

AKHBAR : HARIAN METRO

MUKA SURAT : 23

RUANGAN : BISNES

ses kepada aliran tunai hampir.

HARIAN METRO M/S 23 BISNES 14/1/25

SELASA

Kemampuan kawal kos perubatan, tuntutan masih tidak jelas

Kuala Lumpur: Syarikat insurans dijangka sudah mula menghadkan kenaikan premium insurans perubatan dalam usaha mengawal inflasi kos rawatan dan tuntutan masa depan, seiring rundingan antara pihak berkuasa dan hospital yang masih diteruskan.

Namun, ketidaktentuan mengenai keberkesanan langkah itu masih menjadi cabaran besar, menurut nota penyelidikan Maybank Investment Bank (Maybank IB).

Walaupun usaha menghadkan kenaikan premium itu penting, kemampuan untuk benar-benar mengawal kos perubatan dan tuntutan kekal tidak jelas.

Ketidaktentuan ini dijangka memberi kesan

terhadap prestasi pendapatan syarikat insurans seperti Allianz Malaysia Bhd sehingga rundingan mencapai keputusan konkrit.

Bagi mencerminkan ketidaktentuan itu, Maybank IB menurunkan penilaian saham Allianz dengan menerapkan diskaun sebanyak 10 peratus daripada nilai terkumpul RM24.85, menjadikan sasaran harga baharu kepada RM22.40. Bagaimanapun, unjuran pendapatan syarikat kekal tidak berubah.

Dalam perkembangan berkaitan, Bank Negara Malaysia (BNM) baru-baru ini mengumumkan beberapa langkah interim bagi menangani kenaikan premium insurans perubatan yang semakin membebankan.

AKHBAR : NEW STRAITS TIMES
MUKA SURAT : 21
RUANGAN : LIFE & TIMES

NST M15 21 LIFE & TIMES 14/1/2025 (SELASA)

Are you at risk of the 'silent killer'?

ACCORDING to the 2023 National Health and Morbidity Survey, hypertension affects nearly one in three adults in Malaysia.

Among those affected, 11.9 per cent do not know that they have the condition, and this is most prevalent among those aged between 18 and 39.

Many Malaysians remain oblivious to their hypertensive status due to the condition's asymptomatic nature in its early stages.

Known as the "silent killer", it often has few or no symptoms, making regular monitoring essential.

Hypertension is defined as persistent elevation of blood pressure at or above 140/90mmHg, confirmed by measurements taken on at least two to three separate occasions.

However, blood pressure readings in the range of 130-139mmHg systolic and 85-89mmHg diastolic are already considered "at-risk".

People at risk should monitor their blood pressure closely and make lifestyle changes to help lower it.

Sunway Medical Centre consultant general physician (internal medicine) Dr Jolene See Su Chen says hypertension is a chronic condition that requires ongoing management and vigilance for life.

"Hypertension in Malaysia has seen a steady increase, particularly among those under 40, with some patients even in their 20s."

This shift is due to a complex interplay of genetic predisposition, lifestyle factors and dietary habits.

The misconception that hypertension is a disease

of the elderly is also dangerous, she adds, as it results in many younger people believing they are not



Dr. Jolene See Su Chen

at risk and leads to neglect and late diagnosis.

When hypertension symptoms do occur, it may have already been present for some time.

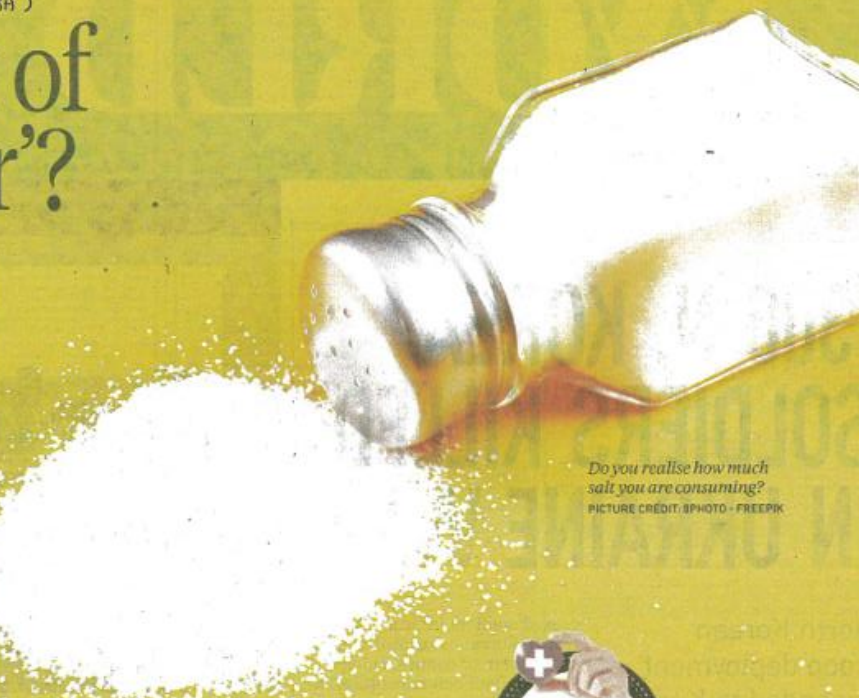
Symptoms may include headaches, dizziness, shortness of breath, chest pain and nosebleeds.

