

AKHBAR : THE SUN
MUKA SURAT : 2
RUANGAN : NATIONAL

THE SUN MIS 2 NATIONAL 21/4/2025 (ISNIN)

Govt shield against US tariffs for public health institutions

► While rate increases likely to push up cost of essential medical imports, govt expected to absorb much of financial burden, says professor

■ BY DEEPAKASHMI MANICKAM
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PETALING JAYA: The ripple effects of United States (US) tariffs on Chinese goods may soon reach Malaysian public hospitals. But for now, patients, especially those from lower-income groups, are expected to be shielded from significant cost increases.

Universiti Kebangsaan Malaysia public health medicine specialist Prof Dr Sharifa Ezat Wan Puteh said while the tariffs are likely to push up the cost of essential medical imports, the government is expected to absorb much of the financial burden.

"It's possible purchase prices will rise. But as this is government-funded, the bulk of it will be subsidised by state funds," she told *theSun*.

She said while the public healthcare sector is partially insulated, patients may eventually have to bear part of the cost for certain treatments or medications.

Health Minister Datuk Seri Dr Dzulkefly Ahmad has said the cost of



Sharifa said despite growing operational pressures, public healthcare remains affordable compared with private options.
— AMIRUL SYAFIQ/THE SUN

imported drugs and medical devices would increase if tariffs impact the active pharmaceutical ingredients (API) or key components used in their production.

He added that local pharmaceutical companies may face steeper costs as global competition for raw materials intensifies.

"Local generics producers could see higher procurement costs for API due to increased demand from US pharmaceutical suppliers."

Sharifa highlighted that cardiac-related procedures may be particularly affected, given Malaysia's rising number of cardiovascular disease (CVD) cases.

"With CVD cases on the rise, treatment costs could escalate. Procedures like stenting may become more expensive, and patients might face higher out-of-pocket expenses."

She said despite growing operational pressures, public healthcare remains affordable compared with private options.

"Generally, a visit to a private GP costs around RM50 to RM70. At government clinics, it's still only RM1."

She added that major surgeries in public hospitals typically range between RM200 and RM400, while daily hospitalisation fees remain between RM10 and RM30.

Amid ongoing global trade tensions and potential supply chain disruptions, Malaysia's healthcare system remains reliant on imported drugs and medical devices, often at a steep cost.

"The drugs and devices are reliable but expensive. It would be wise for Malaysia to manufacture locally or source from more affordable countries such as India

or China.

"The low-income group will likely be protected. Higher-income groups, however, may face fee hikes or co-payment schemes."

