

AKHBAR : BERITA HARIAN

MUKA SURAT : 8

RUANGAN : ISU

1,000 mangsa bah di Pulau Pinang terima bantuan

(FOTO ROHANIS SHUKRI/BH)



Dr Subramaniam bersama Leo Moggie (empat dari kiri) dan Ahli Lembaga Pengarah TNB memotong kek pada Majlis Mesra Deepavali Tenaga TNB, di Kuala Lumpur, semalam.

Kuala Lumpur: Lebih 1,000 mangsa banjir di Pulau Pinang menerima rawatan kesihatan susulan kejadian banjir yang melanda negeri itu, dua minggu lalu.

Menteri Kesihatan, Datuk Seri Dr S Subramaniam, berkata tiada peningkatan kes tertentu atau wabak yang boleh dikaitkan dengan ban-

dir berkenaan.

"Mereka menerima rawatan biasa dan kita sentiasa menasihatkan orang ramai mengambil langkah kesihatan termasuk minum air yang dimasak.

"Selain itu, kemudahan kesihatan seperti klinik desa di Kepala Batas yang rosak dan terjejas aldi-

bat banjir sudah berfungsi semula.

Klinik gigi belum beroperasi

"Bagaimanapun, sebuah khidmat pergigian di sebuah poliklinik di kawasan itu belum beroperasi kerana mengalami kerosakan peralatan elektrik, katanya selepas

menghadiri Majlis Mesra Deepavali Tenaga Nasional Berhad (TNB), di sini semalam.

Yang turut hadir, Timbalan Menteri Belia dan Sukan, Datuk M Saravanan, Pemangku Timbalan Menteri Kementerian Tenaga, Teknologi Hijau dan Air, Senator Datuk Seri SK Devamany, Pengerusi TNB,

Tan Sri Leo Moggie dan Ahli Lembaga Pengarah TNB, Datuk A Saktivel.

Seramai 250 orang dari tujuh buah persatuan pertubuhan kebajikan dan anak yatim di sekitar Lembah Klang turut diraikan dengan menerima sumbangan wang tunai serta jamuan makanan.

AKHBAR : HARIAN METRO

MUKA SURAT : 16

RUANGAN : SETEMPAT

Lebih 1,000 mangsa banjir buat pemeriksaan kesihatan

Kuala Lumpur: Lebih 1,000 mangsa banjir di Pulau Pinang datang membuat pemeriksaan di klinik dan hospital milik kerajaan dan setakat ini, tiada peningkatan kes tertentu yang boleh dikaitkan dengan banjir.

Menteri Kesihatan Datuk Seri Dr S Subramaniam, berkata semua kemudahan kesihatan di negeri itu sudah beroperasi sepenuhnya walaupun masih ada satu lagi klinik desa lama di Kepala Batas tidak berfungsi.

Katanya, ada juga beberapa kerosakan perlu diperbaiki seperti kerusi rawatan pergigian di satu poliklinik, tetapi secara keseluruhannya, kemudahan boleh digunakan seperti biasa.

"Penyakit membabitkan banjir tidak menjadi isu wa-

laupun pemantauan dibuat dan kita nasihatkan orang ramai supaya minum air dan makan makanan yang sudah dimasak.

"Pasukan perubatan juga ditempatkan di setiap pusat pemindahan banjir bagi mengawal keadaan dan memberikan rawatan segera," katanya pada Majlis Mesra Deepavali Tenaga Nasional Berhad (TNB) di Dewan Serbaguna, Kompleks Sukan TNB, di sini.

Turut hadir Timbalan Menteri Belia dan Sukan Datuk M Saravanan, Pemangku Timbalan Menteri Tenaga, Teknologi Hijau dan Air (KeTTHA) II, Senator Datuk Seri SK Devamany, Pengerusi TNB Tan Sri Leo Moggie dan Ahli Lembaga Pengarah TNB Datuk A Sakthivel.

Pada majlis itu, seramai 250 orang penerima sumbangan dari tujuh persatuan dan pertubuhan iaitu Persatuan Kebajikan Saradha Devi Illam Malaysia, Pertubuhan Kebajikan Detuk Permulaan Takdir Klang, Pertubuhan Kebajikan Chrestus Cheras, Pertubuhan Kebajikan Anak Yatim Sri Sai Selangor, Independent Living And Training Centre Rawang, Persatuan Kebajikan Anak Sai Pandian Selangor dan Gudpuri Foundation.

Majlis ini sambutan tahunan dianjurkan TNB untuk merayakan semua perayaan yang disambut di negara ini.

Kira-kira 3,000 tetamu hadir memeriahkan majlis yang bermula jam 12 tengah hari itu.



