

AKHBAR : THE STAR
MUKA SURAT : 4
RUANGAN : NATION

4 Nation

THE STAR, MONDAY 16 JUNE 2025

THE STAR M/S 4 16/6/2025 (ISNIN) NATION

Don't wait until it's too late

M'sians urged to go for regular health check-ups

SEREMBAN: The relatively low level of health literacy among some Malaysians is one of the key reasons they avoid regular health screenings, including for non-communicable diseases (NCDs), cancer and mental health, says Health Minister Datuk Seri Dr Dzulkefly Ahmad.

He said most people only seek treatment once a disease has been identified or has progressed to a more serious stage, rather than going for early check-ups.

That is why, he said, it is important for the public to take care of their health and that of their family members by undergoing health screenings, followed by appropriate interventions and treatment.

"This is why the Health Ministry, under the National Health Screening Initiative, emphasises

screenings not only for NCDs but also for cancer and mental health," he told reporters after opening the Paroi constituency's Healthy Mind, Prosperous Community Carnival here yesterday.

Also present was Negri Sembilan Health Department director Dr Zuraida Mohamed.

Citing the latest National Health and Morbidity Survey, Dzulkefly said that one in three adult Malaysians suffers from high blood pressure, one in three has high cholesterol and one in six has diabetes, with 50% facing obesity.

"That is why I want to see greater awareness of the importance of health screenings. I hope these efforts are well received by the people.

"We have initiatives like Peka



Healthy habits: Dzulkefly encouraging people to get their health screenings at the Paroi constituency's Healthy Minds Prosperous Community Carnival at Masjid Kariah in Taman Bandar Senawang, Negri Sembilan. — Bernama

B40, Komuniti Sihat Pembina Negara and services at district health offices," he said, Bernama reported.

Meanwhile, Dzulkefly said that Covid-19 cases in the country remain under control and below

the national alert level, with an average of 600 cases per week.

The Health Ministry, he added, will continue to monitor the situation.

When asked about the need for Malaysians to get an additional

dose of the Covid-19 vaccine following a rise in cases in a neighbouring country, he said there is no need to make it mandatory at this time, but advised the public to continue observing preventive measures.

AKHBAR : NEW STRAITS TIMES

MUKA SURAT : 8

RUANGAN : NATION

NST M/S 8 NATION 16/6/2025 (ISNIN)

EARLY CHECK-UPS

Poor health literacy hampers screening

SEREMBAN: Low health literacy is among the key reasons some Malaysians avoid regular health screenings, including for non-communicable diseases (NCDs), cancer and mental health issues, said Health Minister Datuk Seri Dr Dzulkefly Ahmad.

He said most people only seek treatment after a condition has been identified or is at a more serious stage, rather than go for early check-ups.

That is why, he said, it is important for people to take care of their family's health by going for screenings, followed by intervention and treatment.

"This is why the Health Ministry, under the National Health

Screening Initiative, emphasises screening, not only for NCDs, but also for cancer and mental health," Dzulkefly said after opening the Paroi constituency's Healthy Mind Carnival, Prosperous Community programme here yesterday.

Present was state Health director Dr Zuraida Mohamed.

Citing the latest National Health and Morbidity Survey, Dzulkefly said one in three adults suffered from high blood pressure, one in three had high cholesterol and one in six had diabetes, in addition to 50 per cent facing obesity.

"That is why I want to see greater awareness about the im-

portance of health screenings.

"I hope these efforts are well-received by the people. We have initiatives like Peka B40, Komuniti Sihat Pembina Negara and services at district health offices."

He said Covid-19 cases in the country were under control and below the national alert level, with an average of 600 cases per week.

Asked whether Malaysians need to get Covid-19 vaccination again following the increase in cases in a neighbouring country, he said there was no need to make it mandatory at this time, but advised the public to always take preventive measures. **Bernama**

AKHBAR : KOSMO
MUKA SURAT : 6
RUANGAN : NEGARA

KOSMO MISC NEGERIA 16/6/2025 (ISNIN)

Tiada dos tambahan Covid-19 – KKM

SEREMBAN – Kementerian Kesihatan (KKM) tidak bercadang untuk mewajibkan pengambilan dos tambahan vaksin Covid-19 susulan peningkatan kes itu sebaliknya meminta orang ramai sentiasa mengamalkan langkah pencegahan.

