

AKHBAR : SINAR HARIAN
MUKA SURAT : 3
RUANGAN : NASIONAL

TELUS & TELUS • MATA DAN TELINGA RAKYAT • PEMACU PERUBAHAN



TELUS & TELUS

NASIONAL 3

ISNIN 28 OKTOBER 2024 • SINAR HARIAN

Tingkat risiko kanser

Jika ambil secara berlebihan buah-buahan yang terdedah pestisid

Oleh **NURHIDAYAH HAIROM SHAH ALAM**

Pengambilan berlebihan buah-buahan yang terdedah kepada racun makhluk perosak (RMP) atau dikenal sebagai pestisid boleh meningkatkan risiko pelbagai jenis kanser seperti payudara, prostat, leukemia dan lain-lain.

Pakar Perubatan Kesihatan Awam, Dr Satiya Amaran berkata, kajian menunjukkan residu pestisid kerap ditemui dalam sampel buah-buahan yang diuji dan adakalanya ia melebihi nilai maksimum residu RMP yang dibenarkan.

Kerana itu menurutnya, penggunaan pestisid boleh menimbulkan risiko kesihatan jangka panjang jika dimakan dalam kuantiti berlebihan.

"Risiko kesihatan lain termasuk gangguan kepada sistem

hormon. Ia boleh menyebabkan gangguan perkembangan pada kanak-kanak, kecacatan kelahiran serta masalah sistem pembiakan.

"Terdapat juga potensi kesan neurologi seperti sakit kepala, kekeiruan dan kelemahan otot, disebabkan oleh bahan kimia tertentu yang mengganggu fungsi saraf.

"Di samping itu, campuran pelbagai jenis pestisid pada satu bush boleh membebankan fungsi hati dan buah pinggang," katanya kepada Sinar Harian pada Ahad.

Beliau berkata demikian mengulas berhubung amaran dikeluarkan Rangkaian Amaran Racun Perosak Thailand (Thai-PAN) mengenai pencemaran anggur Shine Muscat selepas kebanyakan sampel yang dikumpulkan didapati mengandungi sisa kimia berbahaya melebihi paras maksimum dibenarkan.

Mengulas lanjut, Dr Satiya menjelaskan, Shine Muscat atau anggur premium tanpa biji berasal dari Jepun itu kaya dengan antioksidan seperti vitamin C dan polifenol yang membantu melawan radikal bebas, mengurangkan risiko penyakit jantung dan memperbaiki kesihatan kulit selain kaya dengan serat yang baik untuk sistem pencernaan.

"Begaimanapun, anggur ini mungkin terdedah kepada pestisid seperti chlorpyrifos, captaf dan dimethoate untuk kawalan hama.

"Selain anggur, kebanyakan buah-buahan dirawat dengan



Buah-buahan perlu dicuci dengan sempurna di bawah air yang mengalir, berbanding mencuci dengan cara merendam dalam air bertakung.

pestisid bagi meningkatkan hasil dan memanjangkan jangka hayat," katanya.

Sehubungan itu katanya, sebagai langkah berjaga-jaga, orang ramai dinasihatkan agar memastikan buah-buahan dicuci dengan sempurna di bawah air yang mengalir, berbanding mencuci dengan cara merendam di dalam air bertakung.

"Selain itu mengupas kulit juga dapat merendahkan risiko termaikan kotoran, bakteria dan residu pestisid walaupun tidak 100 peratus.

"Satu lagi cara ialah dengan memilih buah-buahan organik yang boleh membantu mengurangkan pendedahan kepada residu pestisid ini namun biasanya harganya adalah jauh lebih mahal," katanya.

