

ARFA YUNUS and TEH ATHIRA YUSOF

## RM120mil in fines issued over illegal drug sale and online promo

THE Health Ministry has issued RM120mil in compounds for offences involving unregistered medicines amid rising concerns over illicit drug sale and online promotion, says Deputy Health Minister Datuk Lukanisman Awang Sauni.

He said the fines were imposed under Regulation 7(1)(a) of the Control of Drugs and Cosmetics Regulations 1984, as authorities step up enforcement against unregistered products in the market.

"The country is not only facing the sale of illegal medicines, but also the growing use of social media to promote and sell them," he said, adding that the ministry held engagements with pharmacy regulators and e-commerce platforms to remove such advertisements.

"They have been advised not to use social media platforms, including TikTok Live, to sell or promote medicines, especially weight-loss products and beauty items," he said in response to a supplementary question from Datuk Seri Hishammuddin Hussein (BN-Sembpong) in the Dewan Rakyat yesterday.

Lukanisman also detailed measures to address shortages and rising prices of essential medicines, including for chronic diseases.

He said Malaysia was taking both immediate and long-term steps to secure supply and reduce reliance on imports.

"For immediate measures, the ministry is monitoring medicine stock levels through the integrated Pharmacy Information System, enabling early notifications to prevent shortages at facilities if supply disruptions occur under logistics concessions or central contracts," he said.

Alternative procurement mechanisms, he added, were also used to ensure uninterrupted patient care.

He said joint procurement involving the Health Ministry, Defence Ministry and teaching hospitals under the Higher Education Ministry was being implemented to achieve more competitive prices and stable supply.

Lukanisman said the government was also strengthening local pharmaceutical manufacturing through initiatives such as the Skim Anak Angkat, Bumiputera Manufacturer Panel Scheme and Local Manufacturer Panel Scheme, alongside cooperation with the Finance Ministry to incentivise domestic production.

"A supplier diversification strategy has also been adopted to avoid dependence on a single source. Actions such as warnings, penalties or contract termination have been taken against suppliers who fail to meet supply obligations," he said.

## KKM keluar kompaun RM120j jual ubat tak daftar

**Kementerian Kesihatan (KKM)** mengeluarkan kompaun bernilai RM120 juta bagi kesalahan membabitkan ubat tidak berdaftar.

Timbalan Menteri Kesihatan, Datuk Lukanisman Awang Sauni, berkata kompaun itu dieluarkan melalui tindakan penguatkuasaan mengikut Peraturan 7(1)(a) Peraturan-Peraturan Kawalan Dadah dan Kosmetik 1984 (PKDK 1984).

Ketika ini katanya, negara bukan saja berdepan dengan penjualan ubat tidak sah, malah berlaku kebangkitan penggunaan sosial media untuk mempromosi ubat-ubatan dan juga penjualan menggunakan platform internet.

“Bagaimanapun, kita sudah melakukan sesi libat urus dari pada bahagian farmasi bersama dengan platform e-dagang bagi penurunan iklan-iklan ubat.

“Mereka dinasihatkan supaya tidak menggunakan sosial media seperti Live TikTok untuk menjual ataupun mempromosi ubat-ubatan, terutama sekali ubat yang boleh menarik perhatian dalam penurunan berat badan juga produk kecantikan,” katanya ketika Sesi Jawab Lisan di sini, semalam.

# Policy push on teen pregnancies

Over 41,800 cases recorded at govt facilities from 2020-2024

A TOTAL of 41,842 girls aged 19 and below were found pregnant at government health facilities between 2020 and 2024, says Datuk Seri Nancy Shukri.

The Women, Family and Community Development Minister said the figure covered both married and unmarried teens, based on data supplied by the Health Ministry.

"From the 41,842 teen pregnancies, about 50% are Malay, 11% Iban, 9% Orang Asli (peninsula), 5% Chinese, 3% Indian, with the remainder made up of various other ethnicities," she said yesterday.

She was responding to Mohd Misbahul Munir Masduki (PN-Parit Buntar), who asked for the number of out-of-wedlock teen pregnancies by ethnicity and the measures being taken to address the issue.

Nancy said 16,951 of these cases involved unmarried girls, but the Health Ministry did not provide further breakdowns by ethnicity for this category.

She stressed that addressing out-of-wedlock teenage pregnancies required a whole-of-society response.

"All parties must mobilise efforts to curb this issue for the sake of a healthier future generation," she said.

Nancy said her ministry would soon launch the new National Family Policy and National Family Action Plan to strengthen family institutions and improve social stability, including empowering family planning through stronger parental and youth roles.

