AKHBAR : BH AHAD
MUKA SURAT : 14
RUANGAN : NASIONAL

KKM rekod 15 kes strok haba

Kuala Nerus: Kementerian Kesihatan (KKM) merekodkan 15 kes strok haba sejak minggu pertama sehingga minggu ke-10 pada tahun ini, kata Menterinya, Datuk Seri Dr Dzulkefly Ahmad.

Beliau berkata, ia membabitkan masing-masing tujuh kes di Perak dan Kedah serta satu di Sabah.

Daripada jumlah itu, katanya, ia membabitkan empat kes strok haba dan 11 kelesuan haba selain tiada kematian dilaporkan setakat ini.

"Semua pesakit berusia antara 17 hingga 50 tahun dan semua kes yang mendapatkan rawatan pesakit luar sudah sembuh kecuali satu kes yang dilaporkan pada 26 Februari lalu.

"Pesakit itu dirawat di wad lelaki Hospital Sultanah Maliha, Langkawi, Kedah dan keadaannya dilaporkan stabil," katanya selepas Majlis Perasmian Wellness Hub Terengganu di pekarangan Klinik Kesihatan Seberang Takir di sini, semalam.

Dr Dzulkefly turut mengingatkan orang ramai supaya mengambil langkah pencegahan ketika cuaca panas, terutama pada Ramadan.

"Golongan berisiko tinggi seperti bayi, kanak-kanak dan warga emas perlu minum air secukupnya bagi mengelakkan dehidrasi.

"Selain itu, segera dapatkan rawatan di fasiliti kesihatan terdekat sekiranya mengalami gejala penyakit akibat cuaca panas," katanya.

AKHBAR : BH AHAD
MUKA SURAT : 17
RUANGAN : NASIONAL

Kes demam denggi menurun

Putrajaya: Jumlah kes demam denggi menurun kepada 3,268 kes pada Minggu Epidemiologi ke-9 (ME9) iaitu dari 25 Februari hingga 2 Mac lalu berbanding 3,572 kes pada minggu sebelum itu.

Ketua Pengarah KKM, Datuk Dr Muhammad Radzi Abu Hassan, berkata tiga kematian akibat komplikasi demam denggi dilaporkan pada minggu berkenaan.

"Kumulatif kes demam denggi yang dilaporkan sehingga ME9 adalah sebanyak 32,381 kes berbanding 19,450 kes bagi tempoh sama pada 2023," katanya menerusi kenyataan kelmarin.

Sementara itu, terdapat 19 kematian akibat komplikasi demam denggi telah dilaporkan berbanding 15 kematian bagi tempoh sama pada 2023.

Beliau berkata, bilangan lokaliti lokasi panas yang dilaporkan pada ME9 adalah sebanyak 184 lokaliti berbanding 196 lokaliti pada minggu sebelumnya.

Dr Muhammad Radzi berkata, daripada 184 lokaliti itu sebanyak 153 lokaliti di Selangor, 13 lokaliti di Wilayah Persekutuan Kuala Lumpur dan Putrajaya, lima di Pulau Pinang, masing-masing empat di Negeri Sembilan dan Sabah, dua lokaliti di Kedah, satu lokaliti masing-masing di Perak, Johor dan Sarawak.

Beliau berkata, bagi survelan chikungunya, tiada kes direkodkan pada ME9 dan jumlah kumulatif kes chikungunya sehingga kini ialah enam kes.

Tiada wabak chikungunya dilaporkan pada ME9, katanya.

Sementara itu bagi survelan zika, sebanyak 402 sampel darah dan satu sampel urin telah dijalankan saringan zika dan hasil kesemuanya adalah negatif.

"Sesi persekolahan 2024/2025 akan bermula pada Mac 2024 dan semua warga sekolah akan kembali bertugas di samping pelajar yang akan memulakan sesi persekolahan yang baharu.

"Memandangkan sekolah telah ditutup selama sebulan, keadaan persekitaran sekolah mungkin telah menjadi tempat pembiakan nyamuk aedes yang boleh mengancam kesihatan pelajar, guru-guru dan tenaga kerja sekolah," katanya.

