

AKHBAR : KOSMO
MUKA SURAT : 12
RUANGAN : NEGARA

KOSMO m/s 12 NEGARA 15/6/2025 (AHAD)

Lapan Pusat Hemodialisis Felda beroperasi bermula bulan depan

DUNGUN – Lapan Pusat Hemodialisis Felda (PHF) yang merupakan inisiatif kesejahteraan komuniti peneroka tanah rancangan yang diilham oleh Perdana Menteri, Datuk Seri Anwar Ibrahim bakal beroperasi selewat-lewatnya pada bulan depan.

Pengerusi Felda, Datuk Seri Ahmad Shabery Cheek berkata, lapan daripada 13 PHF yang dibina di wilayah Felda seluruh negara itu telah berjaya disiapkan dan sudah boleh memberi perkhidmatan terhadap pesakit buah pinggang kronik pada masa terdekat.

"Baki PHF lain pula sedang dalam pembinaan dan dijangka dapat disiapkan menjelang hujung tahun ini.

"Kemudahan ini akan meningkatkan akses kepada pesakit buah pinggang kronik terutama dalam kalangan warga Felda dan masyarakat sekitar bagi mendapatkan rawatan dialisis," katanya kepada pemberita selepas selesai melakukan semakan akhir terhadap PHF Felda Kerteh 5, Hulu Dungun di sini semalam.

Ahmad Shabery berkata, setiap PHF yang terlibat dilengkapi sekurang-kurangnya enam



AHMAD SHABERY (kanan) ketika meninjau kemudahan yang terdapat di PHF Felda Kerteh 5 di Hulu Dungun semalam.

mesin dialisis yang mampu menampung 36 pesakit pada satu masa.

Beliau berkata, kemudahan PHF berkenaan mampu mengurangkan kebergantungan pesakit buah pinggang kronik dalam kalangan peneroka Felda terhadap hospital kerajaan.

Terdahulu sewaktu me-

rasmi Karnival Segalanya Felda di Felda Teloi Timur, Sik, Kedah pada 4 Ogos 2023, Anwar mengumumkan pembinaan 12 pusat hemodialisis di semua wilayah Felda dan sebuah di premis Yayasan Felda di Kelana Jaya, Selangor melibatkan peruntukan bernilai RM21 juta.

AKHBAR : KOSMO
MUKA SURAT : 3
RUANGAN : NEGARA

KOSMO/Ahad 15 JUN 2025

NEGARA | 3

KOSMO M/S3 NEGARA 15/6/2025 (AHAD)

Doktor, guru kena tipu RM8 juta

- Seramai 24 mangsa tertipu skim penyelesaian hutang
- Terpaksa tanggung caj tersembunyi 40 peratus

Oleh MUHAMMAD AFNAN
FARIHIN SAMSURI

KUALA LUMPUR – Scammer keb-
bas duit doktor, cikgu lebih RM8
juta.

Itulah nasib malang yang di-
alami oleh seramai 24 mangsa
penipuan selepas terjebak dalam
satu skim penyelesaian hutang
dikenali sebagai Refresh & Re-
load.

Modus operandi skim Refresh
& Reload itu didakwa menyasar-
kan golongan terdiri daripada
guru, doktor dan penjawat awam
yang mempunyai hutang tertun-
gga, khususnya kad kredit
dan pinjaman peribadi.

Menurut Setiausaha Agung
(MHO), Datuk Hishamuddin
Hasyim, kerugian keseluru-
han yang dialami oleh mangsa
mencecah RM8.47 juta, melibat-
kan pinjaman perbankan yang
kini gagal dibayar, meskipun se-
belum ini dijanjikan penyelesaian
hutang melalui skim berkenaan.

"Paling ramai terlibat adalah
doktor perubatan mereka ini bu-
kan calang-calang individu, teta-
pi petugas kesihatan di hospital
awam yang kini berdepan tinda-
kan muflis," ujarnya.

Salah seorang mangsa iaitu
yang dikenali sebagai cikgu Ain,
39, tidak menyangka mengala-
mi detik hitam yang boleh me-
nyebabkan dirinya terjatuh den-



HISHAMUDDIN bersama mangsa skim Refresh & Reload ketika sidang akhbar di Kuala Lumpur semalam.

gan hutang.

"Saya terpaksa membayar
hutang sebanyak RM9,000 se-
bulan melebihi gaji bulanan saya
dan terfikir untuk perlu mencari
kerja sampingan bagi membayar

hutang," katanya.

