mudah, cepat dan telus.

"Pentadbiran di peringkat Pe-

jabat Tanggungjawab (PTJ) hanya perlu mengesahkan kelulusan pegawai dan surat penempatan baharu akan dijana secara automatik selepas padanan berjaya dibuat.

"Pegawai tersebut perlu melapor dari serentak di lokasi penempatan baharu pada tarikh kuat kuasa rasmi," katanya.

KKM berkata, pelaksanaan P3S mempercepatkan komitmen ke menterikan itu dalam memotivasi ketajaman dan kesejahteraan warga kerja kesihatan, mengurangkan kesesakan birokrasi dan seterusnya meningkatkan kecergasan pentadbiran.

Katanya, ia sejajar dengan aspirasi Malaysia MADANI yang bertekankan kemakmuran, kesejahteraan dan daya rupa, serta menyempurnakan pembangunan sistem kesihatan negara.

Thadat&Fadilat

Kuaji RA merayaukan Kaji SAW bernilai kapadayan. "Thadat nash al-Kafin, bertaklif tidaknya berakhlak dengan semua per-kawin seenggaknya nash ini telah dipaparkan dipaparkan." (Jat Abu Daud)

KAWASAN	SUBUH	ZUHUR	ASAR	MAGHRIB	ISYAK
Kangar	5:58	1:13	4:25	7:31	8:20
Air Setai	5:58	1:13	4:23	7:31	8:20
P. Dikang	5:58	1:13	4:25	7:31	8:20
Ipoh	5:56	1:08	4:20	7:09	8:18
Kuala Lumpur	5:53	1:05	4:16	7:07	8:16
Shah Alam	5:53	1:05	4:16	7:07	8:16
Johor Bahru	5:54	1:06	4:26	6:59	8:07
Kuantan	5:47	1:00	4:10	7:01	8:10
Seremban	5:52	1:04	4:13	7:06	8:14
Bandar Melaka	5:50	1:03	4:12	7:05	8:14
Kota Bharu	5:51	1:03	4:16	7:04	8:09
K. Terengganu	5:47	12:59	4:12	7:00	8:09
Kota Kinabalu	5:55	12:02	3:20	6:08	7:17
Kuching	5:19	12:32	3:40	6:34	7:42

KKM perkenal sistem tukar 'suka sama suka'

Kuala Lumpur: Kementerian Kesihatan (KKM) melancarkan Sistem Pertukaran Suka Sama Suka (P3S) bermula semalam sebagai satu langkah konkrit untuk mengurangkan birokrasi, mempercepatkan proses pertukaran penempatan dan menjaga kebajikan warga kesihatan.

KKM dalam kenyataan semalam memaklumkan fasa pertama pelaksanaan Sistem P3S akan dibuka kepada skim jururawat di bawah Bahagian Kejururawatan.

"Permohonan boleh dibuat secara dalam talian melalui pautan rasmi: <https://p3s.moh.gov.my>.

"Semua syarat kelayakan dan tatacara permo-

honan boleh dirujuk dalam garis panduan di portal terbabit," katanya.

Menurutnya, sebelum ini proses pertukaran pegawai KKM dilaksanakan secara manual.

"Disebabkan jumlah permohonan yang tinggi, proses sering mengambil masa panjang dan mendorong penggunaan saluran tidak rasmi.

"P3S kini menjadi platform rasmi untuk mempercepat padanan, memperkemas aliran kerja serta menjadikan proses lebih telus dan adil tanpa mengubah peraturan kelulusan sedia ada," katanya.

Kenyataan itu berkata, melalui pelaksanaan sistem berkenaan, proses per-

tukaran akan menjadi lebih mudah, cepat dan telus.

"Pentadbiran di peringkat Pejabat Tanggungjawab (PTJ) hanya perlu mengesahkan kelayakan pegawai dan surat penempatan baharu akan dijana secara automatik selepas padanan berjaya dibuat.

"Pegawai terbabit perlu melapor diri serentak di lokasi penempatan baharu pada tarikh kuat kuasa rasmi," katanya.

Menurutnya, selepas skim jururawat, P3S akan diperluas secara berfasa mulai tahun depan kepada skim Pegawai Perubatan, Penolong Pegawai Perubatan, Pegawai Pergigian, Pegawai Farmasi dan Penolong Pegawai Farmasi.

Ipoh: Perak tidak lagi mengeluarkan lesen bagi penjualan rokok elektronik atau vape berkuat kuasa 1 Januari tahun depan.