Bagaimanapun menteri, Datuk Seri Dr. Dzulkefly Ahmad berkata, golongan rentan dan individu berisiko tinggi termasuk mereka yang belum mendapatkan vaksinasi digalakkan untuk mengambilnya.

“Kalau ada cadangan (dos tambahan), saya pasti akan menimbang jika ada keperluan. Secara keseluruhan, ia terkawal dan telus. Kalau tiada keperluan, tidak perlu. Tapi kita sentiasa berwaspada.

“Memang kita sentiasa galakkan kumpulan rentan atau mereka yang berisiko terutama yang belum pernah ambil vaksinasi hadir ke fasiliti KKM,” katanya pada Karnival Minda Sihat Komuniti Sejahtera di sini semalam.

Dalam perkembangan lain, Dzulkefly berkata, golongan berusia 30 hingga 40 tahun antara kelompok besar yang culas menjalani pemeriksaan

kesihatan awal biarpun mereka berisiko menghidap penyakit tidak berjangkit seperti strok dan serangan jantung.

Menurutnya, situasi itu juga menunjukkan tahap kesedaran rakyat terhadap kepentingan saringan kesihatan berkala masih belum memuaskan.

“Tidak begitu rendah tetapi saya masih mahu tahap kesedaran akan kepentingan saringan ditingkatkan lagi. Kita tidak boleh menunggu rakyat jatuh sakit baru bertindak. Ramai tidak tahu mereka berisiko kerana tidak pernah disaring,” katanya.

Menurutnya, tanggapan bahawa hanya individu yang sakit perlu ke klinik merupakan persepsi salah yang boleh membawa kesan serius kerana penyakit selalunya dikesan lewat.

Data terkini Kajian Kebangsaan juga menunjukkan hampir 50 peratus rakyat Malaysia mengalami masalah berat badan berlebihan atau obesiti, satu daripada tiga menghidap tekanan darah tinggi dan kolesterol tinggi, manakala satu daripada enam remaja berumur 17 hingga 18 tahun kini menghidap diabetes.



DZULKEFLY (empat dari kiri) pada Majlis Karnival Minda Sihat Komuniti Sejahtera di Seremban semalam.

AKHBAR : THE STAR

MUKA SURAT : 5

RUANGAN : HEALTH

SINAR HARIAN M/S 8 NASIONAL 16/6/2025 (ISNIN)

KKM belum wajibkan dos tambahan vaksin Covid-19

SEREMBAN – Kementerian Kesihatan Malaysia (KKM) tidak bercadang mewajibkan pengambilan dos tambahan baharu vaksin Covid-19 berikutan peningkatan kes ketika ini.

Menteri Kesihatan, Datuk Seri Dr Dzulkefly Ahmad berkata, bagaimanapun golongan rentan dan berisiko tinggi, termasuk mereka yang belum pernah mendapatkan vaksinasi, digalakkan mengambilnya.

“Kita kekal dengan polisi, kalau boleh kumpulan rentan dan berisiko, terutama yang belum pernah ambil vaksinasi, memang kita bersedia untuk vaksinasi mereka.

“Tapi nak katakan semua itu tidaklah, kerana itu bukan dasar buat masa ini,” katanya ketika ditemui pemberita di Karnival Minda Sihat, Komuniti Sejahtera Dewan Undangan Negeri (DUN) Paroi di Masjid Kariah Taman Bandar Senawang, di sini, pada Ahad.

Tambahnya, mereka yang ingin mendapatkan vaksin tambahan boleh hadir ke klinik kesihatan kerajaan terpilih di se-

luruh negara dan bekalnya mencukupi.

“Saya ada pasukan perubatan yang sentiasa memantau situasi kes ini. Tapi kita akan menimbang cadangan itu (mewajibkan pengambilan dos tambahan) sekiranya ada keperluan,” katanya.

Tambahnya, secara keseluruhan situasi kes Covid-19 di negara ini berada dalam keadaan terkawal dan kerajaan telus dalam menyalurkan maklumat berhubung perkara itu.

Bagaimanapun, katanya, KKM bersedia untuk bertindak pada bila-bila masa sekiranya diperlukan.

Dalam pada itu, katanya, penting untuk setiap individu melakukan saringan kesihatan secara berkala bagi membantu mengesan penyakit atau masalah kesihatan pada peringkat awal.

