

AKHBAR : BERITA HARIAN

MUKA SURAT : 25

RUANGAN : KESIHATAN

MPB ungguli Anugerah Kewartawanan Kesihatan

[FOTO MOHAMAD SHAHRIL BADRI SAALI/BH]



Kuala Lumpur: Wartawan BH dipilih penerima Anugerah Kewartawanan Kesihatan Terbaik 2017 (Akhbar Bahasa Melayu) menerusi rencana bertajuk *Sunukan Vitamin C bawo maut*.

Dengan pemilihan itu, Osman Lisut, Halina Mohd Noor dan Ilah Hafiz Aziz, membawa pulang hadiah wang tunai RM3,000 dan sijil penghargaan pada malam Anugerah Media Kesihatan Institut Akhbar Malaysia (MPI) 2017, malam tadi.

Panel juri juga memilih rencana

bertajuk *Stevia Palsu* tulisan Osman, Rashiqah Ilmi Abdul Rahim, Mohd Farid Noh dan Suhaila Shahruh Annuar untuk hadiah sagu hati.

Pengarang Berita New Straits Times (NST), Farrah Naz Karim dan Wartawan NST, Aliza Shah, menerima Anugerah Kewartawanan Kesihatan Terbaik 2017 (Akhbar Bahasa Inggeris) menerusi artikel bertajuk *Killer Cosmetics*.

Wartawan NST, Tharanya Arumugam turut menerima hadiah sagu hati bagi artikel berjudul *Mental health affecting Malaysians*.

Bagi kategori TV, Anugerah Kewartawanan Kesihatan Terbaik 2017 (Bahasa Melayu) dimenangi Wartawan TV3, Irin Putri Azmi, manakala Anugerah Kewartawanan Kesihatan Terbaik 2017 (Bahasa Inggeris) diraih wartawan NTV7, Nor Farah Nabila Mohd Wazer.

Anugerah Kewartawanan Kesihatan Terbaik 2017 (Bahasa Mandarin) digondol wartawan penyiaran, Ng Mee Chee.

Pemenang hadiah utama masing-masing membawa pulang ha-

diah wang tunai RM3,000 dan sijil penghargaan.

Semua hadiah disampaikan Timbalan Menteri Kesihatan, Datuk Seri Hilmi Yahya.

Yang turut hadir Ketua Setiausaha Kementerian Kesihatan, Datuk Seri Chen Chaw Min; Ketua Pengarah Kementerian Kesihatan, Datuk Noor Hisham Abdullah dan Pengerusi MPI, Datuk Chamil Wariya.

340 penyertaan

Tahun ini, sebanyak 340 penyertaan diterima daripada pelbagai

media cetak, elektronik dan media sosial.

Dr Hilmi bersama wartawan dari Kumpulan Media Prima Berhad yang memenangi hadiah utama dan sagu hati kategori akhbar berbahasa Melayu dan Inggeris bersama televisyen berbahasa Cina, Inggeris dan Melayu pada majlis Anugerah Kewartawanan Kesihatan 2017 di Kuala Lumpur, malam tadi.

media cetak, elektronik dan media sosial.

Sementara itu Dr Hilmi berkata, media memainkan peranan penting membantu maklumat tepat kepada orang ramai berkaitan isu kesihatan.

"Penjagaan kesihatan bukan sahaja tanggungjawab kementerian, malah media turut memainkan peranan menyumbangkan maklumat bagi menyedarkan orang ramai mengenai Pencegahan penyakit berjangkit dan tidak berjangkit," katanya.

AKHBAR : HARIAN METRO**MUKA SURAT : 26****RUANGAN : SETEMPAT**

Kad Amaran Kesihatan pantau kesihatan

Kuala Lumpur: Semua jemaah haji akan diberi Kad Amaran Kesihatan untuk mereka memantau status kesihatan masing-masing dalam tempoh dua minggu pertama selepas pulang ke Malaysia.

Ketua Pengarah Kesihatan Datuk Dr Noor Hisham Abdullah berkata, jemaah haji yang tidak sihat dalam tempoh itu dinasihatkan segera

mendapatkan rawatan di fasiliti kesihatan berhampiran.

"Langkah itu bagi menghadapi kemungkinan kejadian jangkitan Sindrom Pernafasan Timur Tengah-Virus Korona (MERS-CoV) di negara ini. Kementerian akan terus memantau situasi kejadian penyakit ini dan sebarang perkembangan akan di-

maklumkan dari semasa ke semasa," katanya kepada BERNAMA, di sini, semalam.

Beliau berkata demikian bagi mengulas laporan berita luar negara mengenai kematian dua orang akibat MERS-CoV di Arab Saudi pada minggu lalu terdiri daripada seorang ekspatriat berusia 69 tahun yang meninggal dunia di Jeddah dan

seorang lagi warga Saudi meninggal dunia di Buraidah.

Bagi mereka yang ingin mendapatkan maklumat terkini berkaitan jangkitan MERS-CoV, mereka boleh memperolehnya daripada laman sesawang kementerian di <http://www.moh.gov.my> atau menghubungi hotline MERS di 03-88810300.

