

AKHBAR : HARIAN METRO
MUKA SURAT : 3
RUANGAN : LAPORAN KHAS

Makin ramai dilanda anxiety pasca Covid-19

Kuala Lumpur: Pesakit *anxiety* atau kegelisahan di Malaysia semakin meningkat terutama selepas pandemik Covid-19 dengan kebanyakannya cenderung mengalami *generalized anxiety disorder* (GAD) atau ketakutan/keresahan melampau mengenai perkara harian seperti kerja, kewangan dan keluarga.

Pegawai Perubatan Psikiatri dan Kesihatan Mental, Hospital Pakar Sultanah Fatimah (HPSP) Muar, Dr Fakrul Azren Azhar berkata, penyakit *anxiety* boleh membahayakan kehidupan pesakit jika tidak dirawat dengan betul.

"Walaupun mungkin nampak tidak serius, *anxiety* boleh membawa kepada penurunan fungsi harian, termasuk dalam pekerjaan, kehidupan sosial dan kesihatan fizikal.

"Contohnya, pesakit dengan *pa-*

nic disorder mungkin sentiasa takut terhadap serangan panik seterusnya sehingga mengelak situasi sosial dan aktiviti biasa yang akhirnya membawa kepada masalah depresi," katanya kepada Harian Metro.

Menurutnya, di Malaysia ada peningkatan kes individu menghadapi masalah cemas sehingga menyebabkan mereka hilang pekerjaan atau alami masalah kesihatan lain.

Katanya, *anxiety* yang tidak diurus dengan baik boleh membawa kepada penyalahgunaan alkohol atau dadah sebagai cara 'menghilangkan' keresahan, sedangkan ini memburukkan keadaan pesakit.

"Jadi, penting untuk dapatkan bantuan awal dan rawatan sesuai. Selain itu, penyakit *anxiety* jarang berlaku selalunya berpunca dari-

pada gabungan faktor genetik, neurobiologi, serta sejarah trauma atau pengalaman buruk.

"Ada gangguan *anxiety* disebabkan perubahan dalam fungsi bahan kimia di otak seperti serotonin dan dopamine. Ketidakseimbangan ini boleh berlaku secara semula jadi atau terkesan oleh ubat tertentu," katanya.

Dr Fakrul berkata, situasi *anxiety* di Malaysia semakin membimbangkan, terutama sejak pandemik Covid-19.

"Mengikut Tinjauan Kesihatan dan Morbiditi Kebangsaan (NHMS) 2019, 2.3 juta rakyat Malaysia menghadapi masalah kesihatan mental termasuk *anxiety*.

"Namun angka ini dipercayai meningkat selepas pandemik. Ramai rakyat Malaysia mungkin mengalami gejala *anxiety*, tetapi tidak dapatkan bantuan kerana stigma

atau kurang pengetahuan.

"Kesedaran masyarakat mengenai *anxiety* semakin meningkat, tetapi sokongan dalam bentuk rawatan masih perlu diperbaiki.

"Hospital kerajaan kini aktif menyediakan program kaunseling dan terapi di klinik kesihatan, tetapi ada kekangan dari segi jumlah pakar yang mampu menangani masalah ini," katanya.

Sementara itu, beliau menasihati orang ramai supaya peka dengan simptom *anxiety* dan segera cari bantuan jika perlu kerana penyakit ini bukan perkara ringan dan boleh memberi kesan mendalam kepada kehidupan.

"Jika kita atau ahli keluarga mengalami gejala seperti rasa cemas berlebihan, degupan jantung laju atau mengelakkan aktiviti sosial, jangan takut untuk mendapatkan khidmat nasihat," katanya.

AKHBAR : HARIAN METRO
MUKA SURAT : 12
RUANGAN : LOKAL

Tanjung Malim: Pandangan dan maklum balas penduduk setempat sepatutnya diambil kira sebelum waktu operasi Klinik Kesihatan Tanjung Malim di sini, dipendekkan daripada 24 jam sehari kepada 8 pagi hingga 5 petang.

Pesara Yee Joo Kwong, 68, berkata, tindakan itu perlu bagi membolehkan pihak berwajib mendapatkan gambaran lebih jelas mengenai keperluan dan manfaat sekiranya waktu operasi klinik berkenaan kekal 24 jam sehari.

