AKHBAR

: BERITA HARIAN

MUKA SURAT: 5

RUANGAN

: EHWAL ANTARABANGSA

Hospital medan tajaan kita dijangka siap hari ini

Pusat perubatan bernilai RM3.5i terletak 10 minit dari kem utama



► Bangladesh

ospital medan tajaan Ma-laysia yang mula dibina kelmarin berhampiran kem pelarian etnik Rohingya di sini, dijangka siap sepenuhnya hari ini

nari ini. Hospital medan yang setaraf hos-pital pakar daerah bernilai RM3.5 juta dengan keluasan 100x70 meter itu terletak di wilayah Ukhiya, kirakira 10 minit perjalanan dari kem utama iaitu Kem Pelarian Kutupa-

long dan Bhalukali. Ketua Penasihat Teknikal Hospital Medan Malaysia, Kol Dr Mohd Arshil Moideen, berkata sebaik siap, hospital medan paling lengkap dari segi kemudahan di sekitar ka-wasan itu, akan diserahkan kepada Kementerian Kesihatan Malaysia

"Hospital medan ini mula di-



Ketua Delegasi, Datuk Seri Dr Ronald Kiandee (kiri) meninjau proses membina Hospital Medan sempena lawatan Ahli Parlimen Malaysia ke Kem Pelarian Rohingnya, di Ukhiya, semalam.

pasang sejak jam 5 pagi Sabtu dengan kekuatan 10 anggota dan semua peralatan perubatan berada dalam keadaan baik," katanya selepas memberi penerangan kepa-da rombongan Ahli Parlimen Malaysia yang melihat perkembangan persiapan hospital berkenaan, kel-

elegasi Ahli Parlimen

Pada lawatan itu, delegasi Ahli Parlimen terbabit meluangkan masa 30 minit bagi melihat sendiri kerja memasang struktur khemah

yang dilakukan anggota Angkatan Tentera Malaysia (ATM). Dr Mohd Arshil yang juga doktor pakar epidemiologi klinikal, Kor Kesihatan Diraja ATM turut men-jangkakan hospital itu bakal menerima jumlah pesakit yang tinggi, justeru tempoh tiga bulan operasi tidak mencukupi.

Selain perkhidmatan klinikal, Seian perkindmatan kinikai, KKM juga akan menyediakan so-kongan psikologi kepada pelarian Rohingya, terutama mereka yang sudah melalui detik hitam seperti dirogol dan anggota keluarganya dibunuh.

Perdana Menteri, Datuk Seri Najib Razak sebelum ini mengumum-kan hospital medan yang dijangka heroperasi 1 Disember ini boleh menempatkan hingga 150 pesakit pada satu-satu masa selain dileng-kapi bilik pembedahan, X-ray serta bilik khas bagi kemudahan ibu dan

Dikendali KKM

Hospital medan yang didirikan ATM itu akan dikelola sepenuhnya oleh KKM dengan 140 petugas Pa-sukan Perubatan Malaysia terma-suk doktor pakar.

Sementara itu, di Putrajaya, se-

ramai 62 pegawai dan kakitangan ATM, KKM dan pertubuhan bukan kerajaan (NGO) berlepas ke Cox's Bazar untuk proses pengoperasi-an Hospital Medan Malaysia di

Ketua Pengarah Kesihatan, Da-tuk Dr Noor Hisham Abdullah, berkata hospital berkenaan boleh menempatkan antara 30 hingga 50 katil pesakit. "Hospital Medan Malaysia ini

akan dikendalikan oleh 50 anggota yang bertugas mengikut gi-liran terdiri daripada anggota perubatan dan kesihatan termaperubatan dan kesihatan termasuk pakar perubatan, perubatan, pakar perubatan, jururawat, pegawai farmasi, juruteknologi makmal dan penolong pegawai kesihatan persekitaran," katanya dalam satu kenyataan.

- BERNAMA

AKHBAR : HARIAN METRO

MUKA SURAT: 22

RUANGAN : RANGKUMAN



SUBRAMANIAM (tengah) melawat tapak pameran pada Majlis Perasmian Program Kem Nak Sihat Bersama Komuniti Kekal Sihat.