If left untreated, it can lead to severe and potentially life-threatening complications, including heart attack, heart failure, irregular heart rhythm, stroke, kidney failure and vision loss.

"People should get their blood pressure checked at least once a year during their annual health screening. It should also be checked during clinic visits for other health concerns," says Dr See.

Those with a family history of hypertension or heart disease should monitor their blood pressure regularly at home.

Early detection is key to managing the condition effectively.



Do you realise how much salt you are consuming?

PICTURE CREDIT: BPHOTO - FREEPIK

THE CULPRIT BEHIND THE NUMBERS

Dr See says many Malaysians consume diets that are high in salt and fat, and low in essential nutrients. Combined with a lack of physical activity and high-stress work environments, it's a perfect storm for developing high blood pressure.

People should control their daily sodium intake by keeping it below 2,000mg daily, which is equivalent to one teaspoonful a day, she explains.

The Dietary Approaches to Stop Hypertension or DASH diet, designed to help prevent or treat hypertension, may also lower LDL cholesterol linked to heart disease.

The DASH diet focuses on increasing intake of vegetables, fruits, whole grains, and lean proteins (from lean meat, poultry or fish).

It is also important to choose foods that are low in saturated and trans fat,

which are commonly found in processed food.

MANAGING HYPERTENSION

Managing and preventing hypertension involves proactive steps. Eating a balanced diet rich in fruits and vegetables, reducing salt and alcohol intake, not smoking, regular exercise and maintaining a healthy weight are key preventive measures, says Dr See.

Even a modest weight loss of five to 10 per cent of one's current weight can improve blood pressure and overall health.

Dr See also emphasises the importance of adhering to prescribed treatments for hypertension and stresses that newly diagnosed patients



should take their condition seriously, make necessary lifestyle changes and follow their doctor's advice without adjusting medication dosages on their own.

Many patients are concerned about the impact of long-term medication on their kidneys and whether it will lead to kidney failure.

Dr See says all medications are scientifically tested and prescribed at safe dosages.

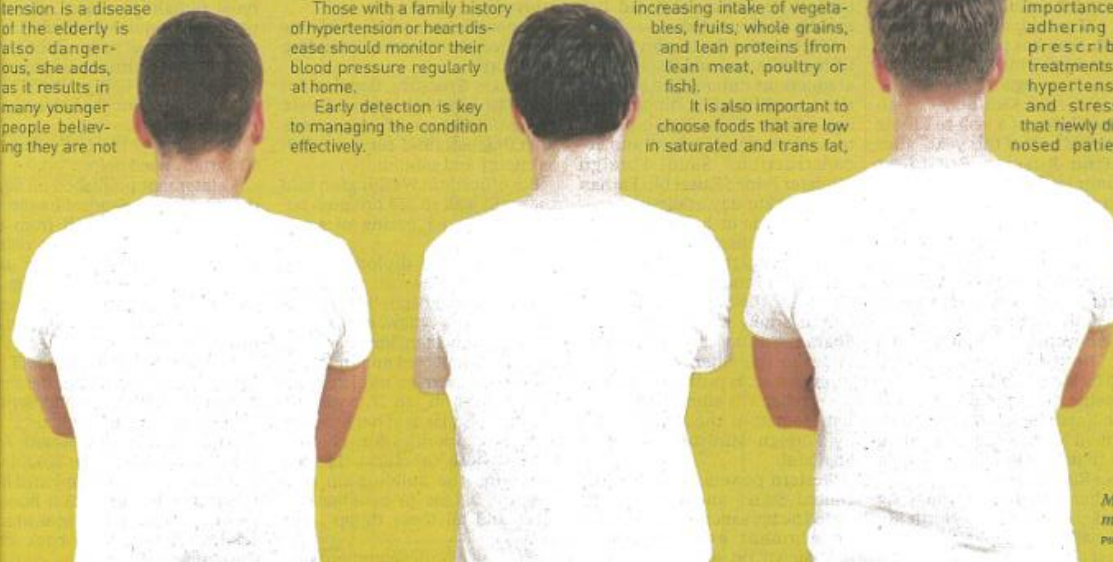
In contrast, untreated hypertension can severely damage blood vessels supplying the kidneys, leading to kidney failure and damaging other vital organs much more quickly and severely.