“Sangat penting untuk kita tekankan saringan kesihatan, tapi saringan saja tidak cukup dan ia memerlukan intervensi serta rawatan.

“Pada masa sama, perlu juga amalkan gaya hidup sihat dengan melakukan senaman dan diet,” ujarnya.

FOTO: BERNAMA



Dr Dzulkefly menyertai 'Fun Walk' pada Karnival Minda Sihat, Komuniti Sejahtera DUN Paroi di Masjid Kariah Taman Bandar Senawang, Seremban pada Ahad.

AKHBAR : BERITA HARIAN

MUKA SURAT : 16

RUANGAN : NASIONAL



Dr Dzulkefly melihat pemeriksaan kesihatan yang diadakan pada Karnival Minda Sihat, Komuniti Sejahtera DUN Paroi di Masjid Kariah Taman Bandar Senawang, Seremban, semalam.

(Foto Mohd Amin Jalil/BH)

BH M/S16 NASIONAL 16/6/2025 (ISNIN)

Kesedaran rendah punca rakyat abaikan saringan awal penyakit

Seremban: Sebahagian golongan muda yang berusia 30 hingga 40 tahun di negara ini tidak sedar mereka mengalami penyakit tidak berjangkit (NCD) seperti darah tinggi dan kencing manis kerana gagal membuat pemeriksaan berkala.

Tahap literasi kesihatan agak rendah antara punca segelintir rakyat negara ini tidak melakukan saringan kesihatan secara berkala.

Menteri Kesihatan, Datuk Seri Dr Dzulkefly Ahmad, berkata berdasarkan Kajian Kesihatan dan Mobiliti Kebangsaan (NHMS) terkini, satu daripada tiga rakyat dewasa negara ini menghidap tekanan darah tinggi dan mempunyai tahap kolesterol tinggi.

"Selain itu, satu daripada enam orang mempunyai penyakit kencing manis dan 50 per-

tus daripada kita mengalami masalah berat badan berlebihan atau obesiti," katanya selepas merasmikan Karnival Minda Sihat, Komuniti Sejahtera Dewan Undangan Negeri (DUN) Paroi, di Masjid Kariah Taman Bandar Senawang, di sini, semalam.

Dr Dzulkefly berkata, kebanyakan mereka mendapatkan rawatan kesihatan hanya ketika penyakit dikenal pasti.

"Ini sebabnya kami di Kementerian Kesihatan (KKM) tekankan mengenai Inisiatif Saringan Kesihatan Kebangsaan (NHSI) mengenai kepentingan rakyat membuat saringan kesihatan bagi mengesan penyakit tidak berjangkit (PTB) lebih awal.

"Sangat mustahak membuatkan saringan kerana ia dapat membantu mengenal pasti isu kesihatan tersembunyi yang boleh memudaratkan," katanya.

"Sebab itu, kami (KKM) ambil perhatian serius berkaitan saringan kesihatan, apabila mewujudkan pelbagai inisiatif seperti Program Outreach Skim Peduli Kesihatan untuk Kumpulan B40 (PeKa B40) dan Komuniti Sihat Perkasa Negara (KOSPEN)," katanya.

Dr Dzulkefly berkata, KKM turut memberikan penekanan kepada pelaksanaan Dasar Literasi Kesihatan Kebangsaan (DLKK) dalam usaha untuk memperkasakan rakyat dengan pengetahuan dan kemahiran asas dalam penjagaan kesihatan.

Ditanya keperluan mewajibkan dos tambahan COVID-19 berikutan peningkatan kes itu di negara jiran, beliau berkata, tiada keperluan mewajibkannya ketika ini dan orang ramai dinasihatkan supaya sentiasa mengamalkan langkah pencegahan.

AKHBAR : THE STAR

MUKA SURAT : 5

RUANGAN : NATION

THE STAR M/S NATION 16/6/2025 (ISNIN)

More support for youth mental health

KUCHING: The Women, Family and Community Development Ministry is taking a more aggressive stance in tackling youth mental health issues by rolling out a series of early intervention initiatives, including mobile counselling services and local community support centres.

Minister Datuk Seri Nancy Shukri said she is concerned about the rising cases of mental health struggles among young people and is committed to providing accessible support through programmes that involve collaboration with parents, schools and community organisations.

"One of our key efforts is deploying counselling buses to targeted areas, making it easier for youths to access psychological support."

"Many are unaware that they are struggling until they are given an outlet, for example, through art therapy like drawing, which can reveal suppressed emotional distress," she said.

Speaking at a press conference after officiating Kem Kapten Keluarga (Family Captain Camp) in Santubong here yesterday, Nancy stressed that recent tragedies involving adolescents underscore the urgent need for early intervention.

She cited a case in Melaka where a Form Five student allegedly killed his mother and elder brother.

In addition to supporting youth, the ministry is promoting healthi-



Community outreach: Nancy (centre) taking a photo with the participants of the Family Captain Camp organised in conjunction with Fathers Day by LPPKN at Damai Escape Park in Santubong, Sarawak. — Bernama

er family dynamics through initiatives such as "second honeymoon" programmes for married couples and parenting awareness sessions for new parents, she said.

The family camp, held in conjunction with the National Father's Day celebration, was organised by the National Population and Family Development Board (LPPKN) and attended by LPPKN chairperson Datuk Seri Rohani Abdul Karim.

Nancy also urged the public to

overcome stigma around mental health and to speak up or seek help when in need.

"In Sarawak, for example, there are many forms of support available for students and communities. What matters most is to talk, whether it is with a friend, a relative or someone you trust," she said in a Bernama report.

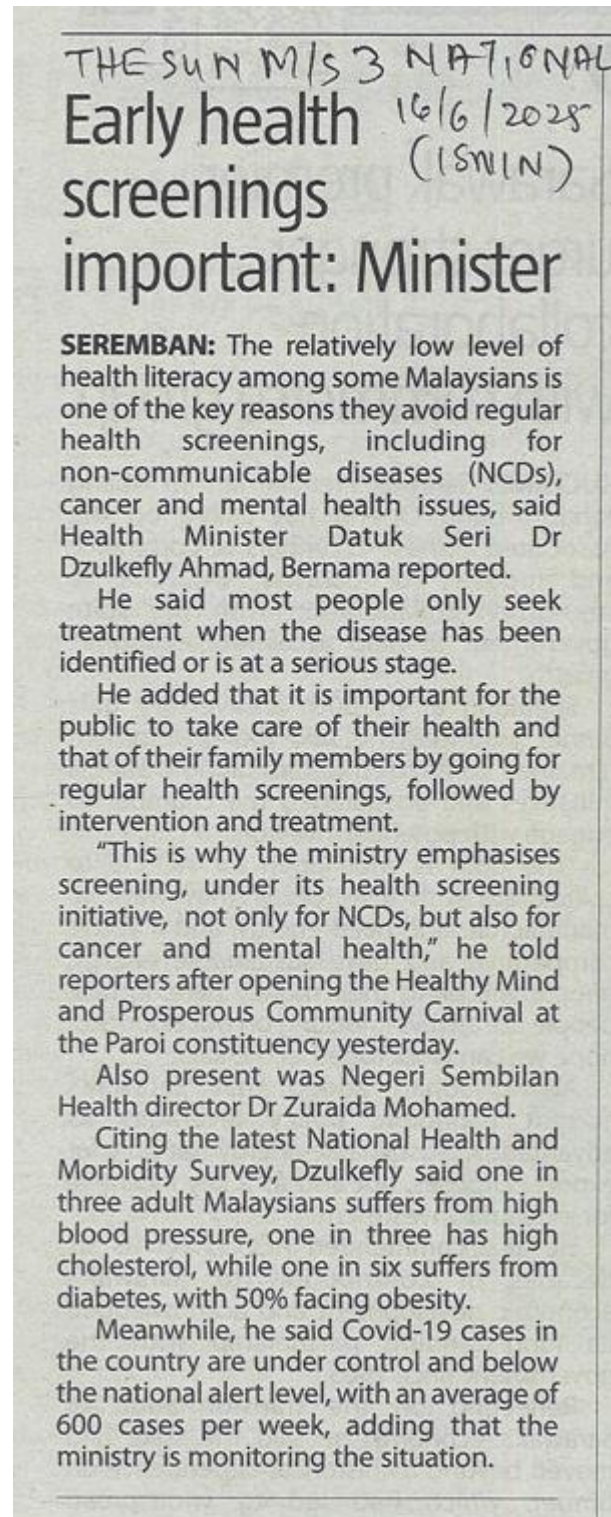
In her speech at the event, Nancy highlighted the growing demands placed on fathers in today's fast-paced society, where

emotional, intellectual and social involvement is expected alongside traditional roles.

Quoting findings from the 2024 Father's Day Public Opinion Survey, she noted that nine out of 10 fathers admitted that parenting today is far more challenging than in previous generations.

"The top concerns among fathers are the high cost of living at 84.4%, and the struggle to maintain work-life balance (72.9%)," she added.

AKHBAR : THE SUN
MUKA SURAT : 3
RUANGAN : NATIONAL



AKHBAR : THE SUN
MUKA SURAT : 3
RUANGAN : NATIONAL

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THE SUN M/S 3 NATIONAL 16/6/2025 (ISNIN)

Ban toxic fruit ripening chemical, urges Fomca

■ BY HARITH KAMAL
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PETALING JAYA: The Federation of Malaysian Consumers Associations (Fomca) has urged authorities to ban calcium carbide for fruit ripening after an explosion, likely linked to the chemical, damaged a fruit shop in Bandar Baru Klang and wrecked nearby vehicles.

The blast has heightened focus on the potential health and safety risks posed by the chemical in Malaysia's produce supply.

Fomca CEO and secretary-general Dr Saravanan Thambirajah described the practice as "illegal, unethical and a serious threat to public health".

"This should not be happening in Malaysia. Fruits are a regular part of our daily diet.

"To allow a toxic and dangerous substance into the food chain for the sake of profit is unacceptable."

Calcium carbide, an industrial chemical, releases acetylene gas when exposed to moisture – a gas that mimics *ethylene*, the natural fruit-ripening hormone. However, it also emits toxic compounds such as arsenic and phosphorus hydride.

"Scientific studies and health agencies worldwide have warned of its dangers.

"What makes this even more alarming is that consumers can't tell the difference between naturally ripened and chemically ripened fruits. It creates an invisible health risk for everyone," said Saravanan.

He pointed out that calcium carbide remains in use, particularly in informal markets, due to weak enforcement and low public awareness. This puts vulnerable groups such as children, the elderly and the chronically ill at risk.

He said it is a symptom of systemic failure in which enforcement is "fragmented", with poor interagency coordination and penalties that are "too lenient to deter offenders".

"There must be strong deterrents, including hefty fines and jail terms. Accountability must also extend to business owners and wholesalers who allow or engage in the practice."

Saravanan proposed mandatory certification for fruit ripening facilities, allowing only food-safe *ethylene* gas in controlled environments.

Fomca also wants stricter inspections, routine chemical residue testing at markets and distribution centres and mandatory labelling of ripening methods to enhance transparency and consumer trust.

From a toxicological standpoint, Universiti Putra Malaysia Food Science Department food toxicologist Assoc Prof Dr Ahmad Faizal Abdull Razis said the dangers of calcium carbide use are well established.

"The chemical compound reacts with moisture to release acetylene gas, which triggers ripening – but it's highly flammable and explosive.

"When stored improperly in Malaysia's humid climate, it becomes volatile.

"The gas is not only highly flammable, but commercial-grade calcium carbide often contains dangerous impurities that pose serious health risks."

Ahmad Faizal warned that consuming chemically ripened fruits can lead to various health issues.

"They include nausea, dizziness, headaches and abdominal pain. Long-term exposure may result in cancer, neurological damage and reproductive problems.

"Children, pregnant women and those with chronic illnesses are especially vulnerable."

He acknowledged that the chemical is popular as it is low cost, fast acting and easily available, especially among small-scale vendors who may be unaware of its dangers.

"Safer methods do exist, such as using *ethylene* gas or *ethephon* in regulated ripening chambers. These are approved and safe.

"But access remains limited in rural areas, and many vendors can't afford the equipment or training."

However, Ahmad Faizal believes phasing out calcium carbide is entirely feasible.

"Other countries have done it. What's needed is stronger enforcement, public education and support for safer methods."

He urged authorities to carry out regular market inspections, impose stiffer penalties and offer subsidies or incentives to help vendors adopt safer techniques.

He also stressed the importance of awareness campaigns to educate the public on the dangers of chemically ripened fruits.



PERSONALISED STAMPS ... Pos Malaysia Penang retail manager Siti Ruzaimah Abas showing *Setem Ku*, customised stamps featuring the images of individuals. Those interested may submit their photos via email or visit the main post office in their respective states to create their own unique stamps for RM25.

—MASRY CHE ANI/THESUN