Hantar pakar nutrisi atasi obesiti

Kerajaan akan menghantar pakar nutrisi ke sekolah di seluruh negara bagi mengatasi masalah obesiti dalam kalangan murid.

Menteri Kesihatan Datuk Seri Dr S Subramaniam berkata, individu yang mahir dalam bidang pemakanan itu akan bekerjasama dengan Kementerian Pendidikan (KPM) serta Persatuan Ibu Bapa dan Guru (PIBG) termasuk merangka program bimbingan yang bersesuaian.

"Ibu bapa

bertanggungjawab dalam aspek penyediaan makanan di rumah. Sudah menjadi trend kebanyakan ibu bapa memberi hadiah kepada anak yang mendapat keputusan cemerlang dalam peperiksaan dengan membawa ke restoran makanan segera.

"Bila ibu bapa buat begini, anak akan mengaitkan pencapaian peperiksaan dengan makanan segera. Ini perlu diubah. Kita kena beri pendedahan, nasihat dan pengajaran kepada ibu bapa," katanya.

AKHBAR : KOSMO

MUKA SURAT: 20

RUANGAN : WHATAPP

KKM perluas program pemakanan sihat kepada ibu bapa



SUBRAMANIAM (tengah) menandatangani plak gimik perasmian Program Kem Nak Sihat 'Bersama Komuniti Kekal Sihat' Daerah Klang 2017 di Klang semalam.

Oleh SUHANA MD. YUSOP

KLANG - Kementerian Kesihatan komited untuk memperluas-kan Program Kesedaran Pema-kanan Sihat dalam kalangan ibu bapa pelajar sekolah di seluruh negara sebagai usaha menanga-ni isu kesihatan termasuk obe-

siti dalam kalangan mereka. Menterinya, Datuk Seri Dr. S. Menterinya, Datuk Seri Dr. S. Subramaniam berkata, program yang sudah bermula sejak awal tahun lalu itu akan diperluaskan ke semua sekolah rendah dengan kerjasama Persatuan Ibu Bapa dan Guru (PIBG) dan dikendalikan bahagian nutrisi kamantarian kementerian

Menurut Subramaniam, pro-

gram tersebut bertujuan mem-beri pendedahan dan bimbingan beri pendedahan dan omonigan khusus mengenai amalan pema-kanan yang betul dan sihat ke-pada ibu bapa seterusn-ya mengamalkan gaya hidup sihat.

"Bimbingan ini penting

terutamanya kepada ibu kerana mereka merupakan insan yang paling mudah mempengaruhi AMIN anak-anak berhubung amalan pemakanan anak-anak," AMIN

katanya pada sidang akhbar selepas merasmikan Kem Nak Sihat bersama Komuniti Kekal Sihat daerah Klang di sini se-

malam.

Kosmo! pada 24 November lalu

melaporkan Pelaporan Pentak-siran Sekolah Rendah (PPSR) 2017 yang diumumkan baru-baru ini menimbulkan kebim-

ini menimbulkan kebim-bangan terhadap risiko obesiti dalam kalangan murid tahun enam apa-bila seramai 58,294 dari-pada mereka merekod-kan Indeks Jisim Badan (BMI) berlebihan.

Dalam laporan itu, Ket-ua Pengarah Pelajaran, Datuk Dr. Amin Senin member-itahu, seramai 56,584 murid pula dikategorikan sebagai berisiko berat badan berlebihan di bawah Pentaksiran Aktiviti Jasmani, Su-kan dan Kokurikulum (PAJSK).

Mengulas lanjut, Subrama-

niam memberitahu, lebih 85 peratus rakyat di negara ini tidak mengamalkan pemakanan buah-buah dan sayur-sayuran yang mencukupi dalam diet harian mereka seterusnya mende-dahkan kepada risiko pelbagai

dahkan kepada risiko pendagai penyakit. Ujarnya, rakyat di negara ini mempunyai pengetahuan yang tinggi mengenai kesihatan dan penyakit namun ia tidak 'dijel-makan' di dalam amalan pemakanan harian.

"Perubahan mesti dilakukan

kerana sekiranya tidak, ia akan meningkatkan risiko kita men-dapat penyakit dan memberi kesan kepada sistem kesihatan secara keseluruhan," ujarnya. AKHBAR : SINAR HARIAN

MUKA SURAT: 8

RUANGAN: NASIONAL

Ramai rakyat tidak makan sayur, buah mencukupi

KLANG - Lebih 80 peratus rakyat Malaysia tidak memakan sayuran dan buah-buahan mencukupi untuk kesihatan diri dan badan.

Menteri Kesihatan, Datuk Seri Dr S Subramaniam berkata, trend itu menunjukkan gaya pemakanan tidak sihat dan membimbangkan.

"Perubahan mesti dilakukan kerana sekiranya tidak, ia meningkatkan risiko penyakit dan memberi kesan kepada sistem kesihatan secara keseluruhan," katanya merasmikan Kem Nak Sihat Bersama Komuniti Kekal Sihat di Sekolah Jenis Kebangsaan Tamil Simpang Lima di sini, semalam.

Dr Subramaniam berkata, rakyat Malaysia perlu memakan lebih banyak buah-buahan untuk membantu mengurangkan obesiti serta menghindarkan penyakit yang mempunyai kaitan dengan gaya hidup.

Beliau berkata, kementeriannya menerusi Bahagian Nutrisi akan bekerjasama dengan Kementerian Pendidikan serta Persatuan Ibu Bapa dan Guru memperluaskan program meningkatkan pemahaman khusu ibu pelajar mengenai penyediaan makanan sihat.

"Kita nak bimbing ibu mengenai amalan pemakanan sihat kerana mereka pengaruh cukup kuat dalam membawa perubahan yang diharapkan," katanya. - Bernama **AKHBAR** : UTUSAN MALAYSIA

MUKA SURAT: 13

RUANGAN : DALAM NEGERI

Hospital medan sedia beroperasi

KUALA LUMPUR 26 Nov.Seramai 34 pegawai
Kementerian Kesihatan dan
pertubuhan bukan kerajaan
NGO berlepas ke Bangladesh
bagi membuat persediaan
memulakan operasi Hospital
Medan Malaysia di Cox
Bazar hari ini.
Ketua Pengarah
Kesihatan, Datuk Dr. Noor
Hashim Abdullah berkata,
operasi hospital tersebut
adalah hasil kerjasama
pelbagai agensi kerajaan dan
bukan kerajaan termasuklah
pembinaannya oleh pihak KUALA LUMPUR 26 Nov. -

pembinaannya oleh pihak Angkatan Tentera Malaysia (ATM) manakala bahagian operasi dikendalikan oleh

operasi dikendalikan oleh kementerian dan NGO.
"Seorang pakar daripada kementerian itu akan mengetuai hospital tersebut dan dibantu seramai 50 anggota lain yang akan bertugas mengikut giliran yang terdiri daripada pelbagai peringkat pakar dan pegawai perubatan serta NGO.

MGO.

"Hospital tersebut akan beroperasi untuk kes-kes rujukan akut yang boleh menempatkan di antara 30 hingga Sol katil dalamatan di antara 30 hingga Sol katil dalam

rujukan akut yang boleh menempatkan di antara 30 hingga 50 katil dalam satusatu masa," katanya dalam satu kenyataan di sini hari ini.

Terdahulu seramai 28 pegawai berlepas ke Cox Bazar pada 20 November hingga 22 November lalu bagi persiapan mendirikan hospital medan tersebut.

Mereka terdiri daripada pegawai dan anggota ATM yang bertanggungjawab dalam proses penyediaan hospital manakala pegawai kementerian dengan kerjasama NGO membuat persiapan lain yang sewajarnya bagi tujuan itu.

Pelbagai sukarelawan daripada pelbagai agensi turut serta dalam misi itu termasuklah iMAM Response & Relief Team (IMA) MERCY Malaysia, Malaysia Relief Agency (MRA), MyCorps dan Humanity Heroes.