LAPORAN MUKA DEPAN

ANGGUR SHINE MUSCAT

- **Asal:** Diperkenalkan di Jepun pada penghujung 1990-an dan dikomersialkan pada awal 2000. Umumnya ditanam dan diuji di Wilayah Yamaguchi, Nagano, Okayama dan Yamagata. Kini turut dipasarkan oleh China dan Korea.
- **Kategori:** Premium hibrid.
- **Harga:** Bermula dari RM10.90 (China), RM43.90 (local) hingga RM130 (Lepau), masing-masing bagi setiap 100 gram langgan harga di pasar raya terpilih.
- **Warna:** Hijau cerah atau hijau kekuningan.
- **Tekstur:** Kulit nipis, ia lembut, rangup, wangi dan tidak mempunyai biji.
- **Saiz:** Buah sekata dan lebih besar berbanding anggur hijau biasa.
- **Tahap kematangan:** Boleh memanah 17 hingga 20 liter (1 bu) litar unit untuk menghantar tahap kematangan buah atau sayur-sayuran.
- **Masih tua antara penghujung musim panas hingga musim luruh** iaitu sekitar Ogos, September, Oktober dan November berbeza mengikut daerah di Jepun.
- **Tahan lama antara lima hingga 10 hari** di dalam peti sejuk atau dua hingga empat hari mengikut suhu bilik.

Sumber: Laman sisawang Japanese Table & Food Table dan WamazingDiscover.

Sukar kenal pasti buah ada sisa kimia

SHAH ALAM - Sisa kimia berbahaya melebihi paras maksimum dibenarkan adalah kuantiti bahan sebatian yang amat tinggi dan boleh menyebabkan gangguan kepada kesihatan pengguna.

Ketua Pusat Pengajian Sains Pertanian dan Bioteknologi (FBIM) Universiti Sultan Zainal Abidin (UniSZA), Dr Mohd Fahmi Abu Bakar berkata, antara kesan langsung kepada kesihatan ialah boleh merosakkan sistem pencernaan dan organ seperti buah pinggang, otak dan jantung, vertigo serta sesak nafas.

"Setiap buah atau makanan mempunyai tahap sisa kimia yang dibenarkan bagi melindungi kesihatan pengguna. Perkara ini memang susah untuk dielakkan kerana kebanyakan produk berkenaan memang mempunyai bahan kimia berbahaya sebagai pestisid atau bahan pengawet.

"Sebagai contoh, jika kuantiti bahan kimia yang dibenarkan hanyalah 5 miligram (mg), jadi, paras yang melebihi 5mg boleh memberi kesan kepada kesihatan pengguna jika buah atau makanan tersebut dimakan secara berkala.

"Kesari yang diterima terbahagi kepada dua sista dalam tempoh jangka pendek atau jangka panjang. Bergantung kepada pengambilan," katanya kepada Sinar Harian pada Ahad.

Kementerian Pertanian dan Keterjaminan Makanan (KPKM) pada Ahad dilapor akan menjalankan siasatan dan pemeriksaan terhadap anggur import jenis Shine Muscat yang dikatakan mengandungi sisa kimia berbahaya sebagaimana dakwaan oleh Thailand.

Sementara itu, ditanya mengenai bagaimana hendak mengenali pasti buah atau makanan mengandungi sisa kimia berbahaya melebihi paras maksimum dibenarkan, Mohd Fahmi menjelaskan ia agak sukar untuk dilihat secara mata kasar.

"Kebiasaannya, untuk mengenali pasti makanan yang mengandungi bahan kimia berbahaya boleh dilihat daripada bahan-bahan untuk menghasilkan makanan tersebut.

"Sebagai contoh, pengguna boleh mengenali pasti bahan seperti pewarna, bahan pengawet atau bahan kimia tambahan yang ditambah ke dalam makanan tersebut.

"Jika untuk buah-buahan, kebiasaannya, buah yang cantik dan tiada ulat telah disembur dengan pestisid untuk mengelakkan ia rosak," katanya.

Begaimanapun ujarnya, buah atau sayur tersebut masih boleh dimakan dengan membuat rawatan seperti rendam dalam air garam atau cuka untuk meneutralkan bahan kimia tersebut.

AKHBAR : SINAR HARIAN

MUKA SURAT : 17

RUANGAN : CETUSAN

Lebih RM3 juta untuk saringan, pemeriksaan kesihatan percuma



Jelajah Agenda Nasional Malaysia Sihat (ANMS) peringkat Selangor di KSL Esplanade Mall pada Ahad.



Jantallah (enam dari kiri) bersama peserta Jelajah ANMS.

KLANG - Kerajaan negeri memperuntukkan lebih RM3 juta bagi program saringan dan pemeriksaan kesihatan percuma kepada rakyat Selangor.

Exco Kesihatan Awam dan Alam Sekitar negeri, Jemaludin Jamaluddin berkata, saringan asas di samping pemeriksaan penyakit kanser, penglihatan dan pendengaran itu telah memberi manfaat kepada lebih 6,000 penerima.

Menurutnya, peruntukan besar dikeluarkan kerajaan negeri itu bertujuan meningkatkan kesedaran pemeriksaan kesihatan yang masih rendah dalam kalangan masyarakat.

"Sebanyak RM54 juta diperuntukkan kerajaan negeri untuk pengurusan kesihatan awam di Selangor termasuk RM3

juta daripadanya bagi program saringan dan pemeriksaan kesihatan.

"Malah ramai rakyat Selangor kurang ambil berat pemeriksaan kesihatan sedangkan ia penting untuk pencegahan dan rawatan awal jika penyakit dikesan awal," katanya pada Jelajah Agenda Nasional Malaysia Sihat (ANMS) peringkat Selangor di KSL Esplanade Mall di sini pada Ahad.

Turut hadir Pengarah Kesihatan Negeri Selangor, Dr Ummi Kalthom Shamsudin serta Timbalannya, Dr Wan Noraini Wan Mohamed Noor.

Katanya, program saringan kesihatan dijalankan di semua 56 kawasan Dewan Undangan Negeri (DUN) untuk membantu masyarakat dapatkan rawatan percuma

susulan kosnya boleh mencecah ratusan ringgit jika dilakukan di klinik atau hospital swasta.

Sementara itu, menjelang Belanjawan Selangor 2025, beliau memaklumkan, portfolionya akan membuat semakan semula terhadap program sedia ada selain memperluas lagi inisiatif yang mendapat sambutan positif rakyat.

Selain itu katanya, penumpuan juga akan dibenarkan kepada isu semasa termasuk mendepani negara menua melalui program-program berkaitan warga emas.

"Malaysia sedang menuju 'aging society' jadi sudah tiba masa kerajaan negeri menumpukan kepada penjagaan warga emas.

"Pada tahun depan, kita akan lihat

kaedah yang boleh dilakukan untuk tujuan tersebut," ujarnya.

Wan Noraini berkata, Jelajah ANMS berfangsug di sembilan daerah bermula di Gombak pada April lalu mengetengahkan agenda Malaysia Sihat Sejahtera.

Ujarnya, penganjurannya bagi mempromosi pembudayaan hidup sihat, menyedaiakan persekitaran menyokong kesejahteraan kesihatan, memperkasa individu dan komuniti dalam kawalan kesihatan kendiri serta memperkukuh kerjasama pihak berkepentingan.

"Bagi memastikan ANMS mencapai kejayaan, libat urus dan kerjasama strategik hendaklah diperkukuhkan melalui penglibatan aktif daripada pelbagai agensi," katanya.

AKHBAR : UTUSAN MALAYSIA
MUKA SURAT : 4
RUANGAN : DALAM NEGERI



LUKANISMAN Awang Sauni (empat dari kanan) pada program Walkabout Premis Bersih, Bebas Asap (Bebas) di Kompleks Makanan Medan Renong, di Georgetown, Pulau Pinang, semalam.

KKM jamin siasat kes buli doktor

GEORGE TOWN: Kementerian Kesihatan (KKM) memberi jaminan akan menangani kes buli melibatkan petugas kesihatan terutama para doktor.

Timbalan Menteri Kesihatan, Datuk Lukanisman Awang Sauni berkata, pihaknya tidak akan berkompromi dengan kes-kes buli di mana-mana fasiliti KKM, termasuk melibatkan kematian seorang doktor di Hospital Seberang Jaya (HSJ) yang dikatakan akibat dibuli sebelum ini.