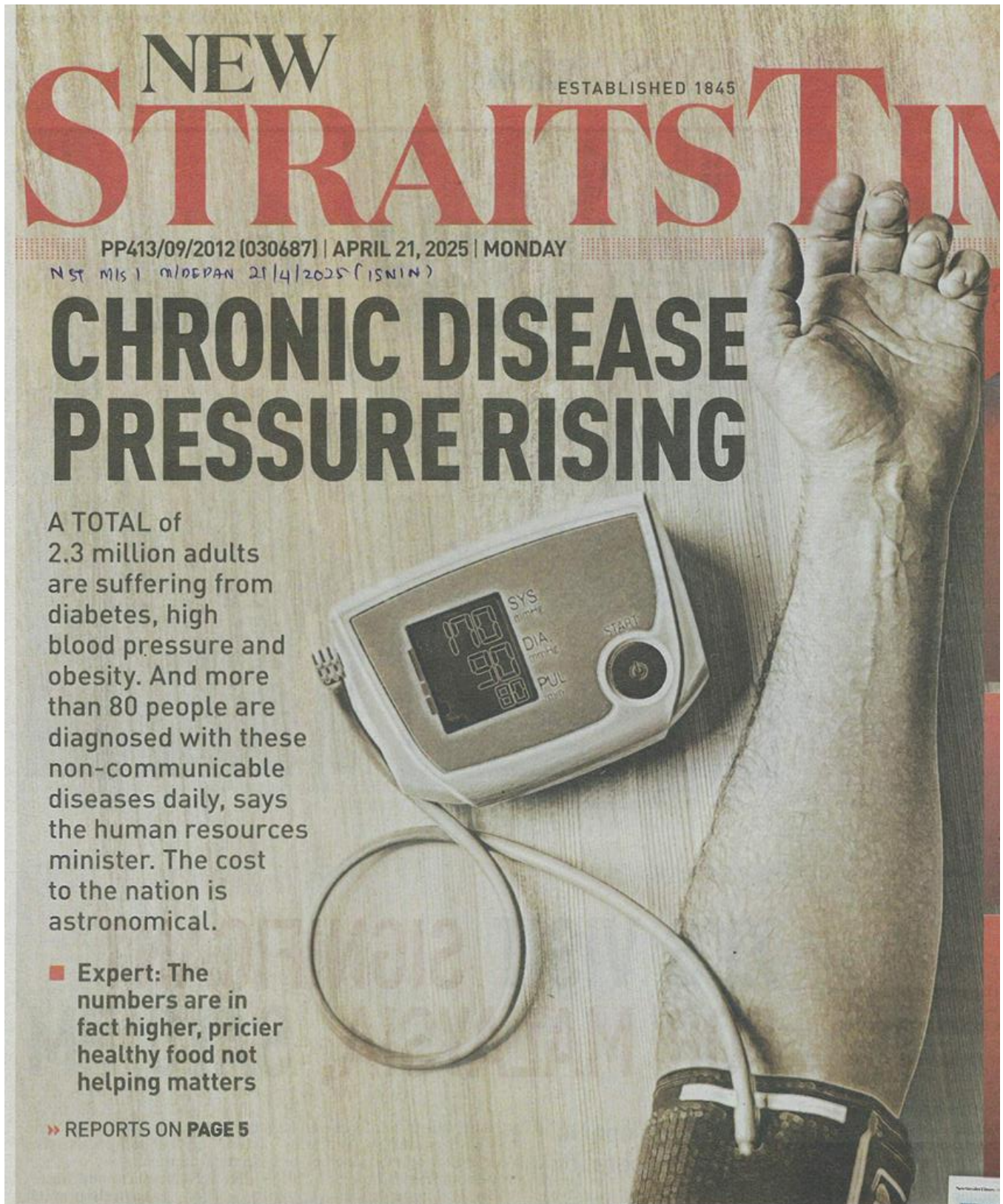
To ensure resilience, Sharifa emphasised the need to diversify supply chains and boost investment in primary healthcare and traditional complementary medicine.

She said reforms are already in motion, including efforts to strengthen primary care and introduce a new healthcare financing model.

"This includes social health insurance, combined with private health insurance for higher-income, self-paying groups."

She said while some price hikes are already visible in the private sector, the public system has so far seen only limited impact.

AKHBAR : NEW STRAITS TIMES
MUKA SURAT : 1
RUANGAN : FRONT PAGES



AKHBAR : NEW STRAITS TIMES

MUKA SURAT : 5

RUANGAN : NATION

NST M/S 5 NATION 21/4/2025 (ISNIN)

'Malaysians need supportive environment to be healthy'

KUALA LUMPUR: A lack of pedestrian-friendly infrastructure and expensive healthy food are among factors that contribute to the nation's critical obesity rate and the rise in non-communicable diseases (NCDs).

Professor of epidemiology and public health Dr Moy Foong Ming said obesity was the root of the problem and the solution was to provide a supportive environment rather than blame people for their lifestyle.

"We should provide the facilities for them to exercise, providing walkable places and healthier food choices.

"This is more important than blaming them."

She was commenting on a Social Security Organisation (Perkeso) report revealing that 2.3 million adults suffer from three types of NCDs, namely diabetes, high blood pressure and obesity.

She believed the current rate was underreported.

She said the failure to curb obesity was causing the rise of diabetes and hypertension.