AKHBAR : UTUSAN MALAYSIA

MUKA SURAT: 28

RUANGAN : DALAM NEGERI

Tumpu usaha elak wabak demam tifoid

MELAKA 26 Nov. - Kernenterian Kesihatan sedang memberi tumpuan terhadap usaha mengekang wabak demam tifoid daripada merebak.

Menterinya, Datuk Seri Dr. S. Subramaniam

Seri Dr. S. Subramaniam berkata, ia ekoran terdapat sebanyak sembilan kes wabak berkenaan dilaporkan berlaku di Sarawak sejak 2 November lalu.

Menurutnya, kementerian juga mengambil beberapa tindakan awal termasuk pemeriksaan dan rawatan lanjut terhadap pesakit, mengenalpasti punca serta kes baharu yang berkaitan.

"Langkah-langkah pencegahan juga telah dilaksanakan dan kita akan memberi tumpuan agar

dilaksanakan dan kita akan memberi tumpuan agar wabak berbahaya ini tidak merebak kepada orang lain," katanya selepas majlis Pelancaran Buku Melaka Chittise di Dewan Komuniti Kampung Chetti Melaka, Gajah Berang, di sini hari ini. Yang turut hadir, Pengerusi MiC Melaka, Datuk M. S. Mahadevan dan Timbalan Naib Canselor (Hal Ehwal Pelajar dan Alumni) Universiti Putra Malaysia (UPM), Prof. Dr. Mohamad Rosian Sulaiman.

Subramaniam berkata,

Subramaniam berkata, wabak demam tifoid biasanya berlaku disebabkan faktor pencemaran. "Sehubungan itu,

faktor pencemaran.

"Sehubungan itu,
kita minta orang ramai
sentiasa peka terhadap
aspek kebersihan air dan
makanan," katanya.

Mengenai buku yang
dihasilkan pengkaji sejarah,
K. Naraysamy dengan
kerjasama Pensyarah
UPM, Prof. Madya Dr. M.
Paramasivam itu, beliau
berkata, ia satu langkah baik
bagi memberi maklumat
mengenai sejarah kaum
Hindu Peranakan di Melaka.

"Uniknya kaum Chetti
ini hanya terdapat di
Melaka dan segala sejarah,
keunikan budaya dan
identitinya penting untuk
terus dipelihara demi
kelangsungannya pada masa
depan," katanya.

AKHBAR : MALAY MAIL

MUKA SURAT: 4

RUANGAN: TOP NEWS

Field hospital expected to begin operation

PETALING JAYA — Malaysia's mobile army and surgical-type hospital is expected to begin operation at Cox Bazar, Bangladesh, today to care for Rohingya refugees.

Malaysian volunteers there expressed confidence the hospital would be operational by today, or before the end of the month at the latest.

Health Ministry director-general Datuk Dr Noor Hisham Abdullah said the ministry, the Malaysian Armed Forces and non-governmental organisations (NGOs) are mandated to establish and run the hospital.

"The hospital is led by a ministry medical expert and assisted by medical members and volunteers from various agencies such as IMAM Response & Relief Team, the Federation of Islamic Medical Association, Mercy Malaysia, Malaysia Relief Agency, MyCorps, and Humanity Heroes," he said in a statement.

The officers consist of medical and health personnel such as medical experts and doctors, public health medicine specialists, pharmacists, laboratory technologists and environment health officers.

It can accommodate between 30 and 50 beds for acute referral cases.

Dr Noor Hisham said 34 officers from the ministry and NGOs left KLIA for Bangladesh yesterday to provide additional field support for the hospital operations.

The hospital, costing RM3.5 million, is of the standard of a district specialist hospital measuring 100m by 70m and located in Ukhiya, about a 10-minute walk from the main Rohingya refugee camps in Kutupalong and Bhalukali.

AKHBAR : NEW STRAITS TIMES

MUKA SURAT: 7

RUANGAN: NEWS

Dire living conditions at refugee camps



HARIZ

cox's BAZAR (Bangladesh): The influx of more than 600,000 Rohingya at the Balukhali and Kutupalong camps, situated about 40km from here has turned the coastal area into possibly the largest slum in the world.

Living conditions inside the camps are dire, where makeshift "houses" built on slopes make a huge maze extending several kilometres, and continue to expand by the day as scores of Rohingya fleeing their home state Rakhine in Myanmar continue to arrive.

The New Straits Times visited the camps on Saturday during a brief visit of 13 members of parliament, who saw firsthand the urgent need for concerted efforts to assist the refugees.

Most of the tents that new refugees now call home are made of sticks with large black plastic sheets or gunny sacks used to make walls, while those who had settled earlier would rebuild the walls with clay.

The haphazard state of the camps is obvious, from health concerns due to lack of clean water supply to proper clothing.

ter supply to proper clothing.

The future of thousands of children there also look bleak, the camps lacking any education facilities.

At the Balukhali camp, the sight of small children running around naked is normal, while scores of scrawny-looking kids of primary school age were seen helping their families, including carrying wood and bamboo, building tents and manning makeshift stalls selling vegetables and other daily items.

The fate of Rohingya women in the camps is a concern, especially widows who were left with many children, and rape victims who were carrying the offspring of their attackers.

However, as humanitarian group Malaysian Consultative Council for Islamic Organisations (Mapim) vice-president Ahmad Tarmizi Sulaiman put it, the exact number of the rape victims was not known as most



The Malaysian government's field hospital being set up in Ukhiya, near the Kutupalong and Balukhali refugee camps in Cox's Bazar, Bangladesh.

of them declined to speak "for fear of humiliation and stigma".

The NST team saw that many manual water pumps had been made available by humanitarian organisations, but a relief volunteer pointed out that the water quality and safety at the camps remained a concern.

camps remained a concern.
The availability of food is a growing concern with more and more displaced persons taking refuge in the camps.

Father of six Abu Talhah, 38, who lives at the Balukhali camp with some 120 families, claimed that the last time they were provided with food was lest month.

vided with food was last month.
"We went to the World Food
Programme office to ask for
food, but were told that there
was none. But when we insisted
on being given food, we were told
to go away and were beaten with
sticks," he said.

Abu arrived at the camp in early September after walking five days from his village in Myanmar.

Mapim media coordinator Rozaidi Taib, who is part of the organisation's team deployed here, pointed out that the lack of food was usually felt more by those with big families.

"Food packs are usually provided per family, which makes those with many members having to settle with a smaller share from whatever they get. The continuous arrival of new refugees also means that the food supply is spread thinly, and this is one of

the worries of the host government and the United Nations," he said.

During the visit, the 13 MPs, led by Dewan Rakyat deputy speaker Datuk Seri Dr Ronald Kiandee, delivered assistance to 300 families in the form of basic food items and blankets.

Ronald said an additional 25 tonnes of food items from Malaysia was expected to arrive soon with cooperation from Malindo Air and AirAsia airlines, and would be distributed by Malaysian NGOs here, including Mapim and Mercy Malaysia.

Mapim and Mercy Malaysia.

During the launch of a Malaysia n-sponsored madrasah at the camp, Deputy Transport Minister Datuk Aziz Kaprawi (BN-Sri Gading) told refugees in his speech that "Malaysia will be there for you until the end".

Besides contributing food and supplies, the Malaysian government is also setting up a field hospital to provide specialist care to the refugees, starting this Dec l as announced by Prime Minister Datuk Seri Najib Razak recently.

It was reported that the MPs, together with delegates from the National Security Council, the National Disaster Management Agency, the Transport Ministry and the Office of the Deputy Prime Minister, were on a two-day visit here for a firsthand look at Rohingya refugee camps.

AKHBAR : NEW STRAITS TIMES

MUKA SURAT: 24

RUANGAN: NEWS

HEALTHY LIFESTYLE

Never too late to prevent heart disease, says IJN's Dr Azhari

SEMENYIH: You are never too young – or too old – to take care of your heart.

According to National Heart Institute (IJN) chief executive officer Datuk Seri Dr Mohd Azhari Yakub, Malaysians could and should begin heart disease prevention early in life — but it was also never too late to start.

Although some risk factors, such as family history and ageing, cannot be changed, the risk of heart disease can certainly be reduced with key preventive steps.