Situasi itu turut dialami Dr.
Akmal, 35, yang terpaksa meng-
gadaikan sebahagian harta yang
dikumpul untuk membayar se-
mula hutang.

"Gaji bulanan saya sebagai
seorang doktor tidaklah ban-
yak, namun terpaksa memba-
yar hutang sebanyak hampir
RM12,000," tambahnya.

Ujarnya, terdapat caj tersem-

“

Mangsa-mangsa
telah diarahkan
untuk memohon
pinjaman daripada
beberapa bank
secara serentak,
atas alasan wang
pinjaman tersebut
akan diuruskan
bagi menjana
pelaburan serta
melunaskan
ansuran bulanan
pinjaman bagi
pihak mereka.”

bunyi sebanyak 30 peratus hing-
ga 40 peratus dan didakwa tidak
menepati perjanjian asal me-
nyebabkan mangsa terpaksa men-
anggung kerugian yang besar.

Katanya mangsa dijanjikan
bantuan melunaskan semua hu-
tang tertunggak, memulihkan
laporan kredit (CTOS & CCRIS),
dan diberi jaminan bahawa se-
mula pinjaman baru yang dimo-
hon akan diuruskan dan dibayar
melalui 'pelaburan' pihak syari-
kat.

Malah, ramai ejen yang terli-
bat yang memperkenalkan diri
mereka sebagai bekas pegawai
bank bagi menambah keyakinan
mangsa terhadap skim tersebut.

Selain itu, mangsa-mangsa
telah diarahkan untuk memohon
pinjaman daripada beberapa
bank secara serentak, atas alasan
wang pinjaman tersebut akan di-
uruskan bagi menjana pelaburan
serta melunaskan ansuran bula-
nan pinjaman bagi pihak mereka.

AKHBAR : THE STAR
MUKA SURAT : 2
RUANGAN : HEALTH

2 Health Snippets

STARHEALTH, SUNDAY 15 JUNE 2025

THE STAR M/S 2 HEALTH SNIPPETS 15/6/2025 (AHAD)

By Assoc Prof Dr SHAHRUL
NIZAM AHMAD ZAMZALI

As temperatures soar across Malaysia, the heatwave gripping the nation is more than just a matter of discomfort – it poses a real threat to public health.

Earlier this week, the Malaysian Meteorological Department (MetMalaysia) issued Level 1 heatwave alerts (caution) for six areas nationwide.

This alert is triggered when maximum daily temperatures range between 35°C and 37°C.

The heat is largely attributed to the southwest monsoon, which typically brings drier weather and intense heat – conditions expected to last until September.

Warning signs

Extreme heat can quickly lead to a spectrum of health issues, especially when the body's core temperature rises above 40°C.

At that point, vital organs begin to suffer.

Recognising early symptoms and responding quickly is crucial.

Among the first signs is heat rash (or prickly heat), an itchy red irritation caused when sweat ducts become blocked.

Heat cramps, on the other hand, result from salt and fluid loss due to excessive sweating, causing painful muscle spasms – often during or after strenuous activity.

If the heat strain continues, it can lead to heat exhaustion – the

Health hazards of a heatwave

Malaysia is baking under the current scorching sun so do take extra care to protect yourself.



If you must go out in the sun during peak hours, do wear sunscreen and use a hat or umbrella for protection. – istockphoto.com

body's way of signalling dehydration and salt depletion.

Symptoms include nausea, headache, dizziness, fatigue, excessive thirst and heavy sweating.

Left untreated, this can escalate into heat stroke, a life-threatening emergency in which the

body loses its ability to cool down.

Warning signs include confusion, unconsciousness, and seizures – and unlike the earlier stages, sweating may stop entirely.

What to do in an emergency

Prompt action can save lives. If someone shows early signs of heat-related illness such as:

> Heat rash or heat cramps

Stop all activity, move into the shade, rest and hydrate, preferably with isotonic drinks, which help replenish electrolytes lost through sweat.

> Heat exhaustion

Seek immediate medical attention at the nearest clinic or hospital.

Left untreated, it can progress to heat stroke.

> Heat stroke

This is a medical emergency. Call 999 immediately.

Move the person to a cool place, remove excess clothing and begin cooling methods such as fanning, applying damp towels or using cool water.

If the person is conscious, offer small sips of isotonic drinks.

Never leave the individual alone until help arrives.

Stay healthy

Heat-related illnesses are largely preventable.

The key is awareness and proactive care.

Here are some essential tips to beat the heat:

> Stay hydrated

Drink water consistently throughout the day – not just when thirsty.

Avoid alcohol and caffeine. Isotonic drinks are helpful, especially during prolonged outdoor exposure.