She said the Bottom 40 per cent income group, also known as B40, simply did not have time to maintain their health.

 **We ask them (B40) to exercise. But they tell us that they're tired after work. On weekends, some of them still work and some need to manage their households.**

DR MOY FOONG MING

Professor of epidemiology and public health

"We ask them to exercise. But they tell us that they're tired after work. On weekends, some of them still work and some need to manage their households."

She said healthy food was pricier than unhealthy options.

"They may not be able to afford more fruits and vegetables or they may just eat with a lot of gravy."

She said sugar was not the only thing that needed to be reduced, but also calorie intake.

"When they first put on weight, they won't develop these symptoms. It's only after a few years, when they become middle-aged, diabetes, hypertension and others will arise."

AKHBAR : HARIAN METRO
MUKA SURAT : 17
RUANGAN : LOKAL

HARIAN METRO M/S17 ISNIN 21/4/2025 LOKAL

LELAKI ANTARA 40 HINGGA 70 TAHUN BERISIKO LEBIH TINGGI

90% punca MND adalah sporadik

Kuala Lumpur

Lelaki dan individu berumur antara 40 hingga 70 tahun serta mereka yang mempunyai sejarah keluarga atau mutasi genetik tertentu berisiko lebih tinggi menghadapi penyakit *Motor Neuron (MND)*.

Pensyarah di Fakulti Perubatan Universiti Kebangsaan Malaysia (UKM) dan Pakar Perunding Neurologi di Hospital Cancelor Tuanku Muhriz (HCTM) Prof Madya Dr Rabani Remli berkata, kira-kira 90 peratus punca MND adalah sporadik, iaitu berlaku tanpa sebab yang jelas manakala lima hingga 10 peratus kes mempunyai komponen genetik, contohnya mutasi gen SOD1, C9orf72 dan beberapa lagi.

Katanya, kadar prevalens dianggarkan lima hingga tujuh individu bagi setiap 100,000 populasi dan di negara ini, data masih terhad walaupun kes dilaporkan semakin meningkat.



■ LAPORAN Harian Metro, 18 April lalu.

“Persekitaran seperti pendedahan kepada bahan toksik, trauma kepala atau senaman fizikal ekstrem juga sedang dikaji tetapi masih belum terbukti sebagai punca langsung”

Pensyarah di Fakulti Perubatan Universiti Kebangsaan Malaysia (UKM) dan Pakar Perunding Neurologi di Hospital Cancelor Tuanku Muhriz (HCTM) Prof Madya Dr Rabani Remli

an simptom itu akan merebak ke seluruh badan termasuk otot pernafasan dan setakat ini, tiada rawatan yang boleh menyembuhkan MND kecuali memperlahankan perkembangan simptom kemerosotan otot dan memanjangkan jangka hayat.

Beliau berkata, rawatan MND adalah multidisiplin dan bertujuan untuk memperlahankan perkembangan penyakit dan meningkatkan kualiti hidup.

“Rawatan sokongan seperti fisioterapi, terapi pertuturan, alat bantuan pernafasan (seperti Bi-PAP) dan pakar pemakanan adalah amat penting untuk penjagaan jangka panjang.

“Penyelidikan sedang dijalankan di seluruh dunia termasuk terapi gen, sel stem dan ubat neuroprotektif yang baharu. Cuma buat masa ini, tiada kaedah pencegahan yang terbukti berkesan untuk MND kerana puncanya belum dikenal pasti sepenuhnya, katanya.

lemahan otot secara perlahan-lahan dengan lajunya bermula di tangan atau kaki, sukar menelan, suara menjadi sengau atau tidak jelas, kekejangan otot dan pengecutan otot kecil (*fasciculations*). Katanya, lama-kelamaan

akhirnya lumpuh.

“Jenis yang paling biasa adalah *Amyotrophic Lateral Sclerosis (ALS)* yang menyumbang lebih 80 peratus kes MND,” katanya.