Justeru, Dr Muhammad Radzi menggesa pihak sekolah serta syarikat yang memegang kontrak pembersihan di sekolah supaya mengambil langkah untuk mengekang penularan jangkitan denggi di sekolah. BERNAMA

> "Bilangan lokaliti lokasi panas yang dilaporkan pada ME9 adalah sebanyak 184 lokaliti berbanding 196 lokaliti pada minggu sebelumnya"

Dr Muhammad Radzi Abu Hassan,
Ketua Pengarah KKM

AKHBAR : KOSMO AHAD
MUKA SURAT : 5
RUANGAN : NEGARA

15 kes berkaitan cuaca panas sejak awal tahun

KUALA NERUS – Sebanyak 15 kes berkaitan cuaca panas telah direkodkan di seluruh negara dalam 10 minggu pertama tahun ini.

Menteri Kesihatan, Datuk Seri Dr. Dzulkefly Ahmad berkata, sebanyak 11 kes kelesuan haba manakala empat pula strok haba.

"Ia melibatkan pesakit dalam lingkungan 17 hingga 50 tahun meliputi 12 golongan dewasa dan tiga pula remaja.

"Buat masa ini, semua mangsa telah pulih kecuali seorang yang masih menerima rawatan di Hospital Sultanah Maliha, Langkawi, Kedah, namun keadaannya dilaporkan stabil," katanya di Klinik Kesihatan Seberang Takir di sini semalam.

Terdahulu beliau merasmikan Hab Kesihatan Terengganu yang merupakan sebahagian Agenda Nasional Malaysia Sihat (ANMS).

Dr. Dzulkefly berkata, Perak dan Kedah masing-masing telah merekodkan tujuh kes berkaitan cuaca panas, manakala satu pula di Sabah.

Tambah beliau, kes berkaitan cuaca panas itu tidak melibatkan kematian dan ia tidak lagi dilaporkan di seluruh negara sejak kelmarin.

"Apapun, saya menasihatkan orang ramai mengambil langkah-langkah pencegahan menghadapi cuaca panas terutamanya pada bulan Ramadan tidak lama lagi.

"Rancang aktiviti pada bulan puasa dan kurangkan berada di luar rumah pada waktu puncak antara pukul 11 pagi hingga 4 petang," katanya.

Dzulkefly turut menasihatkan orang ramai terutama yang berpuasa agar kekal mengambil air kosong sekurang-kurangnya lapan gelas sehari pada waktu bersahur dan berbuka bagi mengekalkan tahap hidrasi.

Kosmo! 18 Februari lalu melaporkan rakyat negara ini perlu bersedia untuk menghadapi kemungkinan cuaca panas yang lebih panjang sehingga Jun depan disebabkan fenomena El Nino.

> "Rancang aktiviti pada bulan puasa dan kurangkan berada di luar rumah pada waktu puncak."
>
> **DZULKEFLY**

AKHBAR : SINAR AHAD
MUKA SURAT : 8
RUANGAN : NASIONAL

Jumlah pesakit buah pinggang kronik meningkat

KUALA LUMPUR - Penghidap penyakit buah pinggang kronik (CKD) direkodkan semakin meningkat dengan hampir 9,500 pesakit baharu didaftarkan memerlukan rawatan dialisis setiap tahun.

Timbalan Menteri Kesihatan, Datuk Lukanisman Awang Sauni berkata, setakat ini, kira-kira 4.7 juta individu mengalami CKD dan angka berkenaan membimbangkan.

Menurut, bagi mengatasinya, pelbagai langkah penjagaan kesihatan komprehensif diperlukan termasuk strategi pencegahan, pengesanan awal, pengurusan faktor risiko yang berkesan serta rawatan yang bertepatan.

"Pada masa ini, terdapat banyak kemajuan dalam perawatan perubatan yang mampu mengawal penyakit kronik serta mengelakkan komplikasi memudaratkan.

"Bagi penjagaan CKD, Kementerian Kesihatan Malaysia (KKM) menyediakan rawatan yang bertepatan dan bersesuaian," katanya.

Beliau berkata demikian ketika berucap merasmikan Majlis Sambutan Hari Buah Pinggang Sedunia Peringkat Kebangsaan 2024 di sini pada Sabtu.

