

AKHBAR : THE SUN DAILY
MUKA SURAT : 2
RUANGAN : NATION

TSD M/S 2 NAT 10/3/2025 (MON)

Malaysia to host World Conference on Exercise and Regenerative Medicine

KUALA LUMPUR: Malaysia will host the 7th World Conference on Exercise and Regenerative Medicine (WCERM 2025), from July 5 to 7 at Perdana Hotel, Kota Bharu, bringing together global experts in exercise science, regenerative medicine and public health.

The conference, previously known as World Conference on Exercise Medicine, aims to explore the transformative role of exercise and regenerative medicine in enhancing longevity, managing chronic diseases as well as improving recovery from injuries and degenerative conditions.

Emphasising exercise as a powerful form of treatment, the conference will explore its effect at the molecular level, where muscle contractions produce proteins that improve immune function, lower blood pressure and blood sugar, support cancer patients during treatment and even promote longevity by lengthening telomeres.

WCERM 2025 organising chairman Prof Dr Muhammad Lee said in a statement that the conference aims to tackle non-communicable diseases which cause over 140,000 deaths in Malaysia each year and 41 million deaths worldwide due to a lack of physical activity.

"The conference will provide a collaborative platform for researchers, medical professionals and industry experts to share strategies for tackling these diseases using exercise and regenerative medicine."

WCERM 2025 is hosted by the Asia College of Exercise Medicine in collaboration with CELLAAX, a clinical-stage biopharmaceutical company specialising in stem cells.

The conference is co-hosted by Hungarian University of Sports Science, with additional support from the Health Ministry and the International Society of Exercise Medicine.

It will highlight the growing importance of regenerative medicine, with speakers like Research Centre for Molecular Exercise Science (Hungary) director Prof Dr Zsolt Radak and Manipal Institute of Regenerative Medicine (India) dean Prof Dr Jyothi Prasana.

Their research on stem cells and exercise will be a central theme, with additional local contributions from An'Nur Specialist Hospital cardiologist Datuk Dr Oteh Maskon and Gerontologist and Dementia advocate Dr Cecilia Chan.

A total of 37 speakers from about 20 nations will be sharing their knowledge.

For more information visit the official website at www.wcerm.com.my.

AKHBAR : HARIAN METRO

MUKA SURAT : 18

RUANGAN : LOKAL

HARIAN METRO MISI8 LOKAL (03/2025 (ISNIN))

HARGA RAWATAN: NAMLIFA GESA KERAJAAN CAMPUR TANGAN

INSURANS MAHAL, TUNAI MURAH

Kuala Lumpur

Persatuan Kebangsaan Insurans Hayat Malaysia dan Pena-sihat Takaful Keluarga (Namlifa) menggesa kerajaan untuk menangani isu perbezaan harga ketara antara pesakit yang mempunyai polisi insurans dengan mereka yang membayar secara tunai di hospital swasta.

Tindakan itu penting kerana sebarang percanggahan atau perbezaan bayaran hanya menyebabkan insurans perubatan menjadi tidak mampan.

Ketika menegaskan perkara itu, Presiden Namlifa Krishnan Appanu berkata, kerajaan juga perlu mewujudkan kemudahan insurans sosial nasional, bertindak mengawal harga hospital dan lebih penting, mempunyai keinginan politik untuk memastikan aspek keuntungan tidak membayangi kebajikan pesakit.

Sambil menyifatkan isu itu sudah terlalu lama berpanjangan, beliau berkata, ini turut memberi bebanan kewangan kepada pemegang polisi selain menyebabkan hospital swasta melonjakkan caj untuk pesakit yang mempunyai insurans.

"Ia bukan lagi rahsia apabila hospital swasta mengenakan caj lebih tinggi ke atas pesakit yang mempunyai insurans berbanding yang membayar secara tunai," katanya.

Mengulas lanjut, Krishnan menegaskan, penjagaan kesihatan bukan lagi sekadar satu perniagaan, tetapi sudah menjadi keperluan.

Pada masa ini, katanya, kira-kira 54 peratus penduduk di negara ini mempunyai insurans perubatan.

"Sehubungan itu, sebarang praktis berkaitan tidak hanya membabitkan pemegang polisi tetapi turut menyumbang kepada kenaikan kos premium insurans perubatan," katanya.