Menurutnya, simptom awal MND termasuk ke-

pulan penyakit neurologi progresif yang menjejaskan sel saraf motor di otak dan saraf tunjang.

“Sel ini penting untuk mengawal pergerakan otot secara sadar dan apabila ia rosak, otot akan menjadi lemah, mengecut dan

Dr Rabani berkata, persekitaran seperti pendedahan kepada bahan toksik, trauma kepala atau senaman fizikal ekstrem juga sedang dikaji tetapi masih belum terbukti sebagai punca langsung.

“MND adalah satu kum-

AKHBAR : BERITA HARIAN

MUKA SURAT : 1

RUANGAN : MUKA DEPAN

BH M/S 1 M/DEPAN 21/4/2025 (ISNIN)

80 pencarum PERKESO sakit setiap hari

Amalan pemakanan tidak sihat, gaya hidup kurang aktif menyaksikan peningkatan penyakit tidak berjangkit (NCD) dialami pekerja negara ini, menyebabkan jumlah pencarum PERKESO alami keilatan akibat masalah kesihatan terbabit meningkat 26.5 peratus dalam tempoh dua tahun sejak 2022.

→ **Nasional 3**



(Foto Aziah Azmee/ BH)

AKHBAR : BERITA HARIAN

MUKA SURAT : 1

RUANGAN : MUKA DEPAN

BH M/s 3 NASIONAL 21/4/2025 (ISNIN)

Purata 80 pekerja sakit setiap hari

Peningkatan NCD dialami pencarum PERKESO membimbangkan

Putrajaya: Peningkatan penyakit tidak berjangkit (NCD) dalam kalangan pencarum Pertubuhan Keselamatan Sosial (PERKESO) semakin membimbangkan, apabila secara purata seramai 80 individu dikesan menghidap pelbagai masalah kesihatan setiap hari pada tahun lalu.

Menteri Sumber Manusia, Steven Sim Chee Keong, berkata berdasarkan perangkaan juga, jumlah pencarum PERKESO yang dikesan mengalami keilatan akibat NCD, meningkat 26.5 peratus dalam tempoh hanya dua tahun sejak 2022.

Beliau berkata, perkembangan membimbangkan itu sekali gus dikhuatiri akan merencatkan kelangsungan produktiviti tenaga kerja negara ini.

Katanya, penilaian Kementerian Kesihatan (KKM) pada 2021 mendedahkan Malaysia berdepan kerugian mencecah RM64.2 bilion setahun atau bersamaan 4.2 peratus daripada Keluaran Dalam Negara Kasar (KDNK) disebabkan NCD.

“Kerugian ini diukur menerusi perbelanjaan kos rawatan perubatan dan penjagaan kesihatan, selain kehilangan produktiviti pekerja. Namun hakikatnya, ia boleh ditangani melalui amalan pemakanan sihat dan gaya hidup aktif.

“Atas dasar ini, PERKESO melaksanakan Program Saringan Kesihatan (HSP) sejak 2013, yang setakat ini sudah membabitkan lebih 900,000 individu kerana mencegah adalah lebih baik daripada mengubati,” katanya pada acara PERKESO Run and Ride 2025 di sini, semalam.

Yang turut hadir Pengerusi Lembaga PERKESO, Datuk Seri Subahan Kamal dan Ketua Pegawai Eksekutif (CEO) PERKESO, Datuk Seri Dr Mohammed Azman Aziz Mohammed.

PERKESO Run and Ride 2025 mencatat sejarah tersendiri apabila memasuki edisi kelapan dan berjaya menghimpunkan lebih 10,000 peserta yang menyertai acara larian sejauh tiga, enam dan 10 kilometer (km) serta kayuhan santai sejauh 35km.

Program itu diadakan sempena sambutan Hari Pekerja 2025 dan menjadi acara pembuka tirai kepada Karnival Kerjaya MYFutureJobs @ Hari Pekerja 2025 yang akan berlangsung dari 28

April hingga 1 Mei ini di perkarangan Axiata Arena, Bukit Jalil, Kuala Lumpur.