Exco Kesihatan, Sumber Manusia, Integrasi Nasional dan Hal Ehwal Masyarakat India negeri, A Sivanesan berkata, perkara itu diputuskan melalui Mesyuarat Majlis Kerajaan (MMK) Negeri pada 22 September lalu sebagai fasa persediaan ke arah pengharaman sepenuhnya penjualan vape yang mahu dilaksanakan di peringkat Kerajaan Pusat.

Katanya, dengan keputusan itu Perak menjadi negeri ketujuh melaksanakan larangan berhubung penjualan vape melalui penguat kuasa oleh pihak berkuasa tempatan (PBT) menerusi lesen penjualan selepas Perlis, Kedah, Johor, Pahang, Terengganu dan Kelantan.

Tak lagi keluar lesen penjualan vape di Perak bermula 2026

“Kalau nak haramkan kami kena mansuhkan akta dulu. Jadi, sehingga kami mansuhkan (pinda) akta ini, kami tak boleh haramkan dan apa yang lima negeri itu buat adalah larang lesen penjualan rokok elektronik.

“Dalam proses ini, kami hanya tidak membenarkan penjualan vape di negeri kita menggunakan mana-mana premis untuk menjualnya.

“Kerajaan negeri mempunyai bidang kuasa yang besar dalam aspek kesihatan awam, pendidikan komuniti dan pelesenan

perniagaan. Kuasa ini dimanfaatkan untuk memacu perubahan gaya hidup rakyat Perak melalui larangan lesen, tidak memperbaharui lesen sedia ada, dan penguat kuasaan bersepadu,” katanya di pejabatnya, di sini, semalam.

Sivanesan berkata, tempoh sekitar 14 bulan diperlukan bagi menamatkan penjualan vape di Perak, berikutan permohonan atau pembaharuan lesen menjual vape di Perak masih terbuka sehingga 31 Disember depan.

“Kalau sebelum 31 hari bulan (Disember), me-

reka masih boleh mohon, tetapi kalau selepas 1 hari bulan (Januari 2026) maka tidak akan dilayan dan yang ada lesen sekarang ini adalah hanya untuk satu tahun saja.

“Apabila luput (tarikh) satu tahun, mereka tidak boleh memohon untuk kelanjutan masa. Jadi, secara perlahan-lahan kami akan menghentikan kesemuanya dalam tempoh masa 14 bulan dari hari ini,” katanya.

Katanya lagi, Perak merekodkan 44 kes EVALI iaitu kecederaan paru-paru berkaitan dengan vape serta 27 kes non-EVALI, selain 111 kes keracunan nikotin yang dicatatkan antara tahun 2015 hingga 2023.

**Perak negeri ketujuh
laksana larangan
penjualan vape melalui
penguat kuasa PBT**

Vape ban gathers steam

TheStar 2/10/2025 MS/7

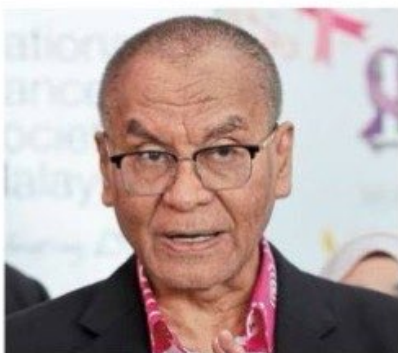
Firmer laws, clearer goals put implementation on track, says minister

By RAGANANTHINI VETHASALAM
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PUTRAJAYA: With stronger legal foundation and clearer public health needs, the country would be in a better position to implement a gradual ban on vape products.

Full enforcement of the Control of Smoking Products for Public Health Act 2024 began yesterday, covering all types of smoking products, including electronic cigarettes or vapes.

Health Minister Datuk Seri Dr Dzulkefly Ahmad (pic) said the government is firm in its stance to implement a comprehensive ban on vapes to protect public health and safeguard the younger generation from nicotine addiction.



"To date, there have been no issues of delay in implementing this policy, and the proposed implementation by the Expert Committee on Electronic Cigarette or Vape Control remains on schedule as planned. The Cabinet Memorandum is expected to be presented in early October," he

told *The Star* in an interview.

He said the current phased approach, which includes educational institutions and government agencies, demonstrates a more structured implementation strategy.

"Therefore, with a stronger legal foundation, clearer public health needs, and a more strategic and comprehensive implementation approach, the country is now in a better position to implement the gradual ban on vape products, moving towards full implementation in the near future," he said.

Dzulkefly said the regulation of smoking products has been a long effort.