Pointing out that there are risk factors which people could treat or control, Dr Azhari said heart problems could be avoided by adopting a healthy lifestyle.

problems could be avoiced by adopting a healthy lifestyle. "At JJN, we aim to reach out to more Malaysians to educate them about the alarming rise of high cholesterol and heart disease in the country, and urge citizens to take charge of their heart health.

"Although it is commonly recommended that people over 40 should work closely with their doctor to address the risk of developing cardiovascular disease, a heart attack can occur at any age.

"Smoking, cholesterol level, high blood pressure, physical inactivity and obesity — these are modifiable risk factors which can be treated or controlled through medications or lifestyle changes," he told the New Straits Times during the inaugural IJN Ride 4 Your Heart 2017 cycling event here yesterday.

The senior consultant cardiac surgeon said cycling was a good cardio fitness exercise – second only to swimming – as it raised the heart rate and allowed it to function at an optimal level.

He said cycling was a sport known to promote good health and protected one from not just heart disease but also stroke, arthritis and obesity.

"Regular cycling halves the chance of getting cardiovascular diseases like stroke, which is the

fourth largest killer in Malaysia," Dr Azhari said.

The event began and finished at the University of Nottingham Malaysia campus here. Apart from promoting a healthy lifestyle, the event also aimed at forging new friendships among cyclists.

"We received an overwhelming response from the public, with 1,700 participants, including cyclists from 18 countries, such as the United Kingdom, Brunei, Singapore, Indonesia, Argentina and Australia," said Dr Azhari, who started cycling about five years ago.

There were two categories for the event — 38km Fun Ride and II5km — for different age groups and fitness levels, from professionals to amateurs.

This year's event was also held in conjunction with IJN's 25th anniversary as a healthcare provider and centre of cardiac excellence and research.

Built in 1992 at a cost of



National Heart Institute (IJN) chief executive officer Datuk Seri Dr Mohd Azhari Yakub (left) with winners of the IJN Ride 4 Your Heart 2017 open category at the University of Nottingham Malaysia campus in Semenyih yesterday. PIC BY AIZUDDIN SAAO

RMI51.5 million, IJN has developed into a leading regional heart centre, offering the best-trained hands and most advanced facilities where sophisticated organ transplants and coronary surgeries are conducted.

As Malaysia's leading heart institution, the corporatised body, owned by the Finance Ministry, also offers comprehensive wellness programmes. Fees for IJN patients are subsidised by the government.

AKHBAR : THE STAR

MUKA SURAT: 15

RUANGAN : NATIONS

Field hospital for Rohingya expected to be ready today

COX'S BAZAR (Bangladesh): The Malaysian field hospital for Rohingya refugees here is expect-

ed to be ready today.

The facility, which cost
RM3.5mil, is equivalent to the standards of a district specialist

It will be fully managed by the Health Ministry with 140 highly skilled staff.

Measuring some 100m x 70m, it is located in Ukhiya, about a 10-minute walk from the main Rohingya refugee camps in Kutupalong and Bhalukali. Its chief technical adviser Col

Dr Mohd Arshil Moideen said that once ready, the facility, the best-equipped field hospital in the area, would be handed over to the Malaysian Health Ministry.

"Work on setting up the hospi-

Work on setting up the hospital involves a team of 10 and all equipment is in good order.

Col Dr Mohd Arshil Moideen

tal involves a team of 10 and all equipment is in good order," he told a delegation of Malaysian MPs visiting the site on Saturday.

The delegation spent about 30 minutes watching the work carried out by Malaysian Armed Forces personnel. — Bernama

AKHBAR : THE STAR

MUKA SURAT: 14

RUANGAN: NEWS NIBBLES

Expert: Hepatitis can be worse than HIV or AIDS

KOTA BARU: Inflammation of the liver, better known as hepatitis, is a dangerous disease which can be 100 times deadlier than HIV and AIDS, warned East Coast Gastroenterology Club chairman Datuk Dr Rosemi Salleh.

Hepatitis B and C were silent killers which could lead to liver cancer if not treated early, he added.

"Among the causes of the disease are through blood transfusion and sexual contact," he told reporters after the launch of the state-level Hepatitis Day Celebration by Raja Perempuan Zainab II Hospital deputy director Dr Mohd Azman Yaakob here yesterday.