AKHBAR : KOSMO
MUKA SURAT : 24
RUANGAN : ISU

ISU

Tingkatkan pengetahuan tentang wabak denggi

PADA 30 Ogos lalu, jutaan nyamuk *aedes aegypti* yang dijangkitkan dengan sejenis bakteria dilepaskan di Rio De Janeiro, Brazil bagi menghalang serangan itu menyebarkan virus denggi.

Nyamuk *aedes* yang membawa bakteria itu dilepaskan oleh sekumpulan saintis dari Institut Fiocruz di hadapan para wartawan.

Mereka berharap nyamuk-nyamuk berkenaan akan membawa dan menyebarkan bakteria tersebut sekali gus menyekat kemampuan serangga vektor terbabit daripada menularkan denggi.

Ternyata masalah denggi menjadi isu global dan pelbagai pihak termasuk para saintis di seluruh dunia sedang giat mencari pendekatan untuk menanganiinya.

Kajian Tinjauan Denggi Asia Tenggara (SEA) pula baru-baru ini mendedahkan biaur pun denggi merupakan masalah kesihatan paling dikhawatir rakyat Malaysia, hanya satu per empat daripada kita bersedia untuk menghadapinya dengan meningkatkan pengetahuan mengenai penyakit itu.

Bagi tahun ini, setakat 26 Ogos sahaja, kematian akibat denggi di Malaysia telah meragut 147 nyawa.

Secara keseluruhan, meskipun kes menunjukkan penurunan berbanding tahun lalu, kes denggi boleh dianggap memberikan ancaman berterusan kepada negara.

Nائب President 1 Persatuan Farmasi Malaysia, Dr. Barathi Suresh Chand berkata, terdapat salah saham dalam kalangan masyarakat yang menyangka mereka tidak akan dijangkiti denggi selepas terkena wabak itu pada kali pertama.

"Sedangkan jangkitan kali kedua dan seterusnya boleh menjadi lebih teruk daripada jangkitan pertama. Secara umumnya, simptom pertama yang



BHARATI



RAVINDRAN

JUTAAN nyamuk dijangkiti bakteria dilepaskan di Brazil bagi menangani wabak denggi.



SUASANA wad yang menempatkan pesakit denggi di sebuah hospital di negara ini baru-baru ini.
- Gambar hiasan

dapat dilihat apabila dijangkiti denggi ialah demam bersuhu tinggi sehingga 40 derjah Celsius dilikuti simptom seperti ruam, sakit di belakang mata, muntah dan cirit-birit.

"Kebanyakan pesakit, tidak menyedari terdapat satu lagi fasa kritis selepas fasa demam bersuhu tinggi itu berakhir. Sedangkan, demam adalah petunjuk bahawa badan sedang melawan virus.

"Jika selepas tiga hingga empat hari demam sudah tiada tetapi pesakit masih berasa lemah dan sakit, ia menunjukkan sistem imun tubuh sudah tidak dapat menjalankan fungsinya lagi.

"Pada ketika ini, virus akan merebak menyebabkan simptom seperti pendarahan, tekanan darah rendah, sesak nafas kerana oksigen tidak sampai ke otak selain sakit kepala.

"Tubuh badan pula mudah lebam jika terlanggar meja dan sebagainya," katanya kepada *Kosmo!* selepas majlis pengumuman rakan-rakan kerjasama bagi Inisiatif Bersama Melawan Denggi (AAD) yang diasaskan oleh syarikat farmaseutikal, GlaxoSmithKline Consumer Healthcare (GSK) serta pendedahan kajian SEA di Kuala Lumpur baru-baru ini.

Gerakan inisiatif itu terdiri daripada 15 rakan kerjasama meliputi kerajaan, pengamal-pengamal penjagaan kesihatan dan institusi swasta dari tiga negara iaitu Malaysia, Indonesia dan Filipina.

Kata Barathi, berhubung denggi juga,

masyarakat perlu berwaspada dalam pengambilan ubat-ubatan.

Menurutnya, aspirin, antibiotik dan ubat mengandungi steroid berupaya meningkatkan pendarahan dalam badan. Ia boleh membuatkan keadaan menjadi lebih teruk atau membawa maut.

Risiko

Beliau juga mengingatkan penggunaan ais untuk menurunkan suhu badan ketika demam bersuhu tinggi boleh menyebabkan risiko pneumonia. Dalam hal ini, air biasa lebih sesuai untuk tujuan tersebut.

President Persatuan Perubatan Malaysia, Dr. Ravindran Naidu pula berkata, sebagai rakan AAD adalah penting meningkatkan pengetahuan bukan sahaja dalam kalangan pesakit malah kepada profesional penjagaan kesihatan mengenai penyakit itu.

"Ia bertujuan meningkatkan kecekapan pengurusan dalam mengawal kes denggi. Sebagai contoh, sangatlah penting untuk mengetahui diagnosis denggi boleh dikesan pada hari pertama jangkitan lagi," ujarnya.

AAD diasaskan GSK pada 2015 dengan kempen pendidikan perintis dilancarkan di Indonesia diikuti Malaysia dan Filipina.

