

Vape retailer fined RM20,000 for promoting products openly

KUCHING: A vape retail company was fined RM20,000 by the Magistrates' Court on Monday for openly promoting vaping products at a premises here in October last year.

Magistrate Ling Hui Chuan imposed the sentence on the company, which was represented by its 33-year-old business premises manager, who pleaded guilty to a charge under Section 9(1) of the Control of Smoking Products for Public Health Act 2024 (Act 852).

The Section provides for a prison term of up to two years or a fine of between RM20,000 and RM100,000, or both, upon conviction.

According to the facts of the case, the company committed the offence on Oct 6 last year by promoting smoking products via a poster at its premises that carried the slogan 'BEST VALUE FOR MONEY'.

In mitigation, the company's representative sought a lighter sentence, saying that it was the firm's first offence and assuring the court that the violation would not recur.

However, prosecuting officer



Members of the Kuching Health Office Inspectorate and Legal Unit team and the Legal Section of the Sarawak Health Department in a photo-call after the proceedings. — Sarawak Health Department photo

Mohd Fairos Ibrahim from the Kuching Division Health Office's Inspectorate and Legal Unit urged the court to impose a deterrent sentence, submitting that Act 852 prohibits any company or individual from promoting smoking products, including tobacco alternatives, whether at premises or on social media, as such promotion may encourage public use and purchase of smoking materials.

He further noted that the offence was non-compoundable and called for a sentence commensurate with the seriousness of the violation to serve as a warning to the company and other tobacco-related businesses.

The company was not represented by counsel during the proceedings.

Meanwhile in a separate courtroom, another specialty

shop company pleaded not guilty to a charge framed under Section 10(1) of Act 852 before Magistrate Mason Jaro Lenya Barayan, for displaying vaping products in a manner visible from outside its shop.

Prosecuting officer Tazudin Murni from the Sarawak Health Department's Inspectorate and Legal Section applied for a mention date, and the court fixed Feb 23 for further proceedings.

Mari Amalkan Gaya Hidup Sihat

untuk Mengawal Kolesterol

KOLESTEROL merupakan sejenis lemak yang diperlukan oleh tubuh badan untuk menjalankan pelbagai fungsi penting seperti pembentukan hormon dan sel. Namun, paras kolesterol yang terlalu tinggi, khususnya kolesterol jahat (LDL), boleh membawa kepada pelbagai masalah kesihatan yang serius seperti penyakit jantung, strok dan tekanan darah tinggi.

Oleh itu, mengamalkan gaya hidup sihat amat penting bagi mengawal paras kolesterol dalam badan serta memastikan kesihatan jangka panjang terpelihara.

Salah satu langkah utama dalam mengawal kolesterol ialah mengamalkan pemakanan yang seimbang dan berkhasiat. Masyarakat disarankan untuk mengurangkan pengambilan makanan yang tinggi lemak tepu dan lemak trans seperti makanan segera, makanan bergoreng, daging berlemak, makanan dan minuman bergula serta produk tenusu tinggi lemak. Sebaliknya, pengambilan makanan yang kaya dengan serat seperti buah-buahan, sayur-sayuran, bijirin penuh dan kekacang perlu ditingkatkan. Serat membantu mengurangkan penyerapan kolesterol dalam saluran pencernaan. Selain itu, pengambilan ikan yang kaya dengan asid lemak omega-3 seperti ikan salmon dan sardin juga membantu meningkatkan

kolesterol baik (HDL) yang berfungsi melindungi jantung.

Selain pemakanan, amalan gaya hidup sihat seperti bersenam secara berkala juga memainkan peranan penting dalam mengawal paras kolesterol. Aktiviti fizikal seperti berjalan kaki, berjoging, berbasikal dan berenang bukan sahaja membantu membakar lemak berlebihan, malah meningkatkan tahap kolesterol baik dalam badan. Senaman yang dilakukan secara konsisten sekurang-kurangnya 30 minit setiap hari dapat membantu mengekalkan berat badan ideal serta mengurangkan risiko penyakit kronik. Gaya hidup yang aktif juga menjadikan tubuh lebih cergas dan minda lebih sihat.

Pengurusan berat badan yang baik turut memainkan peranan penting dalam mengawal paras kolesterol. Berat badan berlebihan atau obesiti sering dikaitkan dengan paras kolesterol yang tinggi dalam darah. Oleh itu, individu disarankan untuk mengawal pengambilan kalori dan mengamalkan tabiat pemakanan yang sihat agar berat badan berada pada tahap yang normal. Penurunan berat badan walaupun sedikit sudah mampu memberikan kesan positif terhadap pengurangan kolesterol jahat dalam badan.