> Dress smart

Wear loose, breathable, light-coloured clothing to reflect sunlight and allow heat to escape.

> Avoid peak heat hours

Limit outdoor activities between 11am and 3pm.

If you must go out, use hats or umbrellas for shade.

> Protect the vulnerable

Check in regularly on the elderly, young children and those with chronic health conditions.

Many may dismiss the rising temperatures, thinking, "We're used to the heat."

But this is not just typical Malaysian weather. Ignoring the warning signs could prove dangerous.

This heatwave is more than a seasonal shift – it's a test of our awareness and preparedness.

Let's not wait until a preventable tragedy strikes.

Assoc Prof Dr Shahrul Nizam Ahmad Zamzali is a consultant emergency physician.

AKHBAR : THE STAR
MUKA SURAT : 5
RUANGAN : HEALTH

STARHEALTH, SUNDAY 15 JUNE 2025

Health 5

THE STAR M15 5 HEALTH 15/6/2025 (AHAD)

Link between mouth and gut

Many are unaware that oral bacteria can cause imbalances in the gut ecosystem.

FOR many of us, oral health is only a concern when tooth or gum pain occurs.

Otherwise, regular dental checks are easily dismissed.

However, this neglect can lead to a cascade of issues that include worsening cavities and gum disease as well as heightened risk for digestive problems.

This might come as a surprise as the mouth and the gut appear to be completely separate.

Professor Seow Llang Lin, dean of IMU University's School of Dentistry explained, "Bacteria from gum disease can cross the blood barrier and survive gastric juices, allowing it to populate the gut and affect the balance of good gut bacteria that help with digestion."

"It is medically well-established that patients with gum disease are more likely to have inflammatory conditions of the gut such as inflammatory bowel disease (IBD) and Crohn's disease."

She added: "The oral cavity and the gut harbour some of the most dense and diverse microbial communities; they share a common factor, which is the presence of good and bad bacteria that usually exist in balance."

"However, this balance can be disrupted by many factors, such as the presence of oral bacteria in the gut which releases toxins

that trigger inflammation, while suppressing the good bacteria that helps to fight inflammation."

Similarly, digestive health issues can also have an impact on oral health.

For example, the backflow of acidic stomach juices in patients with gastroesophageal reflux disorder (GERD) can erode teeth enamel, leading to thinning of tooth structure, irreversible tooth damage and sensitivity.

Moreover, tooth loss has been found to be associated with a lower relative abundance of Faecalibacterium, which secretes short-chain fatty acids believed to have systemic anti-inflammatory effect.

"The relationship between oral health and gut health is more direct than most people realise, and oral health is more important than you think, because it can have an impact on your overall health and well-being."

"The oral cavity acts as a gateway for microbial colonisation, shaping the composition of subsequent microbial communities along the respiratory and digestive systems."

"Dental problems such as decay and gum diseases that have gone unnoticed may eventually lead to tooth loss and result in difficulty in chewing."

"This, in turn, may affect a person's food choices, such as avoiding meats or vegetables in



If you have risk factors such as gum disease, using braces or retainers, you might need to see a dentist more than once a year. — IMU University

favour of processed foods that are easier to bite into, and lead to malnutrition or constipation," said Prof Seow.

Another factor affecting oral health is smoking, which disrupts gum health in the oral cavity, triggers inflammatory responses in the mouth and reduces blood supply to the gums, leading to gum inflammation.

Oral health redefined

With ongoing research, more connections between oral health and other diseases may be established, but the existing data on gut health is already compelling and a good reminder to make oral health an important

aspect of health.

This means getting regular check-ups to detect problems early, when they can still be remedied e.g. tooth decay can cause sensitivity or pain, and thus prompt a visit to the dentist.

However, gum disease can often progress without any pain and symptoms like bleeding are often ignored.

Over time, the underlying bone structure will be compromised and the tooth become loose.

By then, there is nothing that can be done to reverse it, pointed out Prof Seow.

"The usual advice is to see your dentist at least once a year but it is more relevant to look at your risk factors."

"If you have been practicing good oral hygiene and have no known issues, annual check-ups might be sufficient."

"However, the presence of tooth decay or gum disease, or the use of braces or other prosthesis that easily retain plaque, may require more regular attention, perhaps twice a year or even quarterly, depending on your dentist's recommendation," she said.

Prof Seow advocates making your dentist your trusted ally.

"Having a regular dentist who is familiar with your history can encourage more open discussion and education on oral care solutions that are relevant and effective for you," she concludes.