Saringan penyakit

Sim berkata, berdasarkan HSP 3.0 pada 2023 dan 2024, saringan terhadap 270,000 pekerja berusia 40 tahun ke atas, mendapati 19.4 peratus daripada mereka menghidap penyakit kencing manis.

“Selain itu, 19.6 peratus menghidap penyakit darah tinggi, manakala 59.7 peratus lagi dikesan mempunyai kolesterol berlebihan dalam darah dan 160,100 orang (59.3 peratus) mengalami obesiti atau kegemukan,” katanya.

Sim menyifatkan, golongan pekerja kesuma bangsa perlu memiliki ketahanan fizikal dan mental yang kuat untuk membangunkan bangsa dan negara.

Katanya, tanpa sumbangan pekerja daripada pelbagai sektor termasuk keselamatan, pertahanan serta perkhidmatan awam dan swasta, negara ini tidak akan mampu bergerak maju.

“Bukan kuasa luar seperti Amerika Syarikat atau China yang menghalang kemajuan, sebaliknya kecekan rakyat Malaysia sendiri menjadi penentu kepada kemampuan negara untuk muncul sebagai negara hebat,” katanya. BERNAMA



Steven Sim

AKHBAR : THE STAR

MUKA SURAT : 10

RUANGAN : NATION

TSM/ISIB NATION 21/4/2025
(ISNIN)

UMS leads youth health and wellness campaign

KOTA KINABALU: Universiti Malaysia Sabah (UMS) students will lead a six-month health and wellness campaign aimed at promoting better lifestyles among youth through peer-led activities and social media outreach.

The initiative, called FSSK x ANMS, is a collaboration between the UMS-Unicef Communication for Development Research Unit and the Sabah Health Department. It aligns with the Health Ministry's Agenda Nasional Malaysia Sihat.

"This campaign is a great opportunity for students to lead by example. They can be the voice of a healthier generation of youths," said Dr Latif Lai, head of the research unit.

The campaign follows a study of 360 undergraduates, which found major gaps in health knowledge and practices.

Dean of the Faculty of Social Sciences and Humanities Prof Dr Asmady Idris said the campaign aims to turn awareness into action and may expand across the university or even statewide.

The campaign kicks off at the end of this month and will run for six months. Activities will include on-campus events, student-led discussions and digital awareness efforts.

AKHBAR : THE STAR

MUKA SURAT : 12

RUANGAN : NATION

THE STAR M/S 12 NATION 21/4/2025 (ISNIN)

When health is pushed back

Data shows growing risk of diabetes for women in Penang

By N. TRISHA

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GEORGE TOWN: The prevalence rate of women in Penang dealing with high blood sugar levels rose to 22% in 2023, up from 15.8% in 2019.

Compared with the national diabetes prevalence rate in 2023 which is at 15.6%, this clearly indicates a growing risk of diabetes for women in the state.

These figures are from the National Health and Morbidity Survey, which is done every four years, said state health committee chairman Daniel Gooi.

"In contrast, the prevalence of diabetes among men in Penang fell slightly from 20.5% in 2019 to 19.2% in 2023.

"For both genders combined, Pahang has the highest prevalence rate at 21.5%, followed by Perlis at 20.6% and Penang is third at 20.5%," he said.

The National Diabetes Registry Report 2023 also showed that about 57% of all known diabetes cases in Malaysia were women.

Penang Women's Development Corporation chief executive officer Datuk Ong Bee Leng is of the view that women may not be prioritising their health as they are focused on care-giving and domestic responsibilities, among other things.

"Time constraints, stress and limited financial resources can be among the reasons women

neglect their own health.

"Health checks get pushed back, symptoms are ignored, fatigue is normalised and over time, this consistent self-neglect leads to serious long-term consequences," she said.

As such, she said it is vital to approach healthcare and policy development through a gender-based lens because women's experiences, biology and social circumstances differ from men.

Ong said it is important that each family member has equal share in being caregivers.