Lebih daripada 11,500 anggota profesional penjagaan kesihatan dan ahli farmasi menyertai AAD dalam misi memperkasai serta mendidik Pencegahan dan pengurusan penyakit denggi melalui pelbagai saluran dan aktiviti.

AKHBAR : THE SUN**MUKA SURAT : 2****RUANGAN : NEWS WITHOUT BOADERS****HEALTH CARDS FOR PILGRIMS**

KUALA LUMPUR: All Haj pilgrims are being given a Health Alert Card for them to monitor their health status for two weeks after returning to Malaysia. If they fall ill during that period, they are advised to immediately seek treatment at nearby health facilities. "The move is crucial in facing a possible MERS-CoV outbreak in the country," Health Director-General Datuk Dr Noor Hisham Abdullah said yesterday. The move comes after foreign news reports on two deaths that occurred in Jeddah and Buraidah in Saudi Arabia due to MERS-CoV last week. Noor Hisham said health screenings for fever and MERS-CoV symptoms were being carried out on returning pilgrims at all international airports nationwide. — Bernama

AKHBAR : THE SUN
MUKA SURAT : 9
RUANGAN : SPEAK UP



Healthcare or sickcare?



WHEN was the last time you read or heard Health Ministry officials or the minister talking about the need for Malaysians to stay healthy and the ways to achieve it?

As far as I am concerned, it's been such a long time or a rare occasion that such a thing has happened.

What have been frequently promoted or announced are matters like the government is building more clinics and hospitals or upgrading existing facilities to give the people a higher standard of healthcare.

We as citizens are always grateful for this because Malaysia is recognised internationally as having one of the world's best public healthcare services and certainly the cheapest. And treatment is provided virtually free in government hospitals and clinics in every nook and corner of the country.

But from the public relations point of view, news of more healthcare facilities being made available - though necessary - only indicates that the number of people falling sick is always on the rise and even outstripping in percentage terms the increase in population.

Just look at the congestion in government hospitals where there is a very long queue for beds. At times patients are turned away unless they require emergency treatment.

And at the outpatient sections at these hospitals people start arriving early in the morning to get their queue numbers.

When do most Malaysians visit a healthcare practitioner? When they are sick. So by right we should tag it as sickcare and not healthcare.

By and large, Malaysia still adopts a fire-fighting mentality when it comes to health. We only address health problems when we get there.

Visit our healthcare centres from government clinics right up to tertiary referral centres and you will see patients being prescribed drug after drug.

This begs the question as to whether dependency on drugs is a permanent solution for our healthcare?

In other words, we are focusing on improvement of healthcare centres at the expense of preventive measures, which are not only better but cheaper.

The Health Ministry must invest a fraction of its multi-billion ringgit annual budget on health education. The rationale for this is that sickcare is eating into our economy.

For example, childhood obesity is rising at an alarming rate and 80% of obese children, according to findings, will go on to become obese adults.

Medical experts say childhood obesity if not addressed early will be a medical timebomb if not now surely in the near

future. And this would mean an obese and diseased, and by extension unproductive population.

And one thing is certain - the cost of sickcare will rise exponentially as our population is poorly educated about healthcare but overly dependent on sickcare.

What is the way out?

Dr Prashant Subramanian, who has a Masters in Preventive Health and Wellness, said to begin with, the health and education ministries must collaborate to have healthcare and nutritional classes in all schools.

"Go back to basics for healthcare. Educate the masses and engage them from the grassroots level. And educate the healthcare practitioners not to be trigger-happy and dispense drugs freely. Instead, judiciously approach every patient and wholesomely treat the individual," he told me.

He advocated a promotional blitz on preventive health as a mainstream subject as well as creating specialists in this field.

As Prashant put it: "Make prevention glamorous. Not just plastic surgeons or physicians are made to sound and look sexy."

He said a specific budget ought to be allocated for grassroots preventive programmes while introducing a key performance indicator (KPI) for the country's 1.6 million civil servants to "force" them to maintain a healthy body mass index (BMI) for job promotions. BMI refers to the ratio of weight to height that indicates relative obesity.

Health Minister Datuk Seri Dr S. Subramaniam revealed recently that it cost the government about RM2 billion annually just to pay for medicines for its 1.6 million civil servants! And if you add the costs of their hospitalisation and after-care, the amount can be mind-boggling.

Repeat business for the pharmaceutical industry, said Prashant, should not be the order of the day, just as there should not be a lifelong dependency on sickcare.

This also means a lifelong dependency on drugs which will only lead to reduced efficiency of our society and a huge burden on the economy as costs become unsustainable.

Prashant proposed a lifelong healthcare approach where all levels of society are encouraged to stay healthy and given tax breaks as incentives for a healthy BMI.

Another step is to increase tax on the 24-hour eateries and by increasing the price of food sold after midnight to discourage people from sacrificing their sleeping hours by eating the night away which is a health hazard.

Malaysians love two things - eating and public holidays. On this score, Prashant said: "Why don't we eat right and spend our public holidays healthily instead of working towards the 'Sickcare Trap'."