

AKHBAR : KOSMO
MUKA SURAT : 9
RUANGAN : NEGARA

Penolong pegawai perubatan maut nahas

PEKAN - Seorang maut, manakala tujuh lagi cedera dalam kemalangan membabitkan sebuah Perodua Myvi dengan sebuah kenderaan utiliti sukan (SUV) jenis Honda HR-V di Kilometer 37, Jalan Kuantan-Segamat di sini kelmarin.

Mangsa yang maut ialah penumpang hadapan kereta Myvi, Nur Ezyyantie Aliakbar, 30, yang merupakan penolong pegawai perubatan di Klinik Kesihatan Temai, di sini.

Ketua Polis Daerah Pekan, Superintendan Mohd. Zaidi Mat Zin berkata, kejadian kira-kira pukul 8.15 malam itu berlaku ketika mangsa bersama suami dan dua anaknya dalam perjalanan dari arah Segamat menghala ke Kuantan.

"Sebaik tiba di lokasi kejadian, sebuah lagi kenderaan jenis Honda HR-V dinaiki empat sekeluarga dari arah Kuantan menghala ke Port Dickson, Negeri Sembilan telah hilang kawalan dan masuk ke laluan bertentangan sebelum bertembung dengan Myvi berkenaan.

"Akibat dari kemalangan tersebut, mangsa disahkan meninggal dunia di tempat kejadian, manakala tujuh yang lain dibawa ke Hospital Tengku Ampuan Afzan (HTAA) Kuantan untuk rawatan lanjut," ka-

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Mangsa yang maut ialah penumpang hadapan kereta Myvi, Nur Ezyyantie Aliakbar, 30, yang merupakan penolong pegawai perubatan di Klinik Kesihatan Temai, di sini.”

tanya dalam kenyataan di sini semalam.

Menurutnya, pemandu Honda HR-V dan tiga ahli keluarganya mengalami cedera ringan dan menerima rawatan di zon kuning, manakala pemandu Myvi yang merupakan suami mangsa dan dua anaknya sedang menerima rawatan di zon merah.

Katanya, salah seorang anak mangsa yang berusia 12 tahun sedang ditidurkan di zon merah.

Jelasnya lagi, berdasarkan siasatan awal, kemalangan berpunca daripada Honda HR-V yang memasuki ke laluan bertentangan.



AKHBAR : KOSMO
MUKA SURAT : 15
RUANGAN : NEGARA

MSU perkasa peranan penjagaan kesihatan dalam komuniti

PETALING JAYA – Management and Science University (MSU) melancarkan program *MSU Primary Health Care Symposium 2024* bertujuan memperkasakan peranan penting penyedia penjagaan utama dalam meningkatkan kesihatan dan kesejahteraan komuniti.

MSU dalam kenyataan berkata, program itu juga menjadi penanda aras penting dalam kerjasama awam-swasta atau *Public Private Partnership* (PPP) bagi mengukuhkan perkhidmatan penjagaan utama supaya dapat diuruskan dengan cekap, efektif, optimum serta berkesan untuk manfaat masyarakat umum.

"Simposium selama dua hari ini yang bertemakan *Empowering Primary Care Providers, Transforming Lives* ini telah dianjurkan oleh MSU dengan kerjasama MSU Medical Centre (MSUMC), MSU Pharma dan Jabatan Kesihatan Negeri Selangor (JKNS).

"Ia juga merupakan kesinambungan kepada jalinan PPP di antara MSU, MSUMC dan Kementerian Kesihatan (KKM) melalui program *Healthcare Equity for Affordable and Rapid Treatment* (H.E.A.R.T) pada April lalu menyaksikan golongan M40 dan B40 mendapat manfaat dalam aspek penjagaan kesihatan berkualiti dan canggih," katanya.



NORAZMAN (berdiri kanan) bergambar bersama peserta simposium di MSU Shah Alam baru-baru ini.

MSU menambah, pihaknya dan MSUMC adalah komited dalam menyokong aspirasi Kementerian. Kesihatan untuk memastikan penjagaan utama bukan sekadar perkhidmatan, tetapi merupakan perjalanan transformatif ke arah masa depan yang lebih sihat dan lebih baik untuk seluruh komuniti.

Hadir pada majlis perasmian program berkenaan ialah Timbalan Ketua Setiausaha (Kewangan)

KKM, Datuk Seri Norazman Ayob yang turut menyampaikan ucapan bertajuk *Sustainability in Healthcare: Public-Private Partnership*.

Para peserta bagi simposium yang berlangsung selama dua hari ini adalah terdiri daripada pengamal perubatan am swasta, pengawi dan pakar perubatan kesihatan, jururawat, pembantu perubatan, optometri, doktor gigi termasuk pelajar.

AKHBAR : SINAR HARIAN

MUKA SURAT : 23

RUANGAN : NEGERI

MSU Primary Health Care Symposium 2024 fokus kesihatan komuniti

SHAH ALAM - Management and Science University (MSU) melancarkan program MSU Primary Health Care Symposium 2024 bertujuan memperkasakan peranan penting penyedia penjagaan utama dalam meningkatkan kesihatan dan kesejahteraan komuniti.

MSU dalam kenyataan berkata, program itu juga turut menjadi penanda aras penting dalam kerjasama awam-swasta

atau *Public Private Partnership* (PPP) bagi mengukuhkan perkhidmatan penjagaan utama supaya dapat diuruskan dengan cekap, efektif, optimum serta berkesan untuk manfaat masyarakat umum.

"Simposium berlangsung selama dua hari yang bertemakan *Empowering Primary Care Providers, Transforming Lives* ini telah dianjurkan oleh MSU dengan kerjasama MSU

Medical Centre (MSUMC), MSU Pharma dan Jabatan Kesihatan Negeri Selangor (JKNS).

"Ia juga merupakan kesinambungan kepada jalinan PPP di antara pihak MSU, MSUMC dan Kementerian Kesihatan Malaysia (KKM) melalui program *Healthcare Equity for Affordable and Rapid Treatment* (HEART) pada April lalu.

"Ia menyaksikan golongan M40 dan B40 mendapat manfaat dalam aspek penjagaan kesihatan berkualiti dan canggi," katanya.

Tambah MSU, pihaknya dan MSUMC komited dalam menyokong aspirasi KKM untuk memastikan penjagaan utama bukan sekadar perkhidmatan tetapi merupakan perjalanan transformasi ke arah masa depan lebih sihat serta lebih baik untuk seluruh komuniti.

Hadir pada majlis perasmian program berkenaan ialah Timbalan Ketua Setiausaha (Kewangan) KKM, Datuk Seri Norazman Ayob.

Beliau turut menyampaikan



Norazman (tengah) menghadiri majlis perasmian MSU Primary Health Care Symposium 2024.



MSU Primary Health Care Symposium 2024 disertai pengamal perubatan am swasta, pegawai dan pakar perubatan KKM, jururawat, pembantu perubatan, optometri, doktor gigi termasuk pelajar.

ucapata bertajuk *Sustainability in Healthcare: Public Private Partnership*.

Peserta bagi simposium berkenaan terdiri daripada pengamal perubatan am swasta, pegawai dan pakar perubatan KKM, jururawat, pembantu perubatan, optometri serta doktor gigi termasuk pelajar.

Antara topik sesi plenari dan bengkel yang telah dijalankan termasuklah *Empowering Primary Care Providers, Transforming Lives*, *Medico-Legal Litigation and the General Practitioners-Avoiding Pitfalls* dan *Role of Metabolic Surgery in Non-Communicable Diseases*.

AKHBAR : UTUSAN MALAYSIA

MUKA SURAT : 6

RUANGAN : DALAM NEGERI

Kurang promosi punca rakyat pilih makanan tidak sihat

PETALING JAYA: Kurangnya promosi mengenai pemakanan yang sihat merupakan antara faktor rakyat Malaysia lebih gemar memilih menu tidak berkhasiat sehingga menghadapi masalah kesihatan walaupun pada usia muda.

Pensyarah Kanan, Jabatan Pemakanan Fakulti Perubatan dan Sains Kesihatan Universiti Putra Malaysia (UPM) Dr. Mohd. Redzwan Sabran berkata, dengan kesedaran tentang makanan yang diambil dan perancangan pemakanan yang betul, tidak mustahil rakyat Malaysia boleh menjaga kesihatan diri walaupun memilih untuk makan di luar.

“Makanan yang dijual di kedai-kedai mempunyai kandungan kalori, gula dan garam yang tinggi dan berupaya meningkatkan risiko penyakit tidak berjangkit (NCD) seperti obesiti, kencing manis dan darah tinggi.

“Sekiranya pemakanan tidak dipantau, ia boleh menyebabkan peningkatan berat badan yang se-

terusnya mencetuskan masalah tekanan darah serta peningkatan kadar gula dalam darah,” katanya ketika dihubungi *Utusan Malaysia*.

Terdahulu, akhbar ini melaporkan, rakyat Malaysia belanja RM1,200 sebulan makan di luar. Ketagihan makan di luar menyebabkan sebahagian besar pendapatan bulanan rakyat negara ini dihabiskan untuk memenuhi keinginan tersebut.

Malah, amalan itu mengakibatkan penyusutan pendapatan isi rumah, sekali gus menjadikan mereka lebih terkesan terhadap kenaikan mendadak harga makanan dimasak, meskipun kadar inflasi utama menunjukkan penurunan.

Sebaliknya, Pensyarah Pemakanan Pusat Pengajian Sains Kesihatan Universiti Sains Malaysia (USM), Professor Dr. Hamid Jan Jan Mohamed berkata, rakyat Malaysia sebenarnya mempunyai akses yang meluas terhadap makanan sihat.

“Masyarakat mempunyai akses tetapi kurang pengetahuan dan kemahiran dalam memilih makanan yang lebih sihat.

“Namun, tidak dinafikan juga harga pilihan makanan sihat lebih tinggi berbanding makanan yang sihat. Sebagai contoh, ikan goreng biasanya dijual dengan harga lebih murah berbanding dari ikan bakar atau kukus,” katanya.

Hamid Jan berkata, kaedah terbaik untuk menjaga pemakanan adalah dengan mengamalkan konsep suku-suku separuh seperti saranan Kementerian Kesihatan.

Jelas beliau, pilihan makanan juga perlu dibuat berdasarkan kaedah penyediaan sekiranya masyarakat ingin menjaga pemakanan dan kesihatan diri.

“Sebagai contoh, nasi putih mengandungi kalori yang lebih rendah berbanding nasi minyak atau nasi beriani. Ikan atau ayam singgang dan bakar menggunakan lebih sedikit minyak berbanding ikan atau ayam goreng” katanya.

AKHBAR : THE STAR
MUKA SURAT : 7
RUANGAN : NATION

Be on lookout for signs of stroke

Surging number of cases involving those aged below 40, medical experts warn

By HO JIA WEN
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PETALING JAYA: With increasing incidents of stroke affecting those aged below 40, people should be on their guard for symptoms and seek prompt medical attention, medical experts have advised.

Interventional cardiologist and physician Dr Wong Teck Wee said if a stroke patient receives medical attention within three hours, the effects can be significantly mitigated with medication to dissolve the blood clot.

However, if left untreated for over 24 hours, it will worsen the brain damage, he cautioned.

He said the most common cause of stroke was blockage of blood vessels to the brain, which was the cause of up to 90% of strokes, adding that the less common ones included bleeding due to a burst artery in the brain.

"Signs of a stroke include a lopsided face, problems swallowing, blurred eyesight and numbness in the body," he added.

Dr Wong said headaches, though common for most people, can be a dangerous indicator of a stroke.

"If one gets persistent headaches, even when going to sleep, it is a sign that something is not right," he added.

STROKE WARNING SIGNS

B Balance loss and dizziness

E Eyes, vision loss in either eye

F Face drooping on one side of the face

A Arm or leg weakness or numbness

S Speech difficulties or slurred speech

T Time to act fast and go to a stroke ready hospital

Two types of stroke

- **Ischaemic stroke** is caused by a blockage of blood supply to the brain.
- **Haemorrhagic stroke** is caused by bleeding in or around the brain.

Stroke can happen to anyone at anytime

> High risk groups are those with **high blood pressure, diabetes, atrial fibrillation and high cholesterol.**

Source: National Stroke Association Malaysia
TheStargraphics

Other signs of a dangerous headache is when the headache intensifies during defecating and if it causes nausea.

"This may show that there is build-up of pressure around the brain," he said.

When such symptoms exist, seek immediate medical attention, he added.

National Stroke Association of Malaysia head of rehabilitation Kathiravan Tangaraju Anthony said more strokes were affecting those aged between 30 and 40 years.

He said he noticed the increase in younger stroke patients since the Covid-19 pandemic.

"This can be the result of

unhealthy diets and lifestyles, as well as poor stress management," he added.

Kathiravan said younger stroke patients were more likely to recover faster and return to normal daily activities compared with older patients, though this depended on the severity of the stroke.

This was because younger patients have better neuroplasticity and were less likely to have underlying diseases, he said.

Consultant physician and neurologist Dr Yong Fee Mann said prevention was always better than cure.