"Kami di KKM memberi jaminan sedang menyiasat dan menangani semua kes buli termasuk kes kematian seorang doktor di HSJ, baru-baru ini yang dikatakan akibat kejadian buli.

"Seperti kata Menteri Kesihatan (Datuk Seri Dr. Dzulkefly

Ahmad) siasatan kes ini sedang dijalankan bersama-sama dengan siasatan terhadap kejadian yang sama di Lahad Datu (Sabah) dan dalam kes Pulau Pinang, kita ada bukti saintifik (berkaitan kematian)," katanya selepas mengadakan Walkabout Premis Bersih, Bebas Asap (Bebas) di Kompleks Makanan Medan Renong, di sini semalam.

Terdahulu, media melaporkan, KKM sedang menyiasat satu lagi kes kematian membabitkan pengamal perubatan di HSJ yang didakwa berpunca akibat dibuli ketika dalam perkhidmatan.

Menurut Dr. Dzulkefly, siasatan dalaman bagi kes terbit bagaimanapun telah dibuat sejurus KKM menerima aduan

mengenainya.

Dalam pada itu, Lukanisman memberitahu, berhubung kejadian yang berlaku di HSJ, seperti dinyatakan Menteri Kesihatan sebelum ini, siasatan awal mendapati, semasa doktor itu bertugas, terdapat tenaga kerja yang mencukupi.

"Terdapat 30 pengamal perubatan lain yang bertugas pada masa itu, berbanding maksimum 25 doktor pada satu-satu masa.

"Ini bermakna, elemen kerja berlebihan atau buli tidak berlaku. Namun, kami sedang menyiasat perkara ini dengan lebih lanjut. Kami bukan sahaja melihat kes di Pulau Pinang. Di peringkat nasional, kami menangani semua kes buli ini," katanya.

AKHBAR : THE STAR
MUKA SURAT : 12
RUANGAN : NATION

Over 7,800 fined for puffing away

RM1.1mil in fines collected from smokers ignoring the law in Penang

By IMRAN HILMY
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GEORGE TOWN: A total of 7,839 people have been fined for smoking and vaping at no-smoking areas in Penang, from January to September this year.

State Health director Datuk Dr Fazilah Shaikh Allaudin said 46.7% of the offenders were caught at eateries.

"The total amount of compounds issued under the Control of Tobacco Products Regulations came to about RM1.1mil," she said in a dialogue session with stakeholders during the state-level Walkabout Programme of BeBAS (Clean, Smoke-Free) here yesterday.

Dr Fazilah said the Health Department had checked 7,447 premises this year to monitor compliance with smoking restrictions.

As for those who ignored the warning to put out their cigarettes, Deputy Health Minister Datuk Lukanisman Awang Sauni advised eatery owners or workers to report these recalcitrant customers to the ministry via WhatsApp at 610-660 8949 or the



Vital rule: (From second left) Lukanisman, Food Safety and Quality Division senior director Norrani Ekan and Dr Fazilah promoting the BeBAS initiative at Medan Renong Food Complex. — LIM BENG TATT/The Star

operations room at 03-8992 4552.

MD Yassin, the supervisor of a restaurant chain, then asked what protection his staff members, especially foreign workers, could

get when stopping customers from smoking in the premises.

"We at the ministry are unable to provide protection,

"We strongly condemn any use

of force and advise the public against resorting to violence," Lukanisman said at the dialogue session attended by about 150 eatery operators and consumer

group representatives.

He said the smoke-free regulation was not intended as a restriction but was to ensure the well-being of non-smokers.

On the programme, Lukanisman said it is important for food and beverages premises to gain the "Bersih, Selamat dan Sihat" (Clean, Safe and Healthy, or BeSS) recognition.

"This recognition not only promotes the outlets, it will also increase the confidence of customers who are now particular about cleanliness and food safety," he said.

He added that the BeSS recognition was given to eateries that complied with legal requirements under the Food Hygiene Regulations 2009.