She outlined ongoing initiatives under the ministry, including reproductive health education, counselling and community-

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**Supporting teens:** Nancy says her ministry would soon introduce the National Family Policy and National Family Action Plan to reinforce family institutions and enhance social stability, with a focus on empowering family planning through stronger parental and youth roles. — Bernama

based support.

Among these is the Reproductive and Social Health Education Policy and Action Plan (Pekerti), aimed at raising awareness on reproductive health and promoting responsible, resilient behaviour among young people.

Under the Pekerti framework, she said reproductive health skills would be strengthened through both formal school education and non-formal programmes.

These efforts are coordinated across ministries through the National Social Council, with measures such as embedding Pekerti programmes in higher education institutions, expanding Pekerti at the community level, and increasing advocacy on reproductive and social health.

Nancy also highlighted support services provided by the National Population and Family Development Board, including KafeTEEN centres, the KafeTEEN truck and school-based programmes.

"KafeTEEN offers guidance and education to help shape teens who are positive physically, mentally and socially," she said, adding that the initiative currently spans 18 centres, one mobile truck and community outreach activities offering reproductive health clinics and psychosocial counselling.

Peer educator training under Kelab KafeTEEN has also been expanded to 143 secondary schools in collaboration with the Education Ministry.

# 'No' to penalising minors in consensual sex cases

Teens need space to learn from mistakes, rebuild lives and avoid long-term stigma or trauma: Minister

BY KIRTINEE RAMESH  
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**PETALING JAYA:** The government has reaffirmed that minors involved in consensual sexual activity should be protected and rehabilitated rather than criminalised.

This is following recent calls for punitive action against underage girls who willingly engage in sexual intercourse.

In the Dewan Rakyat yesterday, Sri Aman MP Datuk Seri Doris Sophia Brodi expressed concern over the 16,951 out-of-wedlock teenage pregnancies recorded between 2020 and 2024.

She asked the Women, Family and Community Development Ministry about its position on a suggestion by Kelantan police chief Datuk Mohd Yusoff Mamat that girls involved in statutory rape cases should also be charged alongside adult male offenders.

Mohd Yusoff had said nearly 90% of statutory rape cases were found to be consensual, based on police investigations.

"Currently, the law is geared towards prosecuting men only while investigations show that in many cases, both parties were willing (participants).

"When a report is lodged, we still have to open an investigation and charge the man

under the Penal Code or the Child Act, even if the act was consensual."

In response to the question by Doris, minister Datuk Seri Nancy Shukri firmly rejected the idea of criminalising minors, adding that existing laws already classify sexual intercourse with a girl under 16 as statutory rape regardless of consent.

Nancy said children lack the maturity and capacity to fully comprehend the long-term consequences of their actions.

"Minors must be protected, guided and rehabilitated, not punished.

"They need space to learn from mistakes, rebuild their lives and avoid long-term stigma or trauma," said Nancy, adding that this applied equally to underage boys.

She said the ministry prioritises counselling, education and structured support systems to safeguard the wellbeing of children.

She added that existing laws and programmes already focus on intervention, protection and rehabilitation for minors who are in conflict with the law.

Nancy said addressing teenage pregnancy requires more than legislation.

"This issue needs greater public awareness, strong family institutions and community involvement.

"Adults have a responsibility to guide and

protect children. They must never be exploited."

Earlier, Parit Buntar MP Tuan Mohd Misbahul Munir Masduki had requested a racial breakdown of teenage pregnancies and measures to reduce the trend.

Based on Health Ministry data, 16,951 unmarried pregnant teenagers were recorded at government facilities from 2020 to 2024.

A total of 41,842 pregnancies among those aged 19 and below were recorded between 2020 and 2024, covering both married and unmarried teens.

According to the Health Ministry, this involves about 50% Malay, 11% *Iban*, 9% *Orang Asli* (Peninsular Malaysia), 5% Chinese, 3% Indian and the remaining comprising various other ethnic groups.

Nancy said the ministry is rolling out several initiatives to address the problem, namely:

① the Reproductive and Social Health Education Policy and Action Plan to strengthen reproductive health literacy in schools and communities;

② expanded KafeTEEN centres, comprising 18 hubs and a mobile KafeTEEN truck, offering reproductive health services and psychosocial counselling;

③ peer educator programmes in 143 secondary schools in collaboration with the Education Ministry; and

④ the upcoming National Family Policy and Action Plan aimed at empowering parents and strengthening family resilience.

Nancy stressed that curbing unwed teen pregnancies requires collective efforