

AKHBAR : BERITA HARIAN
MUKA SURAT : 5
RUANGAN : NASIONAL

Kesedaran, kepentingan rawatan terhadap barah usus besar rendah

Kanser kolorektal di negara ini sering dikesan pada individu 55 tahun ke atas

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Shah Alam: Sebanyak 83.4 peratus kes barah usus besar (kolorektal) di negara ini, dikesan pada individu berusia 55 tahun ke atas.

Pengarah Bahagian Perkembangan Perubatan, Datuk Dr Mohd Azman Yacob, berkata lebih membimbangkan kebanyakan pesakit barah itu mendapatkan rawatan pada tahap lewat, iaitu tahap ketiga dan keempat.

Katanya, kanser usus besar menjadi barah paling biasa dalam kalangan lelaki dan kanser kedua membabitkan wanita selepas kanser payudara.

"Kesedaran orang ramai ter-

hadap kanser kolorektal dan kepentingan melakukan pemeriksaan awal masih rendah di negara ini.

"Kelewatan membuat pemeriksaan awal mengurangkan jangka hayat lima tahun," katanya selepas merasmikan larian kesedaran kanser kolorektal di sini, semalam.

Yang turut hadir, Presiden Peratuan Pakar Bedah Kolorektal Malaysia (MSCRS), Dr Luqman Mazlan dan Naib Presidennya, Dr Nurhashim Haron.

Kesan awal kurangkan kos

Dr Mohd menegaskan kanser usus besar lebih tinggi dalam kalangan etnik Cina.

Katanya, pengesanan awal kanser kolorektal akan dapat mengurangkan kos rawatan dan membolehkan pesakit mendapat kualiti hidup lebih baik.

"Peluang kelangsungan hidup untuk pesakit yang berada di tahap pertama dan kedua adalah lebih baik berbanding mereka yang datang di tahap tinggi.

"Malah, kadar kematian bagi pesakit tahap ketiga dan keempat juga lebih tinggi," katanya.

Dr Mohd berkata, simptom uta-



Dr Mohd (dua dari kanan) pada perasmian Larian Kesedaran Kanser Kolorektal 2024 dan turut dihadiri Dr Luqman (dua dari kiri) dan Dr Nurhashim serta Prof Dr April Camila Roslani di Setia Alam, semalam.

(Foto Hairul Anuar Rahim/BH)

ma barah usus besar ialah perubahan tabiat membuang air besar secara tiba-tiba, iaitu daripada setiap hari menjadi dua hari atau lebih (sembelit) tanpa sebab.

Beliau berkata, simptom lain adalah cirit-birit secara tiba-tiba lebih dua hingga tiga kali sehari, pendarahan dalam najis, sakit

perut dan perut berasa tidak selesa.

Katanya, simptom lain yang agak lewat ialah seperti kurang selera makan hingga berat badan menurun serta keletihan akibat kurang darah merah.

Dr Mohd berkata, kaedah terbaharu, PET-CT Scan iaitu im-

basan perubatan nuklear berwarna untuk seluruh badan dapat menunjukkan dengan jelas keadaan kanser pesakit.

Katanya, terdapat kaedah rawatan selain kemoterapi atau radioterapi, iaitu terapi sasaran dan immunoterapi lebih berkesan dan kurang kesan sampingan.

AKHBAR : BERITA HARIAN
MUKA SURAT : 15
RUANGAN : NASIONAL



Klinik Kesihatan Kota Putera beroperasi 4 Ogos

Jertih: Klinik Kesihatan Kota Putera bernilai RM32 juta yang dijangka beroperasi pada 4 Ogos depan dapat meningkatkan tahap kesihatan penduduk setempat dengan kemudahan kesihatan lebih baik.

Timbalan Menteri Kerja Raya, Datuk Seri Ahmad Maslan, berkata klinik kesihatan jenis tiga (KK3) yang mula dibina pada 16 November 2020 dan siap 10 Jun lalu itu bagi menggantikan klinik yang daif, sekali gus menjadi pemangkin baharu untuk kemudahan kesihatan masyarakat setempat.

Beliau berkata, klinik

kesihatan yang dibina di atas tapak dilengkapi pelbagai kemudahan seperti klinik kesihatan ibu dan anak, pesakit luar, perkhidmatan pengimejan diagnostik (X-Ray) dan klinik pergigian.

"Sekarang projek ini dalam proses memasukkan peralatan dan perabot, dijadualkan beroperasi Ogos ini.

"Apabila beroperasi kelak, klinik ini mampu menampung 200 pesakit setiap hari dengan kemudahan kesihatan lebih baik dan selesa.

"Selain kemudahan kesihatan lebih baik, di sini

ada pakar pergigian dan perubatan, jadi ia memanfaatkan rakyat yang sebelum ini mendapat rawatan, tetapi tidak mencukupi kerana klinik yang kecil, selain ketiadaan pakar," katanya selepas melakukan tinjauan kerja ke projek seliaan Jabatan Kerja Raya (JKR) Daerah Besut di tapak projek KK3 Kampung Raja di sini, semalam.

Sementara itu, Ahmad berkata, kerajaan juga akan membina jambatan baharu Sungai Besut, selain sebuah terminal bersepadu bas dan teksi di Jerteh untuk keselesaan penduduk.

AKHBAR : UTUSAN MALAYSIA
MUKA SURAT : 10
RUANGAN : DALAM NEGERI

Perjanjian doktor mahu jadi pakar menyusahkan, tidak masuk akal

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PUTRAJAYA: Syarat tujuh tahun perlu berkhidmat dengan kerajaan berkali dengan denda RM350,000 yang dikenakan terhadap doktor yang gagal dalam pengajian di peringkat pakar, dianggap menyusahkan.

Bercakap kepada *Utusan Malaysia*, seorang doktor yang mahu dikenali sebagai Ali berkata, mana-mana doktor yang berhasrat untuk menjadi pakar, diwajibkan mengambil tajaan daripada kerajaan melalui biasiswa atau dikenali sebagai Hadiah Latihan Persekutuan (HLP).

Katanya, beliau adalah salah seorang 'mangsa' kepada ikatan perjanjian itu selepas dia tidak dapat menghabiskan pengajian ekoran tidak lulus peperiksaan klinikal pada tahun pertama.

"Saya bukan menarik diri daripada pengajian, tetapi 'digagalkan' beberapa kali dalam peperiksaan klinikal iaitu peperiksaan melibatkan ujian klinikal atau amali di lapangan.

"Peperiksaan ujian teori lain saya lulus. Disebabkan itu, saya tidak dapat meneruskan pengajian dan kini terikat dengan penalti yang ditetapkan iaitu perlu berkhidmat selama tujuh tahun ditambah pula wajib membayar ganti rugi berjumlah RM350,000," katanya di sini.



SYARAT tujuh tahun perlu berkhidmat dengan kerajaan berkali dengan denda RM350,000 yang dikenakan terhadap doktor yang gagal dalam pengajian di peringkat pakar, dianggap menyusahkan. - GAMBAR SOSIAL MEDIA

Beliau berkata, syarat sebegini amat menyusahkan kumpulan doktor yang berminat untuk menjadi pakar dan ia tentunya tidak mencapai matlamat kerajaan untuk melahirkan lebih ramai pakar perubatan di negara ini.

Bagi kumpulan pelatih prospektif yang memilih kaedah pengajian kombinasi dalam dan luar negara, ikatan atau ganti rugi yang dikenakan ialah tujuh tahun berkhidmat dan/atau ganti rugi berjumlah RM700,000; manakala

pengajian sepenuhnya dalam negara (lima tahun berkhidmat dan/atau RM350,000), namun jika mengambil peperiksaan luar negara (enam tahun berkhidmat dan/atau RM500,000).

Bagi pelatih sedia ada pula, kaedah pengajian secara kombinasi dalam dan luar negara, ikatan atau ganti rugi yang dikenakan ialah empat tahun berkhidmat dan/atau RM350,000; manakala pengajian sepenuhnya dalam negara (tiga tahun berkhidmat dan/

atau RM100,000).

Dr. Ali berkata, syarat yang dikenakan ini adalah tidak masuk akal apabila perlu dikenakan serentak iaitu wajib berkhidmat dengan kerajaan dan bayaran penalti.

Beliau berkata, sebelum ini ikatan perjanjian tersebut adalah minimum lima tahun berkhidmat dan penalti hanya RM100,000.

"Kementerian Kesihatan Malaysia (KKM) tidak memberikan penjelasan terperinci mengapa perlu bayar penalti sehingga RM350,000

sedangkan kos pengajian tiga kali lebih rendah daripada penalti.

"Ramai yang mahu jadi pakar terpaksa akur dengan syarat ini termasuk program laluan selari (*parallel pathway*) pun diletakkan syarat sebegini," katanya.

Menurut beliau, setiap doktor yang mahu menyambung pakar diwajibkan mengambil biasiswa kerajaan kerana kepakaran mereka tidak diiktiraf sekiranya membuat tajaan sendiri pengajian.

Katanya, kaedah seumpama ini tidak memberikan keadilan kepada kumpulan doktor, sedangkan kerajaan sepatutnya memberikan laluan mudah bagi menggalakkan lebih ramai doktor menjadi pakar sekali gus mengukuhkan sistem kesihatan negara.

Sementara itu, Kumpulan Hartal Doktor Kontrak mengesahkan situasi itu yang perlu dihadapi kumpulan doktor yang ingin menjadi pakar.

Menurut jurucakapnya, Dr. Muhammad Yassin, syarat dan ikatan perjanjian itu sememangnya wujud sudah lama, cuma semenjak beberapa tahun lepas jumlah bayaran ganti rugi meningkat ke RM350,000.

Jelasnya, perjanjian ini dilakukan memandangkan ramai doktor pakar keluar ke swasta selepas tamat belajar, justeru, langkah ini sebagai satu cara mengurangkan doktor-doktor pakar kerajaan keluar ke swasta.

AKHBAR : UTUSAN MALAYSIA
MUKA SURAT : 34
RUANGAN : DALAM NEGERI

Klinik kesihatan baharu tampung 200 pesakit sehari di Besut

BESUT: Penduduk di daerah ini bakal mendapat kemudahan Klinik Kesihatan Kota Putra baharu bernilai RM32 juta yang dijadual dibuka pada 4 Ogos ini.

Timbalan Menteri Kerja Raya, Datuk Seri Ahmad Maslan berkata, bangunan klinik kesihatan tersebut siap sepenuhnya pada 10 Jun lalu dan akan diserahkan kepada Kementerian Kesihatan dalam masa terdekat.

“Projek Klinik Kesihatan Kota Putra ini dibina bagi menggantikan premis lama yang agak uzur serta berkapasiti lebih kecil.

“Klinik kesihatan baharu itu mampu memberi perkhidmatan kepada lebih 200 pesakit setiap hari,” katanya selepas meninjau projek klinik kesihatan itu, semalam.

Ahmad berkata, Klinik Kesihatan Kota Putra memiliki ke-

mudahan klinik pesakit luar, pakar, ibu dan anak serta periggian selain X-ray.

Selain itu, katanya, pesakit yang menghadapi masalah gigi dan gusi boleh mendapatkan perkhidmatan memasang pendakap gigi.

Dalam perkembangan sama, beliau berkata, kerajaan Persekutuan meluluskan dua projek iaitu pembinaan jambatan baharu merentasi Sungai Besut dan Stesen Bas Jerteh.

“Jambatan baharu sepanjang 1.2 kilometer bernilai RM118 juta itu kini dalam proses reka bentuk sebelum tender dijangka dikeluarkan pada Mei tahun depan.

“Kerajaan Persekutuan juga akan membina sebuah stesen bas baharu bernilai RM16.9 juta yang serba moden untuk kemudahan penduduk daerah ini,” katanya.



AHMAD Maslan (tengah) meninjau projek Klinik Kesihatan Kota Putra di Kampung Raja, Besut, Terengganu. - UTUSAN/PUQTRA HAIRRY ROSLI

AKHBAR : NEW STRAITS TIMES
MUKA SURAT : 5
RUANGAN : NATION / NEWS

LOW AWARENESS

Health Ministry tells those above 50 to get screened for colorectal cancer

SHAH ALAM: The Health Ministry is concerned about the low awareness among Malaysians of the importance of colorectal screening.

Health Ministry (Medical Development Division) director Datuk Dr Azman Jacob said 88 per cent of adults aged 50 and above in Malaysia had never done faecal occult blood tests for col-

orectal cancer.

Colorectal cancer symptoms include a sudden change in bowel habits, unexplained weight loss and a loss of appetite.

"It can be prevented if detected early, ideally at stages one or two.

"I urge all Malaysians to visit healthcare facilities for such screenings, as faecal occult blood testing is a simple procedure that

involves examining stool samples for hidden blood cells," he said after officiating the Colorectal Cancer Awareness run, here, yesterday.

He was presenting the event on behalf of Health Minister Datuk Dzulkefly Ahmad.

Citing data from the National Cancer Registry, he said the prevalence of colorectal cancer

was higher among the Chinese compared to other communities.

"According to the National Cancer Registry, 83.4 per cent of colorectal cancer cases from 2012 to 2016 were reported in individuals aged 50 and above."

Malaysian Society of Colorectal Surgeons president Dr Luqman Mazlan said colorectal surgeons encountered cases almost weekly,

and that two-thirds of them were diagnosed at advanced stages.

"Although Malaysia has not mandated screening for colorectal cancer, once you reach the age of 45 or 50, it is crucial to get checked."

Regarding survival rates, Dr Luqman said for stages one and two, the five-year survival rates were up to 90 per cent.

AKHBAR : THE STAR
MUKA SURAT : 3
RUANGAN : NATION

88% of M'sians not screened for colon cancer

SHAH ALAM: Some 88% of Malaysians aged 50 and above have never been screened for colorectal cancer, says the Health Ministry.

Expressing concern over the statistics, Health Ministry Medical Development Division director Datuk Dr Mohd Azman Yacob said that colorectal cancer was the second most common cancer among females, while males are also at risk.

According to the National Cancer Society of Malaysia, colorectal cancer is the most common cancer among males.

"It's better to know your status so you can take the necessary measures," Dr Mohd Azman told reporters after attending the Colorectal Cancer Awareness Run here yesterday.

He was representing Health Minister Datuk Seri Dr Dzulkefly Ahmad at the event.

Dr Mohd Azman said early detection would see a survival rate of up to 90% for those diagnosed at Stage 1 and 2.

"Among the main factors (of the cancer) is lifestyle. At the same time, early detection is crucial.

"If you are detected in Stage 1 and 2, the five-year survival rate is much higher compared with those at Stage 3 and 4 as it may have already spread to other parts of the body," he said.

He added that colorectal cancer, also known as colon cancer, had an 83.8% prevalence among

Colorectal cancer

Also known as bowel cancer and colon cancer
Most common cancer in males and second most common cancer in females

Risk factors



Having inflammatory bowel disease like Crohn's Disease or Ulcerative Colitis



Diet high in red and processed meat, low in fibre, fruits and vegetables



Family members with colorectal cancer



Sedentary lifestyles, excessive alcohol consumption, smoking and being overweight

Symptoms



Bloody stools or bleeding from rectum



Unexplained weight loss



Fatigue and anaemia



Change in bowel habits, such as diarrhoea, over several weeks



Persistent pain in the stomach

Source: National Cancer Society of Malaysia

The Star graphics

those aged 50 and above, according to statistics from the National Cancer Registry between 2012 and 2016.

"They (patients) came at late stages as they were unaware of the symptoms," he said.

Among the prominent symptoms are changes in bowel habits such as diarrhoea.

Dr Mohd Azman said there were about 3,000 new colorectal cancer cases annually.

He said it was more prevalent

among the Chinese ethnic group, according to National Cancer Registry figures.

"This is based on data and not mere speculation," he said.

Dr Mohd Azman urged the public to go for health screenings for early detection and prevention.

"Malaysians have the fear factor and are afraid of being informed about having certain diseases as many feel it's the end of their lives.

"We need to change this perception," he said, adding that screening was not only for conditions like hypertension and diabetes.

Malaysian Society of Colorectal Surgeons president Dr Luqman Mazlan said colorectal cancer was common, with surgeons seeing new cases almost every week.

He added that two-thirds of cases were already at an advanced stage.

"Identifying it at an early stage would be good for patients," he said.

While screening is not mandatory in Malaysia, Dr Luqman urged all who reach 45 years old, even those asymptomatic, to get screened.

"The whole purpose of screening is to catch it before the symptoms present themselves. When the symptoms come, it may be too late.

"Go to your nearest healthcare facilities and get checked," he said.

Health checks can save you

Two survivors say they didn't realise what they were sick with

By GERARD GIMINO

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SHAH ALAM: For the past eight years, Eirwan Shalle Elias has diligently undergone annual health screenings, a routine facilitated by his workplace benefits as a 48-year-old bank employee.

Each year, the results were reassuring until his screening in November last year when he received shocking news – suspected internal bleeding.

"I didn't feel any pain, worked as-usual and did light exercise as well. I also don't smoke. It never occurred to me that I had such a thing," he said when recalling his experience.

"I even told the doctor that I didn't have time for further medical procedures as it would require me to stay in for a day."

After much persuasion, he finally relented and went for a more thorough check-up in December.

To his disbelief, the results revealed signs of colorectal cancer, despite Eirwan's lack of discomfort or pain.

Subsequent lab tests confirmed the presence of a tumour in his large intestine.

"I was advised to go for surgery to remove the tumour so it wouldn't spread to any other areas. I agreed to it.

"Lab results following the operation also revealed I had stage one colorectal cancer," he said.

Describing the ordeal as physically and emotionally draining,



Sharing their journey: Eirwan and Nor Azri (second and third from left) during the forum held in conjunction with the Colorectal Cancer Awareness Run in Shah Alam. Also onstage are Universiti Putra Malaysia consultant colorectal surgeon Dr Nik Qisiti Fathi (left), MSCRS colorectal surgeon Dr Shafhavi Adznan (second from right) and fellow MSCRS colorectal surgeon Dr Mayuha Rusli.

Eirwan was nevertheless grateful for the support of his loved ones.

"I felt somewhat relieved as I made the right choice to proceed with the health screening and surgery.

"Either way, I look at things positively as it may have been a test from the Almighty," he said at a colorectal cancer awareness public forum held here yesterday.

Fellow survivor Nor Azri Mohd Nor, 54, meanwhile said his cancer was detected at stage three.

"It was quite serious and had already affected my bladder.

"I had to undergo surgery," he said.

Nor Azri, an avid marathon runner, said he first noticed symptoms of bloody stools but opted to self-medicate until the severity became undeniable.

"My advice is not to act smart about it. In my case, I even went to the pharmacy and tried to solve it myself," he said, adding that he experienced bloody stools for about six months.

"During my runs, even 500m felt like 20km. I noticed something was off. During my vaccination, I was down with a fever for 21 days as well. Only after screening did I know I had cancer," he said.

He also advised the public to go for early screenings as a precautionary measure. Despite still undergoing treatment, Nor Azri said among his strategies for recovery is to help others.

"I am also aiming to complete a full marathon this year," he said.

AKHBAR : THE STAR
MUKA SURAT : 9
RUANGAN : NATION

Beware of leptospirosis

Those at risk urged to avoid contact with bodies of water

By **DIYANA PFORDTEN**
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PETALING JAYA: Be mindful of contact with bodies of water and contaminated environments, especially after heavy rain and floods or if you have wounds, to minimise the risk of contracting leptospirosis, say public health experts.

"Do not wade, swim or put your head in floodwaters or in the lakes, rivers and swamps," said Prof Dr Sharifa Ezat Wan Puteh, a health economics and public health specialist with Universiti Kebangsaan Malaysia.

Her warning came following reports of leptospirosis in Johor, which also led to the closure of the Gunung Ledang National Park from June 27 to July 10.

Johor National Parks Corporation said the move was taken for public safety and to facilitate public cleansing.

According to the state's Health Department website, Johor had recorded 216 cases of the bacterial infection as of June 15 this year.

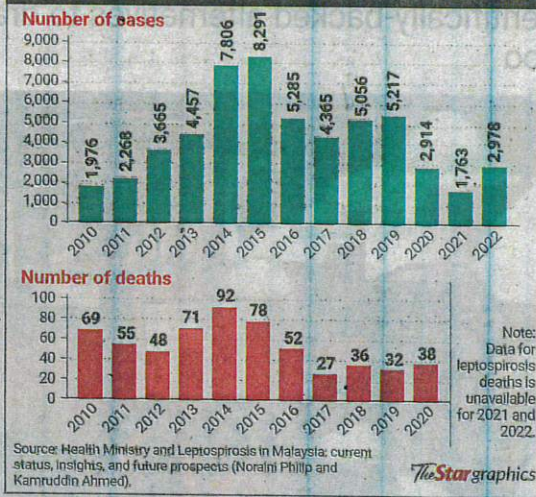
Leptospirosis reports were also filed in Kedah. As of June 8, there were 105 cases with one fatality.

Prof Sharifa Ezat said floods, stagnant water, improper waste disposal, farming and water recreational activities could encourage rat infestation.

"If it is not possible to avoid wading in floodwaters or other water bodies, use protective clothing like footwear and cover the wounds with waterproof bandages or dressing," she said.

She said those in the agricultural sector, livestock handlers, military and rescue personnel as well as sewerage, pet shop and disaster relief workers are at a higher

Leptospirosis cases in the country by year 2010 - 2022



risk of contracting the disease.

"People involved with outdoor and recreational activities are also at risk," said Prof Sharifa Ezat, who also warned that the public can get infected by ingesting contaminated food or water.

"Make water safe to drink by boiling or using an appropriate chemical treatment.

"We also need to control rodents, keep our garbage disposal area clean and manage other wildlife around the home and environment," she added.

According to the Health Ministry's data, Kelantan had the highest leptospirosis cases in 2022, with a rate of 30.7 per 100,000 population, followed by Sarawak (18.6), Negri Sembilan

(15.2), Terengganu (12.2) and Kedah (11).

In terms of the number of cases, Kelantan, too, recorded the highest at 561, followed by Selangor (528) and Sarawak (528).

Prof Sharifa Ezat said animals can spread the bacteria through their urine, stool or saliva.

"The infected animals urinate, the bacteria get into the water or soil and can live there for weeks to months.

"Animals that can be infected are mammals including rodents like rats, mice and squirrels, cows, goats, pigs, horses and wildlife," she said, adding the Veterinary Services Department offers a leptospirosis vaccine for dogs.

On the symptoms, Prof Sharifa

Ezat pointed out that some patients could be asymptomatic.

"When symptoms occur, they can include fever, headache, chills, muscle aches, vomiting, jaundice, red eyes, stomach pain, diarrhoea, and sometimes, a rash.

"Without proper treatment with antibiotics, people with leptospirosis may develop serious problems in their kidneys, liver or lining of the brain and spinal cord (meningitis).

"In some cases, leptospirosis can be fatal," she added.

Universiti Putra Malaysia's public health medicine expert Prof Dr Malina Osman said for now, leptospirosis vaccine is only meant for animals.

"However, certain antibiotics like vibramycin may be prescribed as chemoprophylaxis for certain conditions," she said, advising those with cuts or wounds to avoid high-risk areas.

"As far as possible, avoid any contact with water and soil or leptospirosis hotspots, while recreational activities should also be stopped," she said.

Those working at bodies of water need to wear protective gear like goggles, waterproof suits, shoes or boots, she said, adding that signs of infection may mimic other viral fevers or dengue such as high-grade fever, lethargy, and joint and muscle pain.

Public health expert Datuk Dr Zainal Ariffin Omar said more campaigns are needed to create awareness on the disease.

"Good maintenance of recreational and food premises is needed, as well as better environmental and pest control throughout the country.

"Early detection of the disease can help prevent wider infections," he said.