"Malaysia has long demonstrated its commitment to tobacco

control at the global level through the signing of the WHO Framework Convention on Tobacco Control in 2003 and its ratification in 2005.

"The Control of Tobacco Product Regulations 2004 were formulated as a tobacco product control measure under the Food Act 1983," he said.

However, he said the legal provisions at the time were inadequate to regulate new products such as vapes, which began to flood the Malaysian market in 2015.

"Electronic cigarettes or vape were aggressively promoted, while the enabling powers under the Food Act did not allow comprehensive control over all forms of smoking products," he said.

In response to these concerns, the Cabinet on Oct 28, 2016, decided to implement controls over nicotine-free vape liquids and to draft a new law.

Meanwhile, vape liquids containing nicotine continue to be regulated under the Poisons Act 1952, in line with existing provisions for scheduled poisons.

On April 1, 2023, the Finance Ministry introduced an excise duty on vape liquids containing nicotine, along with an exemption from control under the Poisons Act 1952 to allow the gazettment of the tax rate.

"This step indirectly highlighted the urgent need for a specific legal framework, thereby accelerating the drafting process for a new Act," added Dzulkefly.

HEART disease has long been Malaysia's silent killer, and it shows no sign of slowing down.

In 2023 alone, over 18,000 Malaysians lost their lives to cardiovascular conditions.

What makes this reality all the more troubling is that many people remain completely unaware of the risks they face.

Problems such as high cholesterol, irregular heartbeat, and heart failure can creep up unnoticed, with little warning, until the consequences become severe.

To mark World Heart Day, Star Media Group in collaboration with Cardiac Vascular Sentral Kuala Lumpur (CVSKL) will host an informative and engaging event that brings together some of the nation's foremost cardiologists to help Malaysians take charge of their heart health.

The line-up for the talk at Menara Star in Petaling Jaya, Selangor, includes three of the country's most respected cardiologists, each addressing a critical area of concern.

Consultant electrophysiologist and cardiologist Datuk Dr Razali Omar will tackle the subject of irregular heart rhythms in his talk titled "A Fluttering Heart and the Hidden Stroke Risk".

He will explain how palpitations often dismissed as harmless can be an early sign of atrial fibrillation, a condition that significantly heightens the risk of stroke if left untreated.

Consultant cardiologist Dr Suren Thuraisingham's topic is titled "Living Life Unblocked – Cholesterol Explained".

His session will highlight how

Getting the lowdown on signs of heart disease

Top cardiologists speak at SMG event on hidden stroke risks, younger generation in danger, keeping cholesterol levels in check



Dr Suren speaks on how to manage cholesterol levels.

cholesterol quietly narrows arteries, affecting not just older adults but people of all ages.

He will share practical advice on how to keep cholesterol levels under control through lifestyle changes and medical support where needed.

Consultant cardiologist Datuk Dr David Chew Soon Ping will shed light on the growing con-



Dr Razali tackles the subject of irregular heart rhythm.

cern of heart issues among younger Malaysians.

In his talk titled "Heart Failure Has No Age: Why More Young Adults Are Affected", Dr Chew will reveal how issues such as modern lifestyles, stress and dietary habits are contributing to a surge in heart failure among younger adults.

This challenges the misconcep-



Dr Chew addresses surge in heart failure among younger adults.

tion that heart disease is confined to the elderly.

Participants will receive valuable guidance on identifying early warning signs, understanding the latest treatment options and making sustainable lifestyle adjustments.

An interactive Q&A session will also allow the audience to submit their concerns to the experts and

receive clear, practical advice.

The event will also offer attendees free basic health screenings, including checks for blood pressure, cholesterol, glucose, ECG readings and consultations with a dietitian on a first-come, first-served basis.

Two lucky participants will have the chance to win an Essential Heart Screening package worth RM799 each.

The World Heart Day talk is on Saturday, from 8am to 1pm, at Menara Star Cybertorium.

Registration and screenings begin at 8am, and attendees are encouraged to fast for at least eight hours beforehand.

Tickets are priced at RM20 (excluding 8% SST).

This World Heart Day event offers an invaluable opportunity to learn from leading cardiologists, gain expert advice and take meaningful steps towards protecting not only your own heart but also the well-being of those you love.

Seats are limited. Book your spot at bit.ly/HeartTalk2025

Chemical odour sickens workers in Pasir Gudang

JOHOR BARU: Three people were affected by a chemical odour pollution incident at a factory in Pasir Gudang.

The Johor Fire and Rescue Department said after an emergency call at 11.11pm on Tuesday, a team from the Pasir Gudang fire station and the hazardous materials (Hazmat) unit from the Larkin fire station was sent to the site in Jalan Platinum.