"It will be too late (to act) when symptoms of a stroke occur," she said.

She confirmed that there was an increase in stroke incidents affecting those aged between 35 and 39, adding that this was the trend over the past decade.

"Many young people have poor lifestyle habits, such as smoking, vaping, eating unhealthy foods and sleeping late.

"If these risk factors are controlled, the chances of a stroke can be significantly reduced," she added.

Dr Yong said high blood pressure, obesity, lack of exercise and diabetes were some of the main causes of stroke.

On Dec 2, a 17-year-old student died a day before her SPM exam due to a ruptured blood vessel in her brain, leading to a haemorrhage.

According to reports, she had been experiencing headaches for at least a month but did not tell her parents as she did not want to worry them. The victim had scored 10As for her SPM trial.

AKHBAR : THE SUN
MUKA SURAT : 3
RUANGAN : NATIONAL

1,900 dengue cases recorded

MALACCA: State Health, Human Resources and Unity Committee chairman Datuk Ngwe Hee Sem (BN-Machap Jaya) said 1,972 dengue-related cases were recorded from Jan 1 to Nov 16 in Malacca.

He said 1,241 cases were in Central Malacca, 214 in Alor Gajah and 517 in Jasin, with two deaths reported during the period.

He also said the state government, in collaboration with the state Health Department, has been ramping up efforts to address the dengue outbreak through various programmes.

"Among the initiatives is the Aedes

Wolbachia mosquito release project, which has been implemented in Taman Bemban Jaya, Jasin, Pangsapuri Taman Tasik Utama, Pangsapuri Sri Utama and Perumahan Tentera Desa Taming Sari.

"Control activities for isolated cases and outbreaks are being carried out, along with dengue prevention measures, such as the elimination of mosquito breeding sites, larviciding, thermal space spraying and ultra-low volume spraying," he said at the state legislative assembly sitting yesterday.

He was responding to a question by Datuk Zulkiflee Mohd Zin (BN-Taboh Naning) about

measures being taken to address the rise in dengue cases in Malacca.

Ngwe said in addition to ongoing efforts, the state government collaborates with the National Unity and Integration Department whenever areas are declared to be experiencing dengue outbreaks.

"Among the initiatives implemented by the department are announcements to residents every Friday, aimed at preventing the spread of dengue.

"Pamphlets promoting the cleanup of dengue hotspot areas are distributed every Saturday." – Bernama

AKHBAR : THE SUN
MUKA SURAT : 8
RUANGAN : NATIONAL

Belgium bans disposable e-cigarettes

BRUSSELS: The time is up for disposable e-cigarettes in Belgium – the first EU country to ban them.

From tomorrow, it will be forbidden to sell single-use vapes in Belgium, a bid to protect young people's health as part of a national anti-tobacco plan.

The European Union aims to achieve a tobacco-free generation by 2040, reducing the 27-country bloc's smoking population from around 25% to less than 5% of the total.

Some EU countries plan to bring that deadline forward.

Vapes are often promoted as less harmful than smoking traditional tobacco products.

But since e-cigarettes still contain nicotine, which is highly addictive, critics fear they could be a potential stepping stone to more traditional tobacco products.

"The problem is that young people start using vapes without always knowing their nicotine content, and nicotine is addictive," said Nora Melard, spokeswoman for the Alliance for a Tobacco-Free Society in Belgium.

"We have young people saying they wake up at night to take a puff. It's very worrying."

Belgium boasts it has reacted quickly to the dangers posed by disposable e-cigarettes, which hit the market more than five years ago.

In 2021, the federal government submitted a proposal to the European Commission, the EU's executive arm, to ban single-use vapes.

The commission, which must give its approval for any sales ban, accorded a green light to Belgium in March, paving the way for a national law to enter into force.

France has obtained EU acceptance for a similar ban.

Once enacted, the French law will ban the production, sale and free offer of vapes, with a fine of €100,000 (RM465,867) for any violations.

Health authorities in France and Belgium say that chronic nicotine consumption is especially harmful to the adolescent brain and could encourage use of other drugs.

An EU study in 2023 found the majority of e-cigarette users opted for a rechargeable vape but the single-use versions were popular with young people aged 15 to 24.

Opponents also point to the "ecological disaster" caused by disposable vapes.

When seeking the EU's approval for its ban, Belgium argued that the plastic single-use vape with its lithium battery usually gets thrown away within five days of purchase.

By contrast, the rechargeable versions can last for around six or seven months. – AFP