Lukanisman berkata, usaha membanteras punca masalah buah pinggang terutamanya diabetes dan pelbagai penyakit tidak berjangkit juga memerlukan pendekatan yang mampan daripada semua pihak.

"KKM sentiasa memberikan komitmen yang tinggi dalam usaha mencapai matlamat untuk meningkatkan akses terhadap perkhidmatan kesihatan yang optimum dan berkualiti," katanya. - *Bernama*

AKHBAR : SINAR AHAD
MUKA SURAT : 28
RUANGAN : NASIONAL

KKM pantau bazar Ramadan seluruh negara

KUALA NERUS - Kementerian Kesihatan Malaysia (KKM) akan melaksanakan pemantauan ke atas bazar Ramadan di seluruh negara.

Menteri Kesihatan, Datuk Seri Dr Dzulkefly Ahmad berkata, sebanyak 1,000 pegawai akan digerakkan untuk memeriksa premis jualan di bazar Ramadan di seluruh Malaysia bagi memastikan peniaga mematuhi kualiti dan tahap kebersihan yang ditetapkan.

DR DZULKEFLY

"Pemantauan makanan di bazar Ramadan akan dilaksana di seluruh Malaysia melalui Ops Bazar Ramadan bagi memastikan makanan yang dijual oleh pengendali makanan mematuhi peraturan dan undang-undang digariskan.

"Selain itu, kod QR aduan turut ditempatkan di setiap bazar Ramadan bagi memudahkan orang ramai menyalurkan aduan berhubung kebersihan dan keselamatan makanan di bazar secara terus," katanya.

Beliau berkata demikian kepada pemberita pada sidang akhbar selepas Majlis Perasmian Wellness Hub Terengganu di Klinik Kesihatan Seberang Takir, dekat sini pada Sabtu.

Tambah Dr Dzulkefly, orang ramai juga dinasihatkan supaya memeriksa dahulu makanan sebelum membeli bagi mengelakkan kejadian tidak diingini berlaku.

Dalam pada itu, ujarnya, menjadi tanggungjawab pemilik premis untuk memastikan premis mereka bebas daripada sebarang aktiviti merokok.

"Peraturan 12(1)(a) dan 12(1)(b) di bawah Peraturan-Peraturan Kawalan Hasil Tembakau (PPKHT) 2004 telah pun memaklumkan bahawa tanggungjawab bagi pemilik premis supaya memastikan tanda amaran larangan merokok dipamerkan di premis serta tiada individu merokok dalam premis mereka.

Jelasnya, kawalan tersebut masih diteruskan di bawah akta baharu iaitu Akta Kawalan Produk Merokok Demi Kesihatan Awam 2024 (Akta 852).

Dalam perkembangan berlainan, Dr Dzulkefly berkata, sebanyak 15 kes berkaitan cuaca panas direkodkan KKM setakat ini.

Bagaimanapun ujarnya, keadaan itu masih terkawal dan orang ramai dinasihatkan supaya mengelak daripada terdedah kepada cuaca panas terutama pada bulan Ramadan nanti.

"Terdapat satu sahaja kes masih mendapat rawatan di Hospital Sultanah Maliha, Langkawi, Kedah manakala 14 kes lain telah mendapatkan rawatan dan sembuh," katanya.

AKHBAR : SUNDAY STAR
MUKA SURAT : 2
RUANGAN : NATION

RM2.5mil allocated for hospital, police HQ in Penang

BUKIT MERTAJAM: The upgrading of Hospital Seberang Jaya here has received a boost of RM1mil for the procurement of additional machines and facilities.

Prime Minister Datuk Seri Anwar Ibrahim, who approved the allocation on his visit to Penang, said the fund is to ease the burden on staff and patients.

"Among the facilities and items urgently needed are ventilators, ultrasound machines, water tanks and a breastfeeding room.

"These will enhance the performance of hospital staff and reduce overcrowding," he said yesterday.

Anwar said he hoped the upgrading, which had been delayed, would be completed by year-end.

It was reported that the upgrading project of Hospital Seberang Jaya, at a cost of RM368mil, started in 2016 and was supposed to have been completed by 2020.

However, the Covid-19 pandemic and issues involving the tendering of contractors caused a delay.

Once completed, the number of hospital beds will be increased from the current 393 to some 630, in addition to improved bedding and intensive care unit facilities.

The hospital will also get a new multistorey car park.

By then, it can offer more clinical services, rehabilitative medication and treatment, cardiology and paediatric cardiothoracic services.

Later, at another event at the Central Seberang Prai district police headquarters in Bandar Perda, Anwar announced a RM500,000 allocation to build a surau there and another RM1mil to upgrade the police quarters.

AKHBAR : SUNDAY STAR
MUKA SURAT : 3
RUANGAN : NATION

Reports by JUNAID IBRAHIM and RAGANANTHINI VETHASALAM

Risky shortcuts to getting meds

Locals turning to online 'no questions asked' platforms for convenience

PETALING JAYA: Malaysians looking for shortcuts to losing weight are going for slimming pills sold on social media, turning these online platforms into "virtual pharmacies" with unregistered prescription drugs and controlled substances being sold openly.

Slimming pills have become one of the most sought-after products on these platforms.

According to buyers, they visit these virtual pharmacies as it is cheaper and easier to get their fix without needing prescriptions or consultations from physicians.

"No fuss at all. You order and pay. No questions asked," said an administrative assistant who only wanted to be known as Intan.

"If you want pills prescribed, you would have to make an appointment with a doctor or get a consultation. This would be an additional cost.

"Furthermore, the consultant may try to talk you out of it and get you to exercise and diet instead," said Intan, 35.

"Exercise is not my thing, so this is the best way to shed those extra kilos. I am not obese, but I would like to lose some weight," she added.

Intan said she wanted the fastest way to lose weight and that taking pills gave her that, but she admitted she is concerned about side effects.

"I would immediately stop and seek medical attention if something was not right. I promised myself that," she said.

Another social media user, Yani, said she bought slimming pills that were advertised as "detox medicine" on a video-sharing platform.

"It was cheap. It was just about RM15. I saw some videos and read the reviews before I decided to buy it," said the 26-year-old.

It is well known that some sellers make misleading claims or market these products for purposes different from their intended use.

A popular variant sold on these platforms is a "pink pill" that is actually a laxative marketed as a "slimming pill" by unscrupulous sellers.

Checks revealed that the product was not registered with the National Pharmaceutical Regulatory Agency, although there are claims that it was registered in Japan.

To circumvent the relevant platform's community guidelines, some sellers do not disclose the uses and names of the pills they are selling.

Controlled drugs such as abortion pills, which are not authorised for sale in Malaysia, were also found on some social media platforms.

Depending on the trimester, a "package" of two types of pills is being sold for as low as RM380.

"These drugs will only have temporary side effects. You will experience menstrual cramps, chills and diarrhoea after consuming the medicine," said the seller when asked about possible side effects.

While one of the drugs is available through prescription, the other has not been registered for use in Malaysia, according to the Health Ministry's Guideline on Termination of Pregnancy.

The Health Ministry's Pharmacy Enforcement Division said that the two drugs are controlled substances under the Poisons Act, which outlines fines and jail terms for unauthorised sellers.

Section 312 of the Penal Code states that a pregnancy can only be terminated when a registered medical practitioner views the continuance of the pregnancy as posing a risk to the mother's life or that it could affect her physical and/or mental health.

A marketplace of illegal pharmaceuticals

Open to abuse: Irresponsible vendors are currently exploiting loopholes in the law to sell medicines online with misleading information. — WILLIAM GARY/The Star

PETALING JAYA: A total of 61,822 unlawful medicine advertisements were taken down from emarketplace platforms from 2019 to 2023, says the Health Ministry's Pharmacy Enforcement Division.

"Social media platforms are not regulated by any ministry in Malaysia. However, the content on these platforms is monitored by law enforcement in Malaysia and abroad," the division told *Sunday Star*.

The Pharmacy Enforcement Division said it monitors and investigates sellers on the Internet, after which action is taken, such as issuing warning letters, requesting the content be removed, or even taking to court those found to have breached the law.