However, health officials took them away before the fire team arrived, the department said in a statement yesterday.

Initial checks confirmed a chemical odour at the factory premises.

A monitoring team, equipped with full protective gear, gas detectors and related equipment, detected hydrogen sulphide gas at a concentration of 8.9 parts per million, it said.

Firefighters also carried out ventilation work using the factory's ventilation fan and conducted fogging over a 10m by 10m area with a water hose, the department added.

It said air readings returned to normal levels later, and the site was declared safe. The operation, involving 13 personnel, ended at 3.37am.

SETIAP produk makanan yang dibungkus secara komersial lazimnya mempunyai label tarikh luput atau tarikh tamat tempoh. Tarikh ini memberi maklumat penting kepada pengguna tentang jangka masa makanan tersebut dijamin selamat dan berkualiti untuk dimakan.

Namun begitu, timbul persoalan dalam kalangan masyarakat, terutamanya ketika menghadapi sekongkang kawangan atau usaha mengurangkan pembaziran makanan. Pesebut apakah adalah makanan yang telah tamat tempoh masih selamat untuk dimakan? Menjawab persoalan ini memerlukan pemahaman tentang jenis tarikh luput serta risiko yang berkaitan.

Pertama sekali, penting untuk membezakan antara "tarikh luput" dan "tarikh sebelum". Tarikh luput biasanya digunakan pada produk yang mudah rosak seperti susu, ubat-ubatan, dan makanan bayi. Produk yang telah melepasi tarikh luput ini tidak digalakkan untuk dimakan kerana ia mungkin telah mengalami perubahan kimia atau pertumbuhan mikroorganisma berbahaya yang boleh menyebabkan kesihatan. Sebaliknya, label "tarikh sebelum" menunjukkan tarikh jangkaan kualiti terbaik, dan makanan yang melepasi tarikh ini masih boleh dimakan, asalkan ia tidak menunjukkan tanda-tanda kerosakan seperti bau busuk, perubahan warna, atau kulat.

Walaupun bagaimanapun, pengguna harus berhati-hati dalam memilih kecekapan makanan yang telah tamat tempoh. Sebagai contoh, makanan dalam tin yang sudah melepasi tarikh "baik sebelum" tetapi masih belum dibuka dan tidak menunjukkan tanda-tanda kerosakan atau臭味, selalunya masih selamat dimakan. Begitu juga dengan makanan kering seperti beras, biskut atau mi segera yang disimpan dalam keadaan



Makanan TAMAT TEMPORH

Boleh Dimakan atau Tidak?



Harian Metro 2/10/2025 MS/C39

baik — makanan seperti ini cenderung bertahan lebih lama daripada tarikh yang tertera pada pembungkusan.

Namun begitu, tercasot risiko jika makanan yang benar-benar sudah rosak dimakan. Makanan yang telah tercemar oleh bakteria seperti *Salmonella* atau *Listeria* boleh menyebabkan keracunan makanan, cirit-birit, muntah-muntah dan dalam kes yang lebih serius, boleh membawa kepada kematian. Oleh itu, meskipun sesetengah makanan mungkin masih boleh dimakan selepas tarikh tempoh, pengguna perlu mengamalkan prinsip "lihat, hidu dan rasa" dengan berhati-hati sebelum membuat keputusan untuk memakannya.

Sealin aspek keselamatan, sa makanan tamat tempoh juga sering dikaitkan dengan pembaziran makanan. Menurut statistik global, jutaan tan makanan dibuang setiap tahun hanya kerana telah melepasi tarikh "baik sebelum", walaupun masih selamat untuk dimakan. Oleh itu, sesetengah negara sedang mengamalkan kempen kesedaran untuk menggalakan rakyat memulakan penilaian makanan secara visual dan cerna, bukan hanya bergantung kepada tarikh pada label.

Kesimpulannya, makanan yang

telah tamat tempoh tidak semestinya tidak selamat untuk dimakan, tetapi pengguna harus bijak menilai berdasarkan jenis makanan, tarikh yang tertera, cara penyimpanan, serta keadaan fizikal makanan itu sendiri. Sekiranya ragu-ragu, acala lebih baik membuangnya daripada mengorbankan kesihatan. Pada masa yang sama, masyarakat juga perlu diberi pendidikan tentang perbezaan jenis tarikh pada label makanan agar dapat membuat keputusan yang tepat dan bijak, sekaligus membantu mengurangkan pembaziran makanan di negara ini.