Laporan media sebelum ini menyatakan, ramai pemegang polisi insurans berhasrat menamatkan



Kerajaan perlu mengambil tindakan segera untuk memantau serta menyeragamkan caj-caj ini. Tanpa tindakan sedemikian, premium insurans akan terus meningkat dan menjadikan liputan penjagaan kesihatan semakin mahal dan di luar kemampuan"

Krishnan Appanu

polisi masing-masing susulan dibebani kenaikan premium insurans berkenaan.

Menyedari keadaan itu, Krishnan menggesa Kementerian Kesihatan Malaysia (KKM) untuk turut campur tangan dan mengawal caj hospital bagi memastikan keadaan lebih adil.

Ini berikutan Namlifa juga terus menerima rungutan daripada pemegang polisi berkaitan perbezaan dalam bil yang diterima.

"Kerajaan perlu mengambil tindakan segera untuk memantau serta menyeragamkan caj-caj ini. Tanpa tindakan sedemikian, premium insurans akan terus meningkat dan menjadikan liputan penjagaan kesihatan semakin mahal dan di luar kemampuan," katanya.

Iu ini terus meraih perhatian sejak kebelakangan ini yang turut menyaksikan Timbalan Menteri Kewangan Lim Hui Ying, memaklumkan Dewan Rakyat pada akhir Februari 2025 mengenai keperluan kajian terperinci untuk meneliti perbezaan caj hospital swasta antara pesakit yang menggunakan surat jaminan dan yang membayar wang pendahuluan sebelum mendapatkan bayaran balik.

Pada masa sama, isu itu dijangka menjadi tumpuan utama dalam laporan PAC mengenai kenaikan premium insurans kesihatan dan takaful serta caj



hospital swasta, yang akan dibentangkan dalam sesi Dewan Rakyat pada Jun ini.

Justeru, Krishnan berharap, laporan itu akan membuka jalan kepada pembaharuan dasar penjagaan kesihatan jangka panjang, terutama dalam menangani penetapan semula harga premium yang menjadi kebimbangan utama bagi pemegang polisi yang kian berusia.

"Kami menjangkakan, laporan PAC akan menyedikan rangka kerja jelas bagi memastikan mekanisme harga yang adil dan premium insurans yang mampan.

"Tanpa penyelesaian konkrit, peningkatan kos penjagaan kesihatan akan mengheret lebih ramai rakyat Malaysia dalam kesukaran kewangan," katanya.

Selain pembabitan kawal selia, Namlifa menyeru kerajaan untuk mengkaji penyediaan skim insurans sosial nasional yang membolehkan rakyat Malaysia untuk mendapatkan rawatan di kemudahan penjagaan kesihatan awam dan swasta.

"Skim insurans sosial yang tersusun dengan baik boleh mengimbangi kepentingan pemegang polisi, syarikat insurans dan penyedia penjagaan kesihatan.

"Ini akan mengelakkan kebergantungan yang tinggi terhadap insurans swasta dan pada masa sama memastikan akses yang saksama kepada penjagaan kesihatan yang berkualiti," kata Krishnan.

Beliau berkata, tanpa kemahuan politik yang kukuh dan polisi yang tegas,

ekosistem penjagaan kesihatan akan terus dipacu oleh keuntungan dengan mengabaikan kesejahteraan rakyat.

Sambil menekankan bahawa penjagaan kesihatan bukan sekadar perniagaan malah merupakan satu keperluan, beliau berkata, kerajaan perlu melaksanakan tindakan yang tegas bagi memastikan usaha memburu keuntungan tidak menjejaskan kebajikan pesakit.

Namlifa turut menggesa Bank Negara Malaysia (BNM) untuk memastikan hak pengguna dilindungi di tengah-tengah langkah penetapan semula premium insurans perubatan.

"Had terbaru yang mengehakkan kenaikan premium kepada maksimum 10 peratus sehingga 2026 adalah langkah yang tepat."

"Bagaimanapun, pemegang polisi tidak sewajarnya berdepan kelewatan atau penolakan yang tidak wajar dalam penyelesaian tuntutan akibat daripada langkah ini," katanya.

Namlifa berkata, kerajaan perlu mempertimbangkan untuk menggabungkan kumpulan insurans yang mempunyai tuntutan tinggi kepada kumpulan yang lebih besar bagi meningkatkan kecekapan pengurusan risiko dan seterusnya menstabilkan industri insurans perubatan.

"Kami juga menggesa usaha kolektif daripada KKM, BNM dan Kementerian Kewangan (MOF) terhadap peraturan yang lebih ketat mengenai had perubatan tahunan yang berlebihan dalam polisi insurans, yang telah menyumbang kepada kenaikan kos perubatan.

"Selain itu, Namlifa turut mencadangkan penggunaan teknologi bagi memantau dan menguatkuasakan penetapan harga yang adil untuk rawatan perubatan dan bekalan farmaseutikal, memastikan pesakit yang diinsuranskan tidak dikenakan kadar yang lebih tinggi secara tidak adil berbanding individu yang membayar secara tunai," kata Krishnan.

AKHBAR : SINAR HARIAN

MUKA SURAT : 16

RUANGAN : CETUSAN

Kesihatan mental isu serius di Malaysia

ANALISIS
MUKA 16ROSHILA MURNI
ROSLI

Pada 2 Mac lalu, negara dikejutkan dengan satu kejadian amuk seorang lelaki sakit mental yang telah memukul dan membakar ibunya di sebuah kampung di Alor Setar, Kedah.

Lelaki terbabit mengamuk selepas ibunya menutup suis televisyen dan menyuruhnya makan ubat penenang.

Ini bukan kejadian amuk pertama melibatkan pesakit mental yang menyebabkan kematian ahli keluarga. Isu kesihatan mental ini tidak boleh dipandang remeh kerana ia boleh menjejaskan keselamatan dan keamanan masyarakat.

Menurut Kajian Kesihatan dan Morbiditi Kebangsaan (NHMS) 2019, sekitar 2.3 peratus rakyat Malaysia, atau lebih 500,000 orang dewasa, mengalami kemurungan. Lebih membimbangkan, 424,000 kanak-kanak dan remaja berumur antara lima hingga 15 tahun juga menghadapi masalah kesihatan mental.

Angka ini dijangka meningkat selepas Covid-19, yang menyebabkan ramai individu berdepan tekanan kewangan, kehilangan pekerjaan, serta perubahan gaya hidup yang mendadak.

Terdapat pelbagai faktor yang menyumbang kepada masalah kesihatan mental di Malaysia. Antaranya ialah tekanan kerja yang tinggi, beban kewangan, masalah hubungan, trauma, serta stigma masyarakat terhadap penyakit mental.

Bagi golongan muda, tekanan akademik dan harapan tinggi daripa-

da ibu bapa juga menjadi punca utama mereka mengalami tekanan emosi. Kajian menunjukkan pelajar yang menghadapi tekanan untuk mencapai kecemerlangan akademik lebih berisiko mengalami gangguan keseimbangan dan kemurungan.

Di tempat kerja, budaya kerja toksik, beban kerja berlebihan, dan tekanan untuk mencapai sasaran syarikat turut menyumbang kepada masalah kesihatan mental dalam kalangan pekerja. Kajian oleh Kementerian Kesihatan (KKM) mendapati bahawa 29 peratus pekerja Malaysia mengalami tekanan yang tinggi akibat pekerjaan mereka.

Selain itu, stigma dan kekurangan kesedaran tentang kesihatan mental menyebabkan ramai individu yang mengalami gangguan mental enggan mendapatkan rawatan. Mereka bimbang akan dipandang serong atau dianggap sebagai lemah oleh masyarakat.

Masalah kesihatan mental yang tidak ditangani boleh membawa kesan buruk kepada individu dan negara. Dari segi ekonomi, ia menyebabkan kehilangan produktiviti kerana pekerja yang mengalami tekanan mental cenderung mengambil cuti sakit lebih kerap atau mengalami kesukaran untuk bekerja dengan efisien.

Kajian oleh Institut Kesihatan Negara (NIH) mendapati bahawa tekanan mental dan kemurungan menyumbang kepada peningkatan kadar ketidakhadiran pekerja di tempat kerja, yang memberi impak kepada produktiviti negara.

Dari segi sosial, masalah kesihatan mental boleh menyebabkan peningkatan kes jenayah, keganasan rumah tangga, serta penyalahgunaan dadah dan alkohol sebagai mekanisme mengatasi tekanan.