The recognition is valid for three years and food outlets will be reviewed after it expires.

The BeBAS initiative in Penang is the 10th of a series since the programme was launched in February.

Of the 46 food outlets around the Medan Renong Food Complex and Lebuh Light were inspected, 34 received the BeSS certification.

Bacteria on food can double every 20 minutes

By LO TERN CHERN
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GEORGE TOWN: Bacteria on food can double every 20 minutes when left for more than two hours at between 5°C and 60°C, warns a public health medicine specialist.

Datuk Dr Zainal Ariffin Omar said bacteria is among the fastest-reproducing organisms in the world, and the cause of many illnesses.

"Food left at these temperatures for long periods can lead to food poisoning and severe conditions like Hepatitis A," he said recently.

When asked about the spate of food poisoning incidents recently, and revelations of poor hygiene at eateries on social media, he stressed that cooked food should be stored at above 60°C and cold items should be stored below 4°C.

Dr Zainal, formerly the Malaysian Public Health Physicians' Association president and the Health Ministry's disease control deputy director, said raw or undercooked food carries even higher risks of bacterial contamination.

"When eating out, the public should choose food that is freshly prepared and served piping hot."

"They must be wary of unusual smell, taste, or colour," he said, adding that washing hands before eating and using clean utensils are vital.

Given that so many Malaysians eat out, he said authorities in charge of public health must increase monitoring of and enforcement on eateries, enhance public education on food safety, and improve waste disposal systems and public toilets.

An eatery operator in Penang, who wished to be known only as

Darren, 45, said he hired 20 foreign workers, mostly from Myanmar.

"To be allowed to work at our eateries, they attended the city council's food handling course and received their typhoid vaccination."

"I was surprised that most of them practise better hygiene than locals, and I even have a worker who is a trained lawyer in his country."

"Perhaps because they are foreign workers, they feel inferior and so they are more cautious."

"They follow instructions and comply with all safety guidelines, such as wearing gloves and hairnets," he said.

On alleged spitting incidents shown in viral videos, the co-founder of the oldest nasi kandar restaurant in the country said these were "disgusting acts".

Ahmed Seeni Pakir, 70, of

Hameediyah Restaurant said all his 60 workers ate the same meals prepared for customers to make sure they adhered to strict operating procedures.

"We have a dedicated team of cleaners while others focus on cooking and serving," he said.

Ahmed Seeni, the sixth-generation owner of the restaurant, said none of the dishes are kept overnight.

"We either finish up the leftovers or workers take them home. I eat at the shop every day," he added.

In addition to CCTVs monitoring the restaurant's operations, Ahmed Seeni said customers are welcome to inspect the kitchen.

"We have an entrance at the back of the shop, and everyone is welcome to walk by and view the kitchen as they enter," he said.

In Penang, at least nine eateries were ordered to close for two

weeks and clean up so far this year, on top of being slapped with compounds.

Common offences included the presence of pests and rat droppings, improper food storage, unvaccinated food handlers, and violations of hygiene protocols.

To improve public confidence in the food served at these establishments and ensure higher compliance with health regulations, Penang Island City councillor Gueno Koay said the council had a cleanliness grading system for eateries, categorising them into grades A, B, and C.

"We have so far awarded 45 premises with Grade A."

"Cleanliness, green initiatives such as recycling bins are among aspects looked into."

"Those who fail are urged to set up grease traps, separate trash bins, and have their workers get typhoid vaccination," she said.

AKHBAR : THE STAR
MUKA SURAT : 4
RUANGAN : NATION

By ALLISON LAI
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KUALA LUMPUR: The Malaysian Communications and Multimedia Commission (MCMC) has announced several strategic partnerships with international players to drive healthcare innovation and improve healthcare delivery.

The announcement was made during the Malaysia International Healthcare (MIH) Megatrends 2024 event at Kuala Lumpur Convention Centre, which featured international partners such as the United States Trade and Development Agency (USTDA), the Australian Investment and Trade Commission (Austrade) and the British High Commission (BHC).

The MCMC said the collaboration aimed to address pressing healthcare challenges, including the rising prevalence of non-communicable diseases like diabetes and hypercholesterolemia, an increasing elderly population and limited healthcare access in rural areas.

"By 2040, Malaysia's elderly demographic is projected to nearly match the youth population, increasing the strain on healthcare services.

"In rural regions, inadequate infrastructure and a shortage of medical professionals exacerbate disparities in health outcomes.

"These partnerships seek to bridge these gaps by leveraging advanced technologies and expertise from the US, Australia and the UK to improve Malaysian healthcare delivery," said the MCMC.

During the ceremony, the MCMC said its partnership with the BHC would pave the way for a dynamic

DRIVING HEALTHCARE INNOVATION

MCMC announces strategic global partnerships at MIH Megatrends 2024



Fahmi (centre), Mohamad Fauzi (third right), Mohamad Saleh (third left) together with (from left) BHC trade manager (healthcare) Shavna Vishwakarma, Hani, Shepherd and Murni at the collaboration announcement held during the MIH Megatrends 2024. — IZRAFIA ALIAS/The Star

exchange of innovations, enhancing our healthcare capacity.

"The partnership with the USTDA will introduce cutting-edge solutions, supported by invaluable grant assistance.

"Austrade will provide innovation partnerships, empowering Malaysia to lead in healthcare transformation."

Present at the announcement were British High Commissioner KL acting deputy commissioner Tom Shepherd, USTDA senior country representative Murni Ali and Austrade trade and investment commissioner Melanie Harris.

The MCMC also noted that the involvement of USTDA, Austrade and BHC would accelerate the

adoption of cutting-edge solutions, bringing global expertise to foster innovation, stimulate growth and attract foreign direct investment.

"These efforts will establish Malaysia as a leading health tourism destination while strengthening the local healthcare ecosystem."

Also present were Communications Minister Fahmi Fadzil, Communications Ministry's secretary-general Datuk Mohamad Fauzi Md Isa and MCMC chairman Tan Sri Mohamad Salm Fatah Din.

The MIH Megatrends also saw telecommunications companies joining forces with financial institutions to redefine financial support in healthcare.

The partnership between CelcomDigi and AmBank Group would focus on delivering advanced digital healthcare solutions, such as tele-medicine, intelligent medical assistance and remote healthcare solutions, focusing on providing financial ease and accessibility to clients.

CelcomDigi Bhd chief executive officer Datuk Idham Nawawi and AmBank Group group chief executive officer Jamie Ling were present for the announcement.

Maxis and AmBank Group have also deepened their collaboration to accelerate transformation in Malaysia's healthcare sector and make financing more accessible to healthcare solutions.

Both parties will explore innovative healthcare solutions enabled by connectivity, with potential applications such as remote consultation, robotics, artificial intelligence, augmented reality and virtual reality solutions and autonomous medical supply delivery.

Maxis was represented by chief executive officer Goh Seow Eng and chief enterprise business officer Prateek Pathani.

The event also saw the strategic partnership between Telekom Malaysia (TM) and Siemens Healthineers, which harnesses cutting-edge telecommunication technology and cloud-based solutions to transform future healthcare and medical equipment in Malaysia.

TM chairman Datuk Zainal Abidin Putih, managing director and group chief executive officer

Amar Huzaimi Md Deris and Siemens Healthineers Singapore and Malaysia director Jan Tiedemann were present for the collaboration announcement.

Among the state leaders witnessing the collaboration announcement were Negri Sembilan health, unity, information, national integration and NGO action committee chairman Tengku Zainrah Tengku Sulaiman, Penang agrotechnology, food security and cooperative development committee chairman Fahmi Zainol, Pahang public works, transportation and health committee chairman Datuk Razali Kassim and Perak health, consumer affairs, national integration and human resources committee chairman A. Sivanesan.

The MCMC said the rollout of 5G by telcos presents an opportunity to expand telemedicine and integrate wearable health devices, positioning Malaysia at the forefront of global healthcare transformation.

"The telcos are playing a crucial role in driving these advancements.