Dr Rosemi said based on a report issued by

Dr Rosemi said based on a report issued by the World Health Organisation (WHO) in 2015, there were 325 million people worldwide who were infected by the hepatitis virus.

"Nonetheless, with the latest technology, there are effective treatments to control Hepatitis B and C," he said. AKHBAR : THE SUN

MUKA SURAT: 7

RUANGAN: NEWS WITOUT BOADERS

IJN's Ride 4 Your Heart draws 1,700 cyclists

PETALING JAYA: Some 1,700 foreign and local cyclists took part in the National Heart Institute (IJN) "Ride 4 Your Heart 2017" yesterday at the University of Nottingham Malaysia Campus.

The ride featured 115km of scenic cycling routes, passing through the 130-million-year-old rainforest and rural areas of Semenyih, Peres, Kuala Klawang, Lenggeng and

IJN chief executive officer Datuk Seri Dr Mohd Azhari Yakum said the event was held in conjunction with the institute's 25th anniversary as a healthcare provider and a centre of cardiac excellence and research.

"The race is definitely a great way to celebrate the institute's anniversary as it brings people together.

"For those who are taking part in the ride, I applaud you for your effort.

"It is truly a challenging experience due to the undulating terrain and gradual hill climbs over a long distance," he said before joining the participants.

He stressed that cycling is a healthy, low-impact exercise that can be enjoyed by all.

He urged everyone to take up a healthy and active lifestyle as a preventive measure for heart disease.

There were three categories for the 115km cycling event - men's open that was won by Amir Mustafa Rusli, veteran men's open (Mohd Azim Md Idris) and women's open (Nurul Suhada Zainal). - by Adrian Phung



PIX COURTESY OF IJN

> Participants at the start of the IJN 'Ride 4 Your Heart 2017' challenge yesterday.

AKHBAR : THE SUN

MUKA SURAT: 6

RUANGAN: NEWS WITOUT BOADERS

Field hospital ready to roll

> Medical supplies have all arrived at facility in Cox's Bazar

BY KAREN ARUKESAMY

newsdesk@thesundaily.com

COX'S BAZAR: The Malaysian field hospital in Bangladesh, which caters to Rohingya refugees, is expected to be ready today as all medical supplies have arrived, the hospital's chief technical adviser Col Dr Mohd Arshil Moideen said.

The RM3.5 million hospital is on par with a district specialist hospital and is in Ukhiya, a 10-minute walk from the main Rohingya refugee camps in Kutupalong and Bhalukali.

"Once ready, the hospital, which is the best equipped field hospital in the area, would be handed over to the Malaysian Health Ministry," Arshil told a visiting parliamentary delegation headed by Dewan Rakyat Deputy Speaker Datuk Seri Dr Ronald Kiandee.

The delegation comprising 13 MPs from both sides of the divide spent about 30 minutes surveying work carried out on the hospital site by Malaysian Armed Forces personnel. The 150-bed hospital will be fully managed by the Health Ministry with 140 highly-skilled staff.

"When the hospital begins operations on Dec I, it will be the most complete field hospital in this area, with an operational cost of RMI.5 million per month," Arshil said.

of RMI.5 million per month," Arshil said.

He added that Malaysia should consider extending its field hospital for a year or more as it is a better way to help the refugees.

"Looking at the situation here, it is my opinion that it should be extended for at least a year or more.

"That way the medical service offered to



A refugee with some essential items

the refugees will not be taken away suddenly at the end of the three-month operation," he told the delegation on Saturday, adding the decision lies solely at the government's discretion.

Arshil, who is also a Royal Medical Corp epidemiology clinical specialist, said there will be operations and surgical facilities, a labour room, paediatrics as well as trauma and emergency facilities. The 100m x 70m tent can house 50 patients at a time and will have 50 medical personnel on shifts.

The team have identified KPJ Specialist Hospital in Dhaka for supplies of medicine.

There will also be two generator sets with the capacity to supply electricity to a 10storey building.

"As for water supply, it will be selfsustaining. We have made arrangements with the local company to dig a well and set up toilets here," Arshil said.