Kerajaan Malaysia telah mengambil pelbagai langkah untuk menangani isu ini. Antaranya ialah pe-

nubuhan Talian Bantuan Sokongan Psikososial oleh KKM dan agensi berkaitan, yang menyediakan khidmat kaunseling kepada individu yang mengalami tekanan mental.

Selain itu, kerajaan juga telah memperkenalkan Rangka Tindakan Kesihatan Mental Negara 2022-2025, yang menumpukan kepada peningkatan akses kepada perkhidmatan kesihatan mental, memperkasakan kesedaran masyarakat, dan menangani stigma berkaitan penyakit mental.

Pada masa yang sama, syarikat juga digalakkan untuk mewujudkan persekitaran kerja yang lebih mesra kesihatan mental dengan menawarkan program kesejahteraan pekerja, sokongan psikologi, dan waktu kerja yang lebih fleksibel.

Dalam komuniti, NGO seperti Befrienders Kuala Lumpur memainkan peranan penting dalam menyediakan sokongan emosi kepada individu yang mengalami kemurungan atau tekanan. Organisasi ini menyediakan talian bantuan yang beroperasi 24 jam sehari, di mana individu boleh mendapatkan sokongan tanpa perlu mendedahkan identiti mereka.

Kesihatan mental adalah isu yang semakin serius di Malaysia dan memerlukan perhatian semua pihak. Dengan kesedaran yang lebih tinggi, pengurangan stigma, serta penyediaan perkhidmatan sokongan yang mencukupi, diharapkan lebih ramai individu yang mengalami masalah ini dapat segera dibantu.

Masyarakat juga perlu memainkan peranan dalam memberi sokongan kepada individu yang mengalami gangguan mental, kerana kesihatan mental yang baik adalah kunci kepada kesejahteraan dan kemajuan negara.

**Roshila Murni Rosli ialah
Wartawan Sinar Harian Kedah*

AKHBAR : THE SUN DAILY
MUKA SURAT : 4
RUANGAN : NATIONAL

THE SUN M/S4 NATIONAL 10/3/2025 (ISNIN)

/thesunteleg

Menstrual cups a game changer for sustainability

Experts highlight eco-friendly, cost-effective benefits and call for greater awareness, support

BY KIRTINEE RAMESH
newsdesk@thesundaily.com

PETALING JAYA: Plastic pollution is a global crisis that poses significant threats to both human health and the environment.

Despite growing interest in sustainable alternatives to single-use plastics, their widespread adoption remains limited.

Disposable products such as tampons and sanitary pads contribute heavily to landfill waste, while sustainable options such as menstrual cups (pic) are less common.

Zero Waste Malaysia co-founder Khor Sue Yee said menstrual cups are a game-changer, providing a cost-effective and eco-friendly alternative as the world moves towards greater sustainability.

"Unlike single-use products, a menstrual cup can last between five and ten years, eliminating the need for thousands of disposable sanitary items over a woman's lifetime.

"This minimises landfill waste and reduces plastic pollution as most pads contain plastic components that take centuries to decompose," she said.

Beyond environmental benefits, menstrual cups also offer long-term financial savings.

Khor said her RM120 menstrual cup has lasted over four years, saving her RM1,459.

"The average woman uses more than 16,800 sanitary products in her lifetime, making reusable alternatives a more economical choice.

"You only need one cup. It's comfortable and you can wear it underwater, or during any outdoor activity without hassle," she added.

Khor urged the government, via the Health Ministry and relevant organisations, to raise awareness of menstrual cups by promoting education among local communities.

"Providing subsidies or financial support for menstrual cups can make them more accessible, reducing reliance on disposable products.

"Incorporating education on menstrual health and sustainability into school curricula and corporate wellness programmes



Disposable products such as tampons and sanitary pads contribute heavily to landfill waste. – SYED AZAHAR SYED OSMAN/THESUN

can further raise awareness," she said.

Scotland has set an example by becoming the first country to make period products, including menstrual cups, freely available under the Period Products (Free Provision) Act.

New Zealand has also launched a nationwide programme to provide free period products in state and state-integrated schools, ensuring access to sustainable options.

Meanwhile Lynn Tan Pei Ring, co-founder of Cherry Cup – a locally made menstrual cup brand – said a single pack of menstrual pads contains up to 90% plastic, about the same as five plastic bags, and takes at least 500 years to decompose.