"The entry of international healthcare leaders into the Malaysian market will drive local progress by introducing leading-edge technologies, innovative solutions and best practices.

"This influx of expertise will encourage private hospitals to enhance their services, leading to a more competitive and dynamic healthcare sector," said the MCMC.

AKHBAR : THE STAR
MUKA SURAT : 14
RUANGAN : VIEWS

Student mental health issues need attention

AS society rapidly develops and educational competition intensifies, student mental health problems are becoming more prominent. However, the general neglect of this issue in Malaysian society has left many students struggling with psychological challenges without the necessary attention and support. This neglect not only affects their academic performance but also poses serious threats to their physical and mental well-being and future development.

In recent years, Malaysian students have been facing increasing mental health problems, including stress, anxiety, depression, and self-identity confusion. These issues stem from various sources, such as academic pressure, family conflicts, social challenges and financial stress. According to relevant studies, more and more students report feeling immense pressure in their school life, with many experiencing severe psychological distress due to an inability to cope.

The neglect of student mental health in Malaysian society is evident in several ways. Firstly, many parents and teachers lack a correct understanding of mental health, often viewing students'



Photo: Free-press

psychological problems as temporary mood swings or signs of insufficient effort, as such they fail to provide timely attention and assistance.

Secondly, there is a significant shortage of school counselling resources, with the number of professional counsellors far from meeting the demand. Many schools do not even have a dedicated counsellor. Additionally, the stigma surrounding mental health issues in society discourages students from seeking help, fearing they will be labelled as "problematic".

Neglecting student mental health has severe consequences. Untreated mental health issues

not only impact students' academic performance but also lead to decreased self-confidence, self-denial, and even more serious psychological conditions like depression and anxiety. In extreme cases, students who do not receive timely intervention may resort to self-harm or suicide, causing immense grief and loss to families and society.

To change this situation, Malaysian society must take action on multiple fronts to improve awareness of and attention given to student mental health.

Firstly, families and teachers must be educated about mental health so they can understand

and address students' psychological issues correctly, fostering awareness of mental health. Secondly, the government and education system should increase investment in school counselling resources, ensuring that every school has enough professional counsellors to provide timely and effective mental support and counselling.

Furthermore, society should work to eliminate the stigma surrounding mental health issues, encouraging students to seek help without fear. Media and public organisations can use various channels to spread mental health knowledge and increase overall awareness of mental health.

The neglect of student mental health in Malaysian society is an urgent issue that needs to be addressed now. Only through the collective effort of the whole of society in raising awareness of and bringing attention to student mental health can we create a positive environment for students to grow, helping them navigate the challenges of academics and life, and become confident and vibrant future leaders.

ANG WEI ZHI
George Town

AKHBAR : THE STAR
MUKA SURAT : 14
RUANGAN : VIEWS

Patient given the run around by govt hospital

THIS is a case of "a wait no long" for a patient seeking treatment at a government hospital. I sympathise with this person who has been given the run around over his appointments with a doctor in a public hospital, prompting him to bring the matter up in a post on his Facebook page.

The patient is from Besut, Terengganu, and wrote about his Sept 25 appointment at a government hospital. After waiting for a few hours, he was called in, but only to be informed that the biopsy result was not ready; he was then asked to wait in the ward.

He thought that meant the result would come in momentarily – only to be told after a while to come back on a new appointment date, Oct 20. He went in on that date, but was told the specialist will only be available on Oct 27 so he'll have to return then!

This run around by a hospital is so unprofessional. Those of us who can't afford private care have no choice but to turn to government facilities, only to face this kind of shoddy treatment. It is totally uncalled for and unacceptable.

Is it so difficult for hospital staff to call a patient to confirm appointment details? It will help save costs and travel time.

Hospital staff must be compassionate with patients. This is one case but I am sure there are more that go unreported. It is past time the Health Ministry looks into improving its delivery system.

DATUK WEE BENG GEE
Petaling Jaya

AKHBAR : THE STAR
MUKA SURAT : 2
RUANGAN : NATIONAL

MONDAY | OCT 28, 2024
2 NATIONAL

MCMC initiative to address healthcare challenges

KUALA LUMPUR: The Malaysian Communications and Multimedia Commission (MCMC) has established a strategic collaboration with three international organisations to address healthcare challenges facing the nation.

MCMC said the partnership was announced at the MCMC Future Healthcare Frontier pavilion during the Malaysia International Healthcare Megatrends 2024 Conference on Saturday.

The partnership involves the United States Trade and Development Agency (USTDA), Australian Trade and Investment Commission (Austrade) and the British High Commission (BHC).

This collaboration is seen as a major milestone in Malaysia's healthcare landscape,

addressing pressing issues such as the rise of non-communicable diseases like diabetes and hypercholesterolemia, a rapidly ageing population and limited healthcare access in rural areas.

It said in a statement that Malaysia's healthcare system faces substantial challenges as the elderly demographic is projected to nearly equal the youth population by 2040.

"In rural areas, insufficient infrastructure and a shortage of healthcare professionals further widen the existing gap.

"This partnership aims to bridge this gap by leveraging advanced technology and expertise from the United States, Australia and the United Kingdom to improve healthcare delivery quality

for all Malaysians."

The MCMC said the involvement of USTDA, Austrade and BHC would accelerate the adoption of innovative solutions and bring in global expertise to foster innovation, stimulate growth and attract foreign direct investment.

It added that the initiative also positions Malaysia as a premier healthcare tourism destination while strengthening the local healthcare ecosystem.

MCMC said the approach aligns with the ongoing 5G rollout by telecommunications companies, opening avenues for expanding telemedicine services and integrating wearable health devices.

"The entry of international healthcare leaders

into Malaysia's market will also drive local advancements by introducing the latest technology through innovative solutions.

"As a result, this enhanced expertise will encourage private hospitals to elevate their services, making the healthcare sector more competitive in the future."

The three-day conference, which began on Saturday, has attracted over 4,000 participants, including healthcare professionals, industry leaders, government officials, investors and members of the public eager to explore the latest trends shaping the future of healthcare.

The event was organised by the Health Ministry in partnership with KPI Healthcare and the MCMC as a strategic partner. - Bernama

AKHBAR : THE STAR
MUKA SURAT : 11
RUANGAN : SPEAK UP

Stricter measures against deceptive marketing



THE rise of vape products marketed in disguise through creative labelling and hidden listings by online sellers poses a significant threat to public health, especially for vulnerable groups such as youths and non-smokers.

The Alliance for a Safe Community is deeply concerned about the tactics used by some online sellers to circumvent regulations and deceive consumers.

To effectively address this issue, we propose the following steps:

1. Strengthening online marketplace regulations:

Platforms must be held accountable for ensuring that vape products are accurately labelled and compliant with health regulations.

This includes implementing stricter screening processes for product listings and immediately removing deceptive products.

2. Collaborative enforcement between government and platforms:

The government should collaborate with online

platforms to monitor and report any suspicious listings that mislead consumers.

Regular audits should be conducted to identify hidden or mislabelled vape products.

3. Public awareness campaigns:

There is a need for stronger public awareness campaigns to educate consumers, especially parents and youths, about the risks of vaping and the deceptive practices used by some sellers.

This should also include guidance on identifying falsely labelled vape products.

4. Introducing tougher penalties:

Sellers and manufacturers found guilty of deceptive marketing should face stiffer penalties, including fines, suspension of business licences, and legal action.

A clear deterrent must be in place to curb this unethical behaviour.

5. Proactive community reporting mechanisms:

Encourage the public to report suspicious vape products or misleading online listings through a dedicated reporting platform.

This collective effort can aid authorities in quickly identifying and addressing violations.



By implementing these measures, we aim to protect the public, particularly young people, from falling prey to deceptive marketing strategies.

We call upon regulators, online marketplaces, and the public to work together in tackling this

growing concern for the well-being of our community.

Tan Sri Lee Lam Thye
Chairman
Alliance for a Safe Community