SEBAHAGIAN pekerja TNB menjamu selera pada Majlis Mesra Deepavali TNB.

AKHBAR : HARIAN METRO

MUKA SURAT : 32

RUANGAN : SETEMPAT

Kuala Lumpur

Gaya hidup punca penyakit kronik

Gaya hidup dan karier generasi muda kini yang banyak menghabiskan masa duduk di depan komputer sehingga mengabaikan kecergasan tubuh punca peningkatan penyakit kronik golongan itu.

Menteri Kesihatan Datuk Seri Dr S Subramaniam berkata, perubahan gaya hidup menyumbang peningkatan penyakit kronik seperti kencing manis, hipertensi dan paras kolesterol dalam kalangan generasi muda berumur 18 hingga 40 tahun.

“Dua punca besar ialah makanan tidak dikawal dan ia bukan makanan sihat. Kedua, kecergasan dalam kehidupan sudah kurang khususnya dengan budaya komputer.

“Perubahan cara hidup ini memang membawa risiko. Sehubungan itu,



DR Subramaniam

kerajaan bersama Kementerian Kesihatan bekerjasama mewujudkan pelbagai inisiatif dalam memupuk amalan budaya makan sihat,” katanya ketika menjawab soalan Datin Mastura Yazid (BN-Kuala Kangsar) yang bertanyakan mengenai penyakit kronik paling mendadak di Dewan Rakyat, di sini, semalam.

AKHBAR : KOSMO

MUKA SURAT : 18

RUANGAN : NEGARA

Hampir 50,000 ada penyakit diabetes

Oleh KAMARIAH KHALIDI

HULU TERENGGANU – Kadar penyakit diabetes di negeri ini dilihat semakin membimbangkan berikutan jumlah penghidap penyakit yang boleh membawa maut itu mencatatkan peningkatan yang mendadak bermula tahun 2011 sehingga September lalu.

Pengarah Kesihatan Terengganu, Dr. Mohammad Omar berkata, sepanjang tempoh itu, Jabatan Kesihatan Negeri Terengganu mencatatkan seramai 49,947 kes diabetes melalui Registri Diabetes Kebangsaan (NDR) dengan 61.5 peratus daripadanya adalah wanita.

“Bermula Januari sehingga September tahun ini, Terengganu mencatatkan seramai 23,546 pesakit



MOHAMMAD (tengah) melihat barangan yang dipamerkan pada sambutan Hari Diabetes dan Hari Jantung Sedunia di Hulu Terengganu semalam.

diabetes dengan 14,684 merupakan pesakit wanita.

“Wanita yang mempunyai penyakit diabetes semakin membimbangkan apabila hampir 10 peratus daripada mereka masih menghidapinya walaupun selepas bersalin,” katanya

kepada pemberita selepas merasmikan Hari Diabetes dan Hari Jantung Sedunia di sini semalam.

Jelas Mohammad, sambutan tahun ini memberi lebih tumpuan kepada wanita yang menghidap penyakit tersebut dan ibu mengan-

dung dengan memberikan pendidikan kesihatan yang secukupnya supaya mereka mampu mengawal penyakit tersebut.

Menurutnya lagi, jika dibiarkan, ia akan menyebabkan komplikasi seperti penyakit jantung, sakit buah pinggang, buta dan kudis pada kaki yang akhirnya menyebabkan amputasi.

“Pada tahun 2015, seramai 88 pesakit diabetes memerlukan amputasi dan bilangannya semakin meningkat pada tahun 2016 kepada 226 orang dan sehingga September tahun ini seramai 222 telah menghidapinya,” katanya.

Ujar Mohammad, mereka yang berisiko menghidap penyakit berisiko tinggi itu diminta membuat pemeriksaan secara berkala.

AKHBAR : NEW STRAITS TIMES
MUKA SURAT : 10
RUANGAN : NEWS/PARLIAMENT

UNHEALTHY LIFESTYLE

Subra: Number of 18-40 year-old patients with chronic diseases alarming

KUALA LUMPUR: The number of hospitalised patients, aged between 18 and 40, has doubled in the past four years.

Health Minister Datuk Seri Dr S. Subramaniam said the rate of chronic diseases among young people was alarming, with 33 per cent of the age group with Hypercholesterolemia or high cholesterol.

He said the National Health and Morbidity Survey 2015 showed that more than one million (9.2 per cent) of those in the age group had diabetes, 1.7 million (14.7 per cent) had hyper-

tension and 14 per cent of them were obese.

"The research had shown that the number increases every year. Some of the contributing factors are unhealthy lifestyle, food intake and lack of exercise," he said in response to a question from Datin Mastura Mohd Yazid (BN-Kuala Kangsar) at the Dewan Rakyat yesterday.

"This is due to changes in



Datuk Seri Dr. S. Subramaniam

lifestyle. Most Malaysians have the habit of overeating unhealthy food. Besides that, most of them spend more time in front of the camera and this brought greater risk to the people."

Subramaniam said the ministry and government agencies had conducted initiatives to address the issue, in-

cluding introducing the segmentation of food to two quarters and one half to ensure a balanced va-

riety in food intake.

"This is a simple message by the ministry to help people eat healthily. The awareness exists among our people, but there is a lack of practice to bring about changes in their lives."

On a supplementary question from Datuk Dr Nik Mazlan Nik Mohamad (Pas-Pasir Puteh) on substance abuse, he said the ministry did consider diseases due to substance abuse among youth as chronic.

"There's a drastic change among youth when it comes to substance abuse as most of them

are using synthetic drugs such as amphetamine that can damage their brains."

He said the ministry was working with the Home Ministry and Malaysian Drug Prevention Association to curb the problem through rehabilitation centres and non-institutionalised programmes.

"The programmes conducted must be done holistically to have a successful conclusion. This is not only for former drug addicts to live harmoniously in the community, but also for the community to accept them."

AKHBAR : NEW STRAITS TIMES

MUKA SURAT : 21

RUANGAN : SOCIAL MEDIA / NEWS



Talkback

DIABETES cases are on the rise in the country with 3.6 million Malaysians suffering from this non-communicable disease. Health Minister Datuk Seri Dr S. Subramaniam said another 1.8 million people might be having diabetes but were unaware of it because they never went for health screenings.

What say you?

Based on a World Health organisation guideline, we can help prevent diabetes by reducing sugar consumption from sweetened drinks or food, especially among children. Start the habit of not consuming sugar early. Hopefully, the habit will stay with them as they grow older. At the same time, more focus is needed on prevention of diabetes and on early diagnosis on those at risk.

V. MURUGAN

Every year, the Health Ministry launches campaign after campaign to create awareness about diabetes. In spite of these efforts, diabetes cases in Malaysia prevail, especially that of Type 2, which is linked to obesity and lack of exercise. To say a lifestyle change is needed is an understatement. People know it but they are not doing it. What else to do is up to the people. Change has to come from within.

NORHANIZA JAAFAR

Malaysians are one of the most unhealthy people in Asia. Obesity is common. Many claim ignorance about diet and health. On top of that, they smoke like nobody's business. Don't stop them. Let them suffer. After all, it is their health.

JENNIFER WONG

How do you help a society that does not want to be helped? Malaysia's diabetes statistics are among the highest in Asean and Asia-Pacific. If that is not scary, I don't know what is. It is not that people are not aware of the problem, but many choose to ignore it, thinking such a thing will never happen to them.

AISYAH HUSIN

Food is the culprit. Most of them use loads of sugar. Malaysians eat a lot. In the morning, we eat 'nasi lemak' and coffee. At lunch time, we take mixed rice with 'teh tarik'. In the afternoon, there's tea time with 'kueh', and at night, back to eating rice and other stuff. Stop this obsession, Malaysians, for your own good.

WANDA SOHIB

AKHBAR : THE STAR

MUKA SURAT : 16

RUANGAN : NATION

'More and more youths ending up in hospitals'

THE number of youths being hospitalised annually for chronic diseases has doubled in just four years, says the Health Minister.

Datuk Seri Dr S. Subramaniam said an estimated one million (9.2%) Malaysians between the ages of 18 and 40 were diabetic and another 1.7 million (14.7%) in that age bracket suffered from hypertension.

About 33.9% of Malaysian youths

also had high blood cholesterol levels, and another 14% were obese, he said.

"For this reason, we are seeing more patients between 18 and 40 years old admitted to hospital for chronic diseases, and the numbers doubled from 2012 to 2016," Dr Subramaniam told Datin Mastura Mohd Yazid (BN-Kuala Kangsar).

He said a study by the ministry also revealed that the reasons for

the increase were, among others, lack of healthy lifestyle habits like proper eating and exercise, as well as smoking.

He noted that on the whole, more than 47% of Malaysians were overweight and of these, 15% were obese.

"It is a major medical issue because this relates to other major diseases like diabetes, high blood pressure and heart attacks."

The two core problems were that

many did not control their consumption or consumed unhealthy meals, and they also did not have enough physical activity due to modern lifestyle habits, he said.

On efforts taken by the ministry to curb the problem, Dr Subramaniam said many programmes were being continuously conducted to engage Malaysians, especially youths, towards more health-conscious lifestyles.