

Calls to reassess suitability of Selayang health clinic

By VIJENTHI NAIR

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THE Klinik Kesihatan Bandar Baru Selayang (health clinic) project in Selayang Baru, Selangor, needs to be reviewed, says community activist Yee Poh Ping.

"There are insufficient parking bays to accommodate the volume of visitors a health clinic would attract.

"The area is likely to see haphazard parking, similar to the situation at Hospital Selayang, where a lack of parking space has resulted in vehicles being parked along access roads, causing inconvenience to other motorists," he said.

Yee said the project was already underway, with renovation works set to take place at three existing commercial blocks along Persiaran 3 to convert them for the intended purpose.

"I was told that Blocks A, B and C are involved in the project, which means patients may have to move between blocks to seek



Yee (left) with Goh in front of the delayed Bandar Baru Selayang health clinic project. — KAMARUL ARIFFIN/The Star

treatment," he said.

"It will be very troublesome for patients, especially those with mobility issues and young children to seek treatment at such buildings."

Yee said a health clinic should ideally be constructed as a standalone building.

"I am not sure whether the

commercial lots are being rented or have been purchased, but if they are rented, the cost will be much higher over time.

"It would be better to use state land and build a health clinic from the ground up," he said.

Yee claimed that the delay in the project meant there were problems with it.

He said the project start date was Jan 14, 2021 and it was supposed to be completed by July 13, 2023, but had since been extended to August 2025.

"It is still not complete and I only see work being done in Block A.

"If the project still has a long way to go, it is worth reconsidering the decision to build the health clinic at the current location and look for a better alternative," he said.

Long-time Selayang resident Goh Eng Guan, 62, said he anticipated many problems once the health clinic opens.

"Many of us currently seek treatment at Hospital Selayang, which is overcrowded and has long waiting time.

"We appreciate the government's efforts to build a health clinic here to serve residents in the surrounding areas.

"However, if there are potential problems, then these need to be addressed.

"It will be better to resolve them at the start," Goh said.

Penang gets serious on smoking ban

Visitors not allowed to light up in world heritage site

By N. TRISHA
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GEORGE TOWN: The familiar in-flight warning that drug offences carry serious consequences may soon be accompanied by another reminder – that smoking is prohibited within the George Town World Heritage Site.

Penang health committee chairman Daniel Gooi said the state is working with airlines and cruise operators to introduce a pre-arrival announcement that smoking is not allowed within the 259ha heritage site.

With Penang expecting an influx of visitors during Visit Malaysia 2026 (VM2026), he said many tourists remain unaware that the smoking ban has been in force since 2016, with some locals continuing to flout the rule.

"Discussions are under way with airline and cruise operators as part of preparations for VM2026.

"We want to ensure domestic and foreign tourists are aware of the ban, and do not unknowingly light up in the area.

"We hope everyone, including

fellow Penangites, can adhere to the smoking ban," he said.

On July 4, 2015, all buildings and public spaces within the heritage site in George Town, except residential premises, were gazetted as no-smoking zones, with heightened enforcement beginning yesterday.

From 2023 to Dec 23, 2025, a total of 304 compounds were issued to smokers within the heritage zone.

Of the 74 compounds issued in 2023, 53 were given to Penangites, 12 to domestic tourists, and nine to foreign tourists.

A total of 124 and 106 compounds were issued in 2024 and 2025 respectively, all of which involved only Penangites.

Individuals caught face an on-the-spot compound of RM250. If the offence is taken to court, penalties can increase significantly, with fines of up to RM10,000 or imprisonment of up to two years.

Gooi said continuous monitoring and enforcement by the state Health Department will be carried out to ensure the smoking ban is taken seriously.

He added that the number of



Sign of caution: Visitors lining up behind a no-smoking sign on display outside a popular food court along Lebuh Pantai, in George Town, Penang. — LIM BENG TATT/The Star

no-smoking notices displayed across the area has also been increased, in line with the Control of Smoking Products for Public Health Act 2024 (Act 852).