"Most menstrual cups are made from silicone, with medical-grade silicone being the safest and most durable choice as it is non-toxic and reduces the risk of allergies.

"Unlike disposable pads and tampons, menstrual cups do not absorb blood but collect it, lowering the risk of bacterial growth and infections, including toxic shock syndrome," she said.

Lynn highlighted misconceptions and cultural taboos that prevent people from using menstrual cups.

"Many believe that unmarried women should not use them because they might stretch the hymen and 'cause loss of virginity'.

"In reality, virginity is a cultural and

personal concept often linked to sexual intercourse, not the use of menstrual products. The hymen can also be affected by activities such as sports or cycling.

"When inserted correctly, a menstrual cup fits inside the vagina without causing discomfort, so you won't even feel it's there," she said.

Recognising the need for greater awareness, Cherry Cup actively collaborates with universities, colleges and NGOs to support menstrual health education and period poverty initiatives.

"We participate in and donate funds to Universiti Malaya's projects and have been working with them since 2023.

"We also distribute free menstrual cups to those who cannot afford them, encouraging them to make the switch," she said.

Lynn suggested menstrual health education should be integrated into science subjects from primary school.

She also emphasised the importance of involving boys in menstrual health education by fostering open conversations and encouraging them to ask questions.

She said this could help reduce bullying and eliminate the stigma and embarrassment surrounding menstruation.

However, she noted that young girls should not be pressured into using menstrual cups.

"They need time to learn and decide on their own so that they can make confident choices."

AKHBAR : THE STAR
MUKA SURAT : 6
RUANGAN : NATION

THE STAR M/S 6 NATION 10/3/2025 (ISNIN)

A healthier Parliament under Johari in the past two years

KUALA LUMPUR: Mediation and a healthier Parliament are two things that stood out in the past two years under Tan Sri Johari Abdul's (pic) tenure as the Dewan Rakyat Speaker.

Instead of giving errant MPs the boot from the House, Johari has chosen a more diplomatic approach by talking to MPs and advising them, only warning them if needed.

Having served as an MP for 15 years, the Sungai Petani, Kedah, native said he understood why some tended to misbehave even when warnings were issued.

He said he prefers to have conversations with MPs in person to resolve any disputes.

"But if they cross the line I will still get them out. So far, some people have felt that I am a bit soft," he said.

"They also have to understand that if I am to get them out (suspended) for six months, their con-

The Star
EXCLUSIVE

stituencies will be left without an MP for that period.

"To me, the best approach is still to call them and talk to them," he added in a special interview with *The Star*.

Johari said MPs who want action to be taken can file a motion to the privileges committee, which will look into the matter.

"Of course, there will be no excitement but I cannot be pushing people out (all the time)," he said.

In the past two years, there have been two prominent suspensions, both involving lawmakers from Perikatan Nasional.

Machang MP Wan Ahmad Fayhsal Wan Ahmad Kamal was



suspended for six months in July last year for citing an unverified poison pen letter and Pendang MP Datuk Awang Solahuddin Hashim got 10 days last December for insulting the Speaker.

Also notable under Johari are mandatory medical check-ups for all MPs and every Wednesday

being designated as a sugar-free drinks day in Parliament.

The moves are implemented in support of the Health Ministry's war on sugar as well as to encourage MPs to walk and exercise via X-Break for a healthier approach in Parliament.

X-Break involves doing light stretching exercises at the workplace.

"The initiatives are going really well and have been rather effective. The no-sugar campaign is good, with many MPs saying it is the right move to cut down sugar intake.

"As for the health check-ups, that was a very tall order but everyone complied with it.

"Some MPs feared such checks because they didn't want to know what was wrong with their bodies. Now they come and tell me they discovered what health issues they had," he added.

To Johari, who turns 70 in May,

while mandating medical checks for MPs is important, just as essential is for Parliament to have their records.

He said they can do their health tests in a different state but a copy of their records has to be sent to Parliament.

"Should anything happen to them here, we know what is going on (with their health condition)," he said, adding that he has seen over 10 MPs collapsing in Parliament.

"It was too late for anything to be done as there was no record available at that time. A record is important to administer medical procedures," said Johari, whose son Dr Mohammed Taufiq Johari, the Sungai Petani MP, is a medical doctor.

The Speaker also tries to walk the talk.

"I advise MPs to take walks as an exercise, a practice I adopt," he said.