"By sharing responsibilities, it lightens the load of everyday chores, which then enables women to focus on themselves," she said.

Dietician M. Yokanantini said one key factor is the increasing number of women being overweight.

"Their busy schedule, balancing work and care-giving, results in limited time for exercise.

"If they skip meals or eat irregularly, they face blood sugar spikes and crashes which lead to excessive eating or reliance on comfort food like snacks," she said.

She said that chronic stress released the cortisol hormone which raised blood sugar levels and could cause the body to become insulin resistant.

"The moment your body goes into insulin resistance, it is a key driver to develop Type II diabetes," she added.

She said women need to stay active, suggesting brisk walks around the house, marching in place while watching TV or doing squats or leg raises.

"To be considered active one needs at least 150 minutes of physical activity a week.

"You can do it even while multitasking at home or work.

"Just spend half an hour a day on this.

"You can split that into segments of 10 minutes each time," Yokanantini said.

She also spoke about good eating habits such as portion control, reducing sugar and carbohydrate intake and eating food high in dietary fibre.



Cause for concern:
The National Diabetes Registry Report 2023 also showed that about 57% of all known diabetes cases in Malaysia were women.

AKHBAR : THE STAR
MUKA SURAT : 13
RUANGAN : YOUR OPINION

THE STAR MIS13 YOUR OPINION 21/4/2025 (ISNIN)

Pressing healthcare issues that must be addressed

AS a concerned senior citizen, I write to highlight several pressing issues in Malaysia's healthcare system that deserve urgent attention from the Health Ministry (MOH).

While commendable strides have been made, significant challenges remain, especially for senior citizens like myself, that must be addressed to ensure fair and accessible healthcare for all Malaysians.

1. Drug price transparency

I welcome the recent initiative to display drug prices in pharmacies, as it enhances transparency and empowers consumers to make informed decisions.

However, MOH must also consider the potential knock-on effects of global developments, such as the possible imposition of new US tariffs on generic medicines.

Malaysia relies heavily on affordable generics in public hospitals. Any rise in costs due to these tariffs could strain the healthcare system and burden patients. The ministry must act proactively to protect the availability and affordability of essential medicines.

2. Fair job placement for healthcare workers

Being a doctor or nurse was once a prestigious aspiration.



Today, many young professionals face the harsh reality of limited permanent placements and inconvenient postings in remote areas.

MOH should consider a more transparent placement policy, perhaps prioritising candidates' state of origin. This could reduce relocation challenges and help retain healthcare professionals closer to home, ensuring better coverage and morale.

3. Tougher enforcement against illicit cigarette trade

While the tobacco display ban is a positive move to limit youth exposure to cigarettes, it must be

accompanied by tougher enforcement against the illicit cigarette trade and unregulated sale of vapes. Alarming reports of harmful substances like ketamine found in vapes, especially in rural or poorly monitored shops, cannot be ignored.

The Health Ministry must clamp down on illegal trade and more tightly regulate vape retailers to protect our youth.

4. Elderly-friendly healthcare services

Many elderly patients struggle with digital hospital systems, such as using QR codes to pay the hospital fee. Not everyone is comfort-

able with mobile apps like Touch 'n Go. I urge the Health Ministry to allow cash payments for seniors and ensure staff are available to assist them. A bit of compassion and support can go a long way in making healthcare more accessible and less intimidating for older citizens.

5. Addressing social media addiction among youths

Excessive screen time among youths is emerging as a serious health concern, contributing to eye strain and sedentary lifestyles. The ministry should launch targeted campaigns to raise awareness about the health risks of digital overuse and promote more physical activity among young Malaysians.

These issues may seem diverse, but they share a common thread – the need for a healthcare system that is compassionate, equitable, and future-proof.

I urge the Health Ministry to take these concerns seriously. With thoughtful action and firm leadership, we can ensure that our healthcare system continues to serve all Malaysians, young and old, with dignity and care.

CONCERNED SENIOR CITIZEN
Kuala Lumpur