It has also collaborated with social media owners such as Meta (Facebook and Instagram), Google (YouTube), X (formerly Twitter), and ByteDance (TikTok) to ensure compliance and to prevent the misuse of these platforms for trafficking illicit and illegal pharmaceutical products.

"On the ministry side, we will provide the most updated information to support their effective response to the illegal and illicit sales of pharmaceutical products on their platforms.

"Such information may include lists of illicit and illegal pharmaceutical products, a list of keywords, typical sellers, and new finds concerning the sale of these products," the division said.

These engagements assist platform providers in understanding more about the misuse of their services for illegal activities, it added.

"This includes collaboration in content removal of unlawful activities on their platforms," said the division.

Advertisements for medicines are regulated under the Medicine (Advertisement and Sale) Act.

"The publication of medicine advertisements with prohibited medicinal claims or without the Medicine Advertisement Board's approval is an offence under the Act."

Such cases will be investigated, and action will be taken against offenders, said the division.

Those found guilty are subject to a fine not exceeding RM3,000 or imprisonment for a term not exceeding one year or both, in the case of a first-time offender, under the Act.

In subsequent convictions, offenders face a fine of not more than RM5,000, a jail term not more than three years, or both.

Another law is the Control of Drugs and Cosmetics Regulations 1984, which prohibits the manufacturing, sale, supply, import, possession or administering of any product that is not registered with the Drug Control Authority under the Sale of Drugs Act.

However, the division acknowledged that enforcement actions alone will not suffice.

Consumers, it said, should also be aware of the dangers of buying medicines without proper consultation with healthcare professionals.

"As long as there is demand, these irresponsible sellers will always find ways to mislead consumers to gain maximum profits," it added.

The Pharmacy Enforcement Division said it has launched various awareness activities to educate people, such as the "Beware! Online Sale of Medicine" and "Scan Dulu Baru Beli" campaigns and public-private engagements, including dialogues with sellers, pharmacists, doctors, ecommerce providers, and consumers.

"Awareness messages were distributed using conventional methods such as exhibitions, lectures and roadside advertisements, as well as through online channels and social media such as Facebook and YouTube," it said.

TikTok, when contacted by *Sunday Star*, said the platform has strict product listing guidelines on what can and cannot be sold on TikTok Shop.

There is a list of prohibited and unsupported items too, it said.

"This includes medicines, medical devices, certain weight loss products, supplements that include undeclared ingredients or ingredients prohibited by law, and products claiming to be effective in fat loss.

"An in-app reporting tool is available if our community believes something is being sold that violates those guidelines," TikTok said, adding that such products would be removed from the platform.

"We will continue to detect and remove products that violate our guidelines by using a mix of proactive detection technologies and community reports," it said.

Govt urged to crack down on black market for medicines

PETALING JAYA: Stronger enforcement is needed to curb the online sale of illicit medicines, say concerned parties.

Prof Dr Sharifa Ezat Wan Puteh of Universiti Kebangsaan Malaysia said the Health Ministry's Medicine Advertisement Board should work with the Communications Ministry and drug enforcement agencies to step up enforcement against illicit medicines being peddled online.

"The laws are available, but irresponsible vendors take advantage of the loopholes, so many people sell the medicine online. They may mask the actual uses of the medicines, and this may 'cover up' their online venture," she said.

Prof Sharifa Ezat also warned that those who buy these medicines online would be at a severe disadvantage since they would not know their proper use, side effects, complications or possible interactions with other drugs.

"In the case of antimicrobials sold online, they may lead to the bigger issue of antimicrobial resistance," she said.

She also voiced her concern about the online black market.

"There is a possibility that some drugs are sold online, especially in the black market. This may encourage young people to buy online," she added.

Consumers Association of Penang (CAP) education officer NV Subbarow said new laws are needed to step up regulation of such sales.

"These unregulated and unregistered medicines can cause many side effects," he said.

To make matters worse, he said these medicines are being sold to people who do not have full knowledge of their uses.

"The relevant authorities must take appropriate action against people who promote these medicines. We need new laws to stop this kind of sale and there must be no compromise in the action taken," said Subbarow.