"Prevention begins with awareness, knowledge and action," she adds.

Understanding the risks and making informed choices are key steps in preventing hypertension.

Family and friends play a vital role in supporting those with hypertension by reminding them to take their medication, monitor blood pressure regularly and encouraging healthy habits.

By understanding the dangers of hypertension and taking proactive steps, we can combat this growing health threat and safeguard the well-being of future generations.



Many are unaware that they may be having hypertension.

PICTURE CREDIT: FREEPIK

AKHBAR : BERITA HARIAN
MUKA SURAT : 13
RUANGAN : MINDA PEMBACA

BH Mks 13 MINDA PEMBACA 14/1/2025 (SELASA)

Lupus sisa ubat dengan betul elak cemar alam sekitar

Najehah Azman,
Universiti Pendidikan
Sultan Idris (UPSI)

Hidupan air menjadi komponen penting dalam ekosistem bagi menyokong keseimbangan dan kesejahteraan alam sekitar, selain khazanah alam tidak

ternilai harganya.

Sumber itu menjadikan Malaysia kaya dengan biodiversiti marin hingga 83 peratus jenis terumbu karang dunia direkodkan ada di negara ini.

Keindahan ekosistem memberikan banyak manfaat kepada negara seperti taman laut yang menjadi penyumbang terbesar dalam industri pelancongan negara.

Namun, isu pencemaran membangkitkan kebimbangan dalam masyarakat, termasuk kegagalan pelupusan sisa ubat dengan betul.

Sisa ubat tidak diurus baik, pembaziran dan sikap tidak bertanggungjawab rakyat memberi impak negatif terhadap kesihatan hidupan akuatik di negara ini.

Isu ini jarang dititikberatkan dan diberi perhatian masyarakat.

Berikutan isu pembuangan sisa ubat-ubatan ke Sungai Langat di Selangor baru-baru ini, tindakan itu mengancam kualiti air sungai untuk jangka panjang dan menjejaskan hidupannya.

Sampel diambil dari Sungai Langat didapati mempunyai kepekatan sisa farmaseutikal tinggi sehingga tersenarai sebagai antara 20 sungai tercemar.

Carbamazepine, metformin dan kafein antara sisa farmaseutikal dikesan. Sebenarnya sebanyak 43.5 peratus laluan air dunia dicemari bahan buangan ubat-ubatan.

Sisa kimia berisiko tinggi terhadap hidupan akuatik ini sudah mencapai tahap 'kebimbangan ekologi' yang merujuk tahap serius dan berisiko tinggi terhadap kesihatan ekosistem.

Tindakan segera perlu dilakukan untuk mengawal ancaman pencemaran kritikal ini:



“Menurut Kementerian Kesihatan, pesakit disarankan memulangkan ubat-ubatan tidak digunakan atau tidak diperlukan ke klinik atau hospital berdekatan agar pelupusan boleh dilakukan dengan betul”

Menurut Kementerian Kesihatan (KKM), pesakit disarankan memulangkan ubat-ubatan tidak digunakan atau tidak diperlukan ke klinik atau hospital berdekatan agar pelupusan boleh dilakukan dengan betul.

Sisa dikumpul dilupuskan dengan membakarnya pada suhu tinggi dapat mengelak ia mencemari alam sekitar.

Menurut Timbalan Pengurus Besar Operasi Kualiti Alam Sdn Bhd, Mohd Rizak Zambros, tanur atau relau digunakan sebagai ruang pembakar utama dengan suhu mencecah 1,000 darjah Celsius agar semua sisa ubat dileburkan dengan baik.

Perkhidmatan pemulangan ubat

Bahagian Perkhidmatan Farmasi KKM melaksanakan Program Pemulangan Ubat. Inisiatif ini sudah bermula sejak 2010 untuk mengurangkan masalah pencemaran air di negara kita. Perkhidmatan pemulangan ubat ini tersedia di kebanyakan klinik, pusat kesihatan dan hospital.

Langkah itu dilakukan kerana loji kumbahan dan rawatan air konvensional tidak direka untuk mengurai serta merawat sisa kimia terdapat dalam air kumbahan apabila ubat-ubatan dibuang ke dalam sumber air.

Oleh itu, masih akan ada sisa ubat-ubatan masih tidak terurai dilepaskan ke dalam sumber air. Tindakan itu akan menyebabkan pencemaran dan memberi kesan kepada sistem air.

Meskipun masalah pencemaran sisa ubat ini tidak ketara berbanding pencemaran lain, pemantauan berterusan pihak bertanggungjawab perlu dilakukan.

Setiap individu mempunyai peranan untuk menangani masalah pencemaran ini. Rasa tanggungjawab dan kesedaran masyarakat amat penting bagi mewujudkan negara lestari dan sejahtera.