Amalan gaya hidup sihat juga merangkumi penghindaran tabiat merokok dan pengambilan alkohol

secara berlebihan. Merokok boleh menurunkan paras kolesterol baik dan merosakkan saluran darah, manakala pengambilan alkohol yang tidak terkawal boleh meningkatkan paras kolesterol dan lemak trigliserida. Oleh itu, berhenti merokok dan menghadkan pengambilan alkohol merupakan langkah bijak demi menjaga kesihatan jantung.

Selain aspek fizikal, pengurusan tekanan juga tidak boleh dipandang ringan dalam usaha mengawal kolesterol. Tekanan yang berpanjangan boleh mempengaruhi hormon dalam badan dan mendorong individu mengamalkan tabiat pemakanan yang tidak sihat. Amalan seperti meditasi, senaman ringan, tidur yang mencukupi dan pengurusan masa yang baik dapat membantu mengurangkan tekanan serta meningkatkan kesejahteraan mental dan emosi.

Kesimpulannya, mengawal kolesterol bukanlah sesuatu yang sukar sekiranya setiap individu sanggup mengamalkan gaya hidup sihat secara berterusan. Pemakanan seimbang, senaman berkala, pengurusan berat badan, penghindaran tabiat buruk serta kawalan tekanan merupakan langkah-langkah penting dalam memastikan paras kolesterol berada pada tahap yang normal. Dengan kesedaran dan disiplin yang tinggi, masyarakat dapat menjalani kehidupan yang lebih sihat, cergas dan bebas daripada penyakit berbahaya. Oleh itu, gaya hidup sihat wajar dijadikan amalan dalam kehidupan seharian demi menjamin kesejahteraan diri dan keluarga.



Lessons to carry into 2026

WHETHER you struggled last year with low immunity, sluggish digestion, burn-out or simply felt off-balance, there are practical and sustainable things you can do to rectify the problems and stride confidently this year.

Here are some ways to get started:

GUT HEALTH

Our gut, often called the "second brain", influences digestion, immunity and even mood. When it goes out of balance, signs like bloating, indigestion and discomfort often appear, usually triggered by overeating, rushing during meals, indulging in sugary treats or facing stress.

LAC Malaysia consultant nutritionist Cynthia Jetan says simple, consistent habits, such as mindful eating, regular movement, consuming fibre-rich food and taking probiotics, can help keep the gut steady even on the busiest days.



STRENGTHEN FROM WITHIN

When immunity is low, we fall sick easily and take longer to recover. Frequent colds, lingering coughs or constant fatigue are common signs.

Cynthia highlights that strong immunity comes from daily habits: a balanced diet rich in vitamin C, protein and antioxidants, along with adequate sleep, regular movement and stress management.

"It's not just about avoiding illness. It's about helping your body stay strong so you can show up better every day," she says.



Including fibre-rich foods at every main meal and adding probiotics can help keep the gut steady even on the busiest days. PICTURE CREDIT: FREEPIK

BUILDING LIFE-LONG HABITS

A child's immune system is still developing, making them prone to colds, flu and seasonal bugs.

These affect school attendance, routines and their overall mood, often adding stress for parents if they become ill.

Cynthia recommends prioritising vitamin C-rich fruits, adequate protein intake to build antibodies and probiotics in their diet to strengthen gut and immune function.

"Small steps make a big difference in building lifelong wellness foundations," she adds.

TEAM EFFORT

Families run on shared energy and parents often set the rhythm that shapes the home. When they are stretched thin, the ripple effect touches everyone; routines slip, meals become rushed and the rhythm that supports children's growth and emotional balance becomes harder to sustain.

"Shared meals, simple rituals and

consistent routines help the whole family stay focused, nourished and connected," says Cynthia.

When parents prioritise their well-being, both physically and emotionally, it strengthens the entire household.

Family wellness becomes much more achievable when it's approached as a collective effort, because a healthier parent naturally supports a healthier, more balanced child.

FUTURE PROTECTION

Joints keep us moving every day, yet most people only pay attention once stiffness, discomfort or mobility issues set in.

Fitness routines, especially high-impact or repetitive movements, can strain joints over time, while poor posture or inadequate recovery accelerates wear and tear.

Cynthia says prevention matters. Low-impact exercise, stretching, maintaining a healthy weight and nourishing your joints from within play important roles in maintaining flexibility and reducing discomfort now and later.

➔ meera@nst.com.my