"Bagi saya, maklumat orang awam perlu disebarkan kami yang menggunakan perkhidmatan

WAKTU OPERASI KLINIK KESIHATAN TANJUNG MALIM DISINGKATKAN

Penduduk mahu pihak berkuasa berbincang dulu

klinik ini tidak kira sama ada ketika atau selepas waktu bekerja. Jadi, pihak berwajib perlu du-

duk semeja dengan penduduk di sini. Kita mahu selesaikan perkara ini dengan baik dan pada masa sama, memastikan klinik ini terus memberi manfaat sepertimana sebelum ini," katanya.

R Seflan, 52, pola ber-

kata perubahan waktu operasi itu menyebabkan penduduk terpaksa mendapatkan rawatan di klinik swasta berhampiran atau pergi ke Hospital Slim River yang terletak kira-kira 30 kilometer dari sini.

Peniaga di Jalan Ketoyong itu berkata perkara ini sudah tentu agak

membebankan lebih-lebih lagi bagi mereka yang berpendapatan rendah.

"Macam saya sendiri, baru-baru ini anak sakit perut di waktu malam. Mahu tak mahu, saya terpaksa bawa dia ke klinik swasta berhampiran. Agak terkejut jugalah kerana kos rawatan mencecah hampir RM200. Bila difikirkan semula, betapa bagusnya ada unit kecemasan di Klinik Kesihatan Tanjung Malim. Bukan sahaja dekat malah kos rawatannya

mampu ditanggung penduduk terutama orang susah," katanya.

Bagi peniaga Ahzamin Zaidi Ahmadun, 37, pembinaan hospital baharu di kawasan itu adalah penyelesaian jangka panjang yang boleh dipertimbang.

Penduduk Katupang Simpang Empat itu berkata ini berdasarkan peningkatan populasi di kawasan berkenaan berikutan kepesatan pembangunan Tanjung Malim terutama membabitkan kuwa-

san Proton City selain Universiti Pendidikan Sultan Ismail dan Politeknik Sultan Azlan Shah.

"Bagi saya perlu sebenarnya bina hospital di sini, walaupun bukan mudah tetapi ia boleh difikirkan," katanya.

Baru-baru ini, media melaporkan Klinik Kesihatan Tanjung Malim mengantikan operasi 24 jam bermula 1 Ogos lepas dengan alasan memeyragamkan operasi seperti di bandar lain.

“Macam saya sendiri, baru-baru ini anak sakit perut di waktu malam”
R Seflan

AKHBAR : BERITA HARIAN
MUKA SURAT : 11
RUANGAN : KOMENTAR

Kuala Terengganu: Persidangan Dewan Undangan Negeri (Dun) Terengganu semalam, dimaklumkan 34,540 pesakit mental mendapatkan rawatan di hospital dan klinik kesihatan di seluruh negeri, tahun lalu.

Pengerusi Jawatankuasa Kerajaan Tempatan, Perumahan dan Kesihatan negeri, Datuk Wan Sukairi Wan Abdullah berkata, data kehadiran pesakit itu termasuk pesakit ulangan diperolehi daripada Kementerian Kesihatan, manakala lapan ke 10 peratus pesakit baharu.

"Jumlah pesakit mental yang berdaftar dan mengunjungi klinik pakar psikiatri di Hospital Sultan

SIDANG DUN TERENGGANU

34,540 pesakit mental dapatkan rawatan

Nur Zahirah (HSNZ) sehingga September lalu adalah seramai 15,244.

"Seramai 7,674 pesakit mental mendapatkan rawatan di Hospital Kemaman, 2,999 di Hospital Dungun, Hospital Besut (1,574), Hospital Hulu Terengganu (1,320) dan Hospital Setiu seramai

309 pesakit," katanya.

Beliau menja-

wab sordan dikemukakan **Dr Ridwan Mohamad Nor (PAS-Jerik)**.

Mengulas lanjut, katanya, HSNZ adalah hospital negeri yang lengkap dengan kepakaran psikiatriam dan beberapa bidang subkepakaran iaitu bidang psikiatri, psigeriatri

perubahan dan komuniti.

Katanya, semua klinik kesihatan daerah

pula menyediakan perkhidmatan rawatan mental, termasuk khidmat sokongan awal dan rujukan.