"We will step up monitoring, especially within the World Heritage Site.

"We will also put up banners at strategic locations to remind the public about the smoking ban," he said.

On the 30 yellow semi-circle smoking corners previously designated within the heritage zone, Gooi said these had been phased out by Act 852.

"The entire George Town Unesco World Heritage Site is now designated as a non-smoking area under Act 852.

Key aspects of Act 852, which came into effect on Oct 1, 2024, include prohibiting sales to minors, banning display of prod-

ucts at retail points of sale, restricting advertising and promotions, and expanding smoke-free zones.

However, manufacturers and importers were given a year to update packaging and labelling of their products to comply with the regulations, with the grace period ended last October.

Consumers Association of Penang senior education officer NV Subbarow urged a redesign of warning signs, saying many were not visible from a distance.

"The words are small and can easily be overlooked. More signage should be placed within the heritage site.

"Based on our surveys, many smokers still do not observe the ban. Foreign workers at local shops can still be seen smoking outside their premises," said Subbarow, who also noted that

cigarettes continue to be sold within the zone.

"Foreigners continue to smoke there because there are very few signboards and cigarettes are still being sold.

"We have seen foreign tourists disembarking from cruise ships and smoking along the streets because they are unaware of the ban," he said, adding that visitors should be informed of the restriction before cruise ships dock.

He also urged the state Health Department to deploy a mobile van to patrol the heritage zone to inform the public of the ban.

"Enforcement should be carried out on the spot through the issuance of summonses.

"The Health Department could also organise regular activities, such as monthly walks around the World Heritage Site, to raise public awareness," he added.

Ruang pesakit *walk-in* tetap disediakan

PUTRAJAYA - Kementerian Kesihatan (KKM) menafikan dakwaan bahawa fasiliti klinik kesihatan tidak lagi menerima pesakit *walk-in* atau jumpa terus seperti yang tular di media sosial.

Pesakit *walk-in* hanya bagi kes kecemasan, warga emas dan golongan yang mempunyai kekangan akses teknologi.

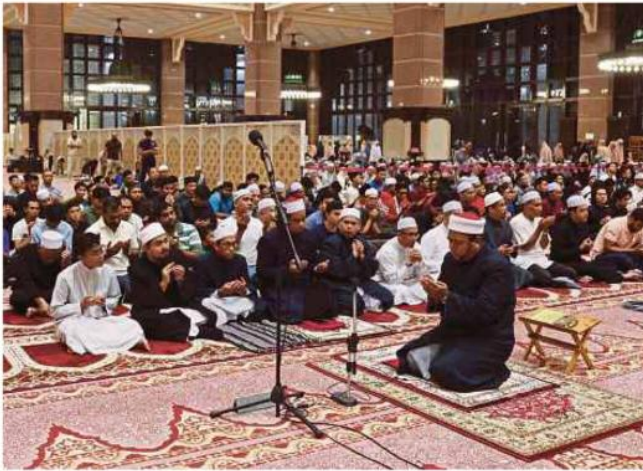


KKM memaklumkan, walaupun sistem janji temu adalah kaedah utama, ruang untuk pesakit *walk-in* tetap disediakan khususnya bagi kes kecemasan, warga emas dan golongan yang mempunyai kekangan akses teknologi.

"Pesakit tanpa janji temu tetap dilayan namun perlu melalui proses penilaian terlebih dahulu," menurut kementerian itu dalam hantaran di Facebook pada Khamis.

Menurut KKM, perkhidmatan *walk-in* tetap diteruskan bagi memastikan setiap lapisan masyarakat mendapat akses rawatan yang adil dan saksama.

"KKM amat memahami bahawa akses teknologi adalah berbeza bagi setiap individu," menurut hantaran itu. - *Bernama*



Antara jemaah yang hadir pada Program Gema Syukur 2026 di Masjid Putra, Putrajaya, semalam. (Foto BERNAMA)

kan pelbagai persembahan, termasuk zapin 1,000 penari dan persembahan istimewa oleh Rejimen Gerak Khas.

Pengiraan detik ambang

Di **Perak**, lebih 30,000 pengunjung membanjiri Bulatan Sultan Azlan Shah di Meru Raya, Ipoh seawal

jam 8 malam bagi menyaksikan sambutan tahun baharu peringkat negeri dengan acara kemuncak pengiraan detik ambang tahun baharu dan laungan tahun baharu berserta pertunjukan bunga api.

Di **Negeri Sembilan**, lebih 20,000 pengunjung membanjiri Da-

taran Nilai bagi menyertai sambutan ambang tahun baharu yang dimeriahkan dengan pelbagai aktiviti termasuk konsert, persembahan nasyid, cabutan bertuah serta deretan gerai jualan.

Di **Kelantan**, Menteri Besar, Datuk Mohd Nassuruddin Daud serta barisan EXCO bersama hampir

5,000 pengunjung menunaikan solat Isyak dan solat sunat hajat secara berjemaah, disusuli dengan bacaan ayat suci al-Quran dan persembahan alunan selawat, di Daratan Warisan Stadium Sultan Muhammad IV, Kota Bharu.

Di **Sarawak**, cuaca hujan tidak menghalang keterujaan ribuan



Pembantu Perawatan Kesihatan Jabatan Obstetrik dan Ginekologi, Norhidayu Idris menguruskan bayi tahun baharu 2026 di Hospital Tuanku Jaafar, Seremban. (Foto BERNAMA)

warga Sarawak dan pelancong untuk menyertai Sambutan Ambang Tahun Baharu 2026 peringkat negeri yang berlangsung meriah, dengan kemuncaknya pertunjukan bunga api berwarna-warni Tebingan Kuching.

Di **Terengganu**, ambang 2026 diraikan dengan pelbagai aktiviti ke-rohanian melalui program Malam Munajat Terengganu yang berlangsung di Stadium Tertutup di Kompleks Sukan Negeri dengan lebih 2,000 pengunjung, termasuk pemimpin berzikir dan berselawat, di samping mengikuti program Bicara Murabbi: Indahnya Hidup Bersyariat, yang menampilkan pendakwah terkenal sebagai panel serta persembahan nyanyian daripada kumpulan nasyid undangan.

Di **Kedah**, lebih 10,000 pengunjung membanjiri Tasik Darulaman di Jitra petang untuk menyertai aktiviti yang disediakan di kawasan sekitar tasik, diikuti pelbagai persembahan kebudayaan dan artis pada sebelah malam.

Di **Perlis**, pelbagai aktiviti sihat dan berunsur kekeluargaan diadakan, antaranya acara larian *New Year Night Run* di Denai Larian Pengkalan Asam di Kangar dan Karnival Sambutan Tahun Baharu 2026 dengan pelbagai pengisian termasuk persembahan pentas dan gerai jualan.

Elak ditimpa musibah
pada musim banjir,

ELAK PENYAKIT

Banjir membawa
kemusnahan dan kerosakan
harta benda serta penyebar
pelbagai jenis penyakit

**BILA musim banjir tiba
diingatkan semua pihak supaya
meningkatkan tahap keselamatan
terutama di lokasi kritikal.**

Banjir tidak hanya membawa kemusnahan dan kerosakan harta benda serta nyawa, malah penyebar pelbagai jenis penyakit.

Penduduk akan terdedah kepada pelbagai risiko termasuk kecederaan dan penyakit seperti wabak cirit birit dan yang membabitkan masalah dalam perut seperti kepalu.

Ini terjadi kerana air banjir akan dicemari cairan buangan termasuk sumber bekalan air bersih penduduk. Malah, luka juga mudah mendapat jangkitan jika terdedah kepada air banjir.

Disebabkan nyamuk membiak dalam air bertakung, risiko penyakit bawaan serangga di kawasan yang dinaiki air juga meningkat terutama demam denggi.

Selain itu, timbul juga risiko yang membabitkan haiwan berubah tempat yang boleh membawa penyakit seperti anjing gila.

Air banjir perlu dielak dan tidak digunakan untuk aktiviti seperti membasuh, mandi, bermain, minum atau memasak. Air banjir mungkin mengandungi kumbahan, dicemari bahan kimia dan bahan cemar lain.

Anda perlu mengelak dari terkena air banjir lebih-lebih lagi apabila ada kecederaan, luka terbuka dan mengalami kesakitan. Walaupun tiada risiko bahaya apabila kulit yang sihat terkena air banjir, namun tindakan memakan atau meminum apa saja yang tercemar dengan air banjir boleh mendatangkan bahaya.

Jika ada luka yang terbuka atau kesakitan, pastikan ia sentiasa bersih dan dibalut. Sekiranya luka menjadi kemerahan atau bengkak, dapatkan rawatan perubatan dengan segera.

Usah sesekali membiarkan anak kecil bermain di sekitar kawasan banjir, basuh tangan mereka sentiasa (sebelum makan) dan jangan biarkan



anak bermain dengan permainan yang dicemari air banjir sebelum disteril. Jika tercemar, kita boleh steril permainan itu menggunakan campuran sukatan satu sudu peluntur ke dalam lima gelen air.

Bencana alam juga mampu meningkatkan jumlah haiwan terlepas atau bebas berkeliaran. Gigitan atau sengatan haiwan boleh menyebabkan jangkitan seperti tikus, nyamuk, ular dan banyak lagi haiwan boleh menyebarkan pelbagai jenis penyakit. Sehubungan itu, jauhi haiwan liar atau haiwan berkeliaran.

Seperkara lagi, elak menarik perhatian tikus dan haiwan lain dengan menyimpan makanan dalam bekas tertutup serta basuh pinggan mangkuk dan peralatan memasak sejurus selepas digunakan.

Anda juga disyor membuang makanan dalam bekas tertutup; buang sampah sarap dan habuk secepat mungkin serta membuang haiwan yang mati dengan mengenakan pakaian keselamatan merangkumi sarung tangan, but, kaca mata dan topeng jika perlu.

Penjagaan kebersihan diri pada tahap asas mampu melindungi diri dan keluarga daripada dijangkiti penyakit berbahaya. Amalkan membasuh tangan

dengan sabun dan air botol atau air suam yang sudah dimasak mahupun dirawat. Tangan juga perlu dibasuh sebelum menyediakan makanan atau makan.

Selain itu, rutin membasuh tangan juga perlu dipatuhi setiap kali menggunakan tandas, menyertai aktiviti pembersihan atau selepas mengendalikan peralatan yang dicemari air banjir. Gunakan pencuci tangan berasaskan alkohol untuk mencuci tangan jika kekurangan bekalan air. Bagi mengelak penyakit akibat sisa buangan, sediakan kawasan khas pembuangan untuk sisa najis manusia.

Jika anda mendapat arahan dari pihak berkuasa untuk berpindah, sila patuhi arahan dan pastikan semua dokumen penting dibawa bersama. Sebelum meninggalkan kediaman, pastikan kenderaan anda di letak di kawasan tinggi. Ini termasuk barangan berharga yang boleh dipindahkan ke tingkat atas kediaman jika rumah anda dua tingkat.

Ramai terlupa biarpun dalam keadaan bencana, kediaman juga terdedah kepada bahaya diceroboh atau kecurian jika tidak dikunci rapi.



ALOPECIA merupakan satu keadaan kesihatan yang dicirikan oleh keguguran rambut secara berlebihan atau tidak normal, sama ada di kulit kepala atau di bahagian badan yang lain seperti kening, bulu mata, janggut, ketiak dan anggota badan.

Walaupun keguguran rambut adalah perkara biasa dalam kitaran hidup manusia, alopecia berlaku apabila rambut gugur dalam jumlah yang banyak atau tidak tumbuh semula seperti yang sepatutnya. Keadaan ini boleh menjejaskan sesiapa sahaja tanpa mengira umur atau jantina, dan sering memberi kesan yang besar terhadap keyakinan diri serta kesejahteraan emosi individu yang mengalaminya.

Terdapat pelbagai jenis alopecia yang dikenal pasti dalam bidang perubatan. Antara yang paling biasa ialah alopecia areata, iaitu keadaan autoimun di mana sistem pertahanan badan menyerang folikel rambut, menyebabkan keguguran rambut berbentuk tompok-tompok kecil. Dalam kes yang lebih serius, keadaan ini boleh berkembang menjadi alopecia totalis, iaitu keguguran keseluruhan rambut di kulit kepala, atau alopecia universalis yang melibatkan keguguran semua rambut di seluruh badan. Selain itu, alopecia androgenetik pula merupakan jenis keguguran rambut yang berkaitan dengan faktor keturunan dan hormon, sering dialami oleh lelaki (kebotakan pola M) dan juga wanita (penipisan).

Punca berlakunya alopecia adalah pelbagai dan kompleks. Faktor genetik memainkan peranan penting, terutamanya dalam alopecia androgenetik. Gangguan sistem imun yang tersilap menyerang

folikel rambut juga merupakan penyebab utama bagi alopecia areata. Walaupun penyelidik tidak memahami sepenuhnya punca alopecia, mereka percaya bahawa faktor genetik dan persekitaran mungkin memainkan peranan dalam keadaan ini.

Individu yang menghidap alopecia mungkin kelihatan sihat, namun keadaan dan tahap keguguran rambut berbeza-beza. Ada yang mengalami keguguran rambut dalam masa yang singkat, manakala ada yang mengalaminya sepanjang hayat. Antara simptom lain ialah rambut gugur secara bertompok, kawasan yang terjejas (tompok botak) biasanya licin tanpa sebarang parut atau keradangan, sesetengah individu mungkin mengalami kesemutan, gatal-gatal atau sensasi terbakar pada kulit kepala.

Dari segi rawatan, alopecia boleh dikawal atau dirawat bergantung kepada jenis dan tahap keparahannya. Antara rawatan yang biasa digunakan termasuk ubat sapuan seperti

minoxidil, ubat oral, suntikan kortikosteroid terus ke dalam tompok botak, serta terapi cahaya atau laser. Dalam kes tertentu, rawatan pemindahan rambut boleh menjadi pilihan. Selain rawatan perubatan, pengamalan gaya hidup sihat seperti pemakanan seimbang, pengurusan stres, penjagaan rambut yang betul serta rehat yang mencukupi juga memainkan peranan penting dalam menyokong kesihatan rambut.

Kesimpulannya, alopecia merupakan satu keadaan kesihatan yang perlu diberi perhatian serius walaupun ia tidak mengancam nyawa. Pemahaman yang jelas tentang jenis, punca dan rawatan alopecia dapat membantu masyarakat lebih peka dan empati terhadap individu yang mengalaminya. Dengan kesedaran, sokongan emosi dan rawatan yang sesuai, penghidap alopecia

dapat meningkatkan kualiti hidup dan keyakinan diri mereka. Kesedaran awam yang berterusan juga penting bagi menghapuskan stigma dan memastikan setiap individu dihormati tanpa mengira keadaan fizikal mereka.

Kenali ALOPECIA

Masalah Berkaitan Rambut Gugur



New Year **wish list**

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Fairness and compassion rank high among Malaysians hoping for safer roads, reasonable taxes, people-centric development and kinder society.



Maternity ward nurses with the four newborns that accompanied the arrival of the new year.
— ADIB RAWI YAHYA/THESUN

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Early arrival of babies brings 2026 joy to delighted parents

Unexpected births ahead of initially scheduled delivery dates lead to double celebration at specialist hospital in city.

'Food waste driven by mismanagement across supply chains'

Estimated RM100,000 worth of edible items salvaged and redistributed daily to B40 communities by local foundation.

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Hope, unity and reform



New Year messages: (From left) Anwar, Ahmad Zahid, Dzulkefly, Saifuddin Nasution, Gobind, Azalina and Zulkifli.

Leaders renew commitment to well-being, stability in 2026

KUALA LUMPUR: As Malaysia ushers in the New Year, Cabinet members have expressed renewed hope and a firm commitment to strengthen public well-being and safeguard national stability amid evolving challenges.

Prime Minister Datuk Seri Anwar Ibrahim said the government would remain committed to ensuring that harmony in diversity continues to be the core of the nation's progress, while also strengthening the economy for the wellbeing of the people.

He said the government would move forward with full confidence alongside the people as they welcome new hopes this year.

"This is the Madani Government's commitment to Malaysia. Happy New Year!" he said in a Facebook post uploaded last night.

Deputy Prime Minister Datuk Seri Dr Ahmad Zahid Hamidi, in his New Year message on Facebook, called for the continued preservation of values such as togetherness, mutual respect and a shared resolve to build a more prosperous future for the

benefit of religion, race and the nation.

He said the new year represents a fresh chapter for all Malaysians, despite the challenges and opportunities that accompany each passing year.

"Alhamdulillah, the new year arrives as a new chapter for all of us to move forward with greater achievements and successes.

"I pray that 2026 brings well-being and prosperity to all Malaysians," he said, reported Bernama.

In line with efforts to enhance public health, Health Minister Datuk Seri Dr Dzulkefly Ahmad said: "2026 is the year for us to reinforce reforms with discipline and determination to build a healthcare system that is efficient, resilient and future-proof."

Home Minister Datuk Seri Saifuddin Nasution Ismail said the Home Ministry would continue to intensify reforms, improve efficiency and refine approaches grounded in humanitarian values, justice and integrity, in line with the aspirations of the Madani government.

He added that as the country enters 2026, the ministry would sustain the momentum of reform

with a stronger resolve to reinforce public confidence while ensuring that every mandate is implemented professionally and with integrity.

Digital Minister Gobind Singh Deo, meanwhile, urged Malaysians to welcome the new year with optimism and renewed spirit, while underscoring the importance of unity and sustained efforts to build a nation that is progressive, inclusive and resilient.

Minister in the Prime Minister's Department (Law and Institutional Reform) Datuk Seri Azalina Othman Said said 2025 marked significant milestones in legal and institutional reforms, including efforts to strengthen parliamentary independence and expand access to justice.

"As we move into 2026, these efforts will be further reinforced and accelerated with a strong focus on effective implementation and reforms that deliver tangible benefits to the people and future generations, including the tabling of the Malaysian Ombudsman Bill, the Freedom of Information Bill and the Political Financing Bill."

On matters of spirituality and

social harmony, Minister in the Prime Minister's Department (Religious Affairs) Dr Zulkifli Hasan said Malaysia remained stable, peaceful and harmonious throughout 2025, recording notable achievements, including international recognition in the management of Islamic affairs.

He said these achievements included the management of haj operations, halal certification, Islamic finance, as well as the continued strengthening of zakat, waqaf and Islamic education.

Tourism, Arts and Culture Minister Datuk Seri Tiong King Sing called for the tourism, arts and culture sectors to be further strengthened as drivers of economic growth and national unity, in tandem with Visit Malaysia 2026.

Other ministers who also conveyed New Year messages via social media platforms included Foreign Minister Datuk Seri Mohamad Hasan, Works Minister Datuk Seri Alexander Nanta Linggi, Defence Minister Datuk Seri Mohamed Khaled Nordin, Education Minister Fadhlina Sidek and Investment, Trade and Industry Minister Datuk Seri Johari Abdul Ghani.