"Perkhidmatan perawatan psikiatri komuniti daripada hospital turut memberi perkhidmatan rawatan ke rumah, terutama membabitkan pesakit mental terpilih yang memenuhi kriteria.

"Perkhidmatan itu bagi memastikan pesakit terus mendapatkan rawatan dan memastikan penglibatan ahli keluarga dalam proses penyembuhan," katanya.

Selain itu, katanya, Terengganu mempunyai dua Pusat Kesihatan Mental Masyarakat (Mentari) iaitu di Klinik Kesihatan Wakaf Tapai dan HSNZ.

Semua klinik kesihatan daerah sedia perkhidmatan rawatan mental

AKHBAR : UTUSAN MALAYSIA
MUKA SURAT : 31
RUANGAN : DALAM NEGERI

Utusan Malaysia
SELASA - 19 NOVEMBER 2024

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34,540 sesi rawatan pesakit mental

KUALA TERENGGANU: Sebanyak 34,540 sesi rawatan diberikan kepada pesakit berdepan masalah berkaitan mental di fasiliti kesihatan mental di seluruh Terengganu sepanjang tahun lalu.

Pengerusi Kawatankuasa Kerajaan Tempatan, Perumahan dan Kesihatan negeri, Datuk Wan Sukairi Wan Abdullah berkata, jumlah sesi rawatan itu meningkat dalam tempoh lima tahun sejak 2018.

Pada tahun 2018, sebanyak 24,562 sesi dijalankan manakala pada 2019, jumlahnya berkurangan kepada 19,645 sesi rawatan.

"Jumlah itu meningkat semula pada 2020 iaitu 21,478 sesi, seterusnya 26,896 sesi pada 2021 dan 31,617 pada 2022.

"Jabatan Kesihatan Negeri Terengganu tidak mempunyai data jumlah sebenar pesakit mental sebaliknya, data yang direkodkan ialah jumlah sesi rawatan yang diberikan kepada mereka hadir untuk mendapatkan rawatan berkaitan kesihatan mental di Terengganu," katanya.

Beliau menjawab soalan lisan Dr. Riduan Mohamad Noe (Pas-Teroh) mengenai jumlah pesakit mental berdaftar antara 2018 hingga 2023 pada Persidangan Dewan Undangan Negeri (DUN) di sini, semalam.

AKHBAR : THE STAR
MUKA SURAT : 6
RUANGAN : NATION

6 Nation

THE STAR, TUESDAY 19 NOVEMBER 2024

Reports by RAMIMY RAMIM, SHYAFIQ OZULKIFLI and DIYANA PFORDTEN

Crackdown on toxic beauty ingredients

Number of banned cosmetic products continue to be on the rise

PETALING JAYA: Three more chemicals will be added to the list of prohibited substances in beauty products starting on Thursday.

The move by the National Pharmaceutical Regulatory Agency (NPRA) follows a growing number of harmful substances detected by the agency in cosmetic items.

"Currently, there are three substances on our radar that will be banned starting Nov 21," the NPRA told *The Star*.

The three chemicals are octamethylcyclotetrasiloxane (D4); perboric acid, sodium perborate and boron compounds; and 2-(4-tert-butylbenzyl) propionaldehyde (p-BMHCA).

The NPRA, which is under the Health Ministry, said the three chemicals will be banned due to their carcinogenic (capable of causing cancer), mutagenic (capable of inducing genetic mutation) and reproductive (capable of damaging the reproductive process) effect on users.

The ministry has revoked the registration of 266 cosmetic products from 2008 to August 2024 due to the presence of prohibited substances.

The NPRA's data shows that the number of products containing scheduled poisons has been rising in recent years.

A total of 28 cosmetic products were found to contain scheduled poisons in 2023, a 47.4% increase

from the 19 in 2022.

The peak year so far is 2019, with 37 products flagged and removed from the market for containing harmful chemicals.

From January to August this year, 12 products were identified as containing harmful substances.

The NPRA said the rise in the number of cosmetic items being banned reflects the agency's intensified efforts to monitor high-risk products under its post-market surveillance (PMS) programme.

The PMS programme actively tests cosmetics, especially those in high-demand categories like skin-whitening products, eye-area cosmetics and baby products.

"This targeted sampling approach is contributing to the growing number of cases where harmful or banned chemicals are detected."

"Additionally, sampling is guided by alerts from other regulatory agencies, consumer complaints, information on suspicious manufacturers and misleading cosmetic advertisements," the agency stated.

The NPRA said consumer demand for instant beauty solutions is driving unethical manufacturers to resort to using banned substances.

"The natural desire to look better and the promise of quick, visi-

ble results keeps the demand strong. To meet this demand, certain manufacturers are suspected of including strong, unapproved ingredients that deliver rapid but potentially hazardous results.

"Some companies are willing to cut corners, sacrificing safety for profit, which has contributed to the presence of harmful substances in products marketed across Malaysia," the agency said.

The NPRA said a significant number of these problematic products fall under "no rinse" categories, such as face creams and lotions.

Compared to "rinse off" products like soaps, "no rinse" items pose greater risks because they remain on the skin for a prolonged period, which increases the likelihood of harmful effects on consumers' skin and health.

The NPRA said mercury is the most frequently detected banned substance in sampled products.

"Mercury, a known toxic metal, is often used in skin-whitening products for fast results."

"Since most of the sampled products were from the skin-whitening category, a higher number of these were found to contain mercury," the agency said.

The NPRA said some harmful substances are difficult to detect at the initial screening stage, as adulterants often remain undeclared on product labels, bypassing NPRA's screening sys-

tem for notified ingredients.

However, the substances are identified during post-market testing, where non-compliant products are flagged and pulled from shelves.

In addition to surveillance, the NPRA collaborates with regulatory bodies across Asean to share information about harmful products through the Asean Post Marketing Alert System (PMAS).

The PMAS network ensures that dangerous products flagged in one country are promptly flagged in other countries as well and removed, including the Malaysian market.

"Through PMAS, this information is swiftly disseminated among member states so that proper action can be taken everywhere," the NPRA said.

It also advised consumers to stay informed about product safety.

While the agency regularly alerts the public about banned cosmetics, consumers must remain vigilant, especially with products promising rapid results.

Users should question the legitimacy of products with unusually fast-acting effects as these may contain potent, unsafe chemicals.

"Consumers must prioritise their health and safety by choosing reputable brands and checking product statuses before making purchases," the agency said.



When the search for beauty turns beastly

PETALING JAYA: A housewife's quest for glowing, glass-like skin turned into a nightmare after she used budget facial products that caused severe swelling and redness.

"She bought the items from a neighbouring country online, and now she is warning others about the hidden dangers of such cheap beauty buys."

Kamariah (not her real name), 33, said she saw several glowing reviews online about the scrub and face cream, which were supposed to give users a perfect "glass-skin" face.

Glass skin refers to a perfectly

smooth and intensely hydrated complexion with an all-over sheen — just like a pane of glass.

"After using it just for a few weeks, my face started to swell badly and I could not even recognise myself," she said.

Kamariah said her close friends and family members also started to notice the changes in her face and she decided to stop using the products.

"It also caused me stress. I just wanted to have normal skin and this experience has dented my self-esteem," she said.

It took Kamariah almost two years and RM2,000 worth of der-

matological treatments to get her skin back to normal.

"My dermatologist believed that the product contained mercury, which is not good for skin," she said.

Another victim, 34-year-old executive Lina Arina Mohd Aziffi, said she suffered long-term side effects from using a skincare product containing harmful chemicals.

"It was the worst, my face turned very ugly and I had to seek expensive treatment to undo the effects."

"It took four years for my skin to heal, and it was only when I

was pregnant that my face fully recovered," she said.

"Friends had recommended the product to me because of reviews saying that it would give me flawless and glowing skin."

"The plumping and whitening effect was temporary."

"After a few months, pimples and redness appeared all over my face and I felt hideous," she said.

Lina said she had to spend more than RM10,000 on treatments at aesthetic clinics to recover.

"I went to two clinics. The first one did not have any positive effects on my skin, so I moved on

to another.

"The recovery process took so long that I just gave up."

"I no longer had money for treatment at a clinic and could only resort to using trusted local products to treat my face," she said.

Lina encouraged those searching for beauty products to find trusted brands and do their own research.

"Always do your research before buying and be aware of the ingredients."

"Stay away from any beauty products containing mercury or other harmful products," she said.

Be selective and always check the labels, consumers urged

PETALING JAYA: Dermatologists and experts advise consumers to carefully check labels and be wary of many products on the market, especially those on social media, that may contain harmful substances.

Dr Chin Shih Choon, secretary of the Association of Registered Aesthetic Doctors Malaysia, said that there are many cases of cosmetic products available in the market that contain dangerous chemicals such as mercury that can damage the skin.

"I think we should avoid all these types of products, especially those with dubious products with exaggerated or misleading

comments," he said, when contacted yesterday.

"If the product is known to cause health issues or damage to your skin, you should check with the Health Ministry or the National Pharmaceutical Regulatory Agency (NPRA)," he said.

Asked if he had come across such cases, he said he has treated such cases, mostly due to allergic reactions.

"Sometimes consumers want fast results but they might be duped, especially those sold widely on social media platforms like TikTok or Facebook," he said.

The NPRA has banned several

substances in beauty products effective Nov 21 containing octamethylcyclotetrasiloxane (D4); perboric acid, sodium perborate and boron compounds; and 2-(4-tert-butylbenzyl) propionaldehyde (p-BMHCA), among others.

The European Commission had restricted the use of silicones octamethylcyclotetrasiloxane (D4) in wash-off personal care products in May.

Malaysia Association of Therapist Industry Development president Dr Baskaran Koethi said he treats patients who have used harmful beauty products and they have suffered from

burns, rashes and even permanent damage and disfigured faces.

He said his patients range from those from lower-income groups to the "elite", with insecurity usually the reason pushing them to opt for such beauty products.

"Many people seek these kinds of products because they want quick results to appear attractive, but they quickly get side effects too."

"The beauty is only temporary but the side effects can be permanent," he said.

Dr Baskaran said that women should learn to age gracefully and not opt for "quick fixes".

"Ladies cannot look like a 16-year-old at 60," he added.

"Malaysians have to be really selective when it comes to beauty, slimming and whitening products."

"Go back to basics. It's not wrong to be beautiful, but not at the expense of their health."

"You may have 1,000 problems, but once you have a health problem, that will turn out to be the main problem," he said.

The naturopathy doctor said that side effects from harmful beauty products can be prevented, adding, "We can always prevent it by keeping our beauty routine simple."

AKHBAR : THE SUN
MUKA SURAT : 4
RUANGAN : NATIONAL

'Residents should have been consulted on clinic operating hours'

TANJUNG MALIM: Local residents said their feedback should have been obtained before the decision was implemented to shorten the 24-hour operations of the Tanjung Malim health clinic emergency ward to office hours.

Resiree Yee Jee Kwong, 68, said feedback could provide authorities an understanding of the benefits of the clinic operating around the clock.

"Information from the public is needed as we are users who need clinic services, whether it is during or after work.

"Authorities should meet the residents here. We want to resolve the matter properly and

ensure that the clinic benefits residents as it did previously."

Resident R. Sellam, 52, concurred and said the switch to office hours has caused residents to be forced to seek treatment at private clinics or the Slim River Hospital, located around 30km from Tanjung Malim town.

She said this is disconcerting as most of them are from low-income families and do not have adequate savings for treatment costs.

"My child recently had stomachache at night. I had to take him to a private clinic near my shop and was rather shocked when the treatment cost exceeded RM200.

"It is good if there is an emergency unit [at the Tanjung Malim health clinic]. Not only is it near but the treatment costs is affordable," said the proprietor of a shop in Jalan Ketoyong.

Trader Ahzamin Zaidi Ahmadun, 37, said the construction of a new hospital in the area should be a solution worth considering to address the issue in the long term.

"The need for a hospital here should be considered due to the additional number of people as a result of the development of Proton City and the students studying at Universiti Pendidikan Sultan Idris and Sultan Azlan Shah Polytechnic.

"I admit it is not an easy thing to build a hospital here but authorities should consider it in the long term as it would solve public health concerns," said Ahzamin, who lives in Kampung Simpang Empat.

The change in operating hours from Aug 1, said to be due to a standardisation of operations with other areas, has recently been highlighted and raised concerns among local residents.

State Human Resources, Health and Indian Community Affairs Committee chairman A. Sivanesan was quoted as saying the issue, including the concerns of residents, would be conveyed to the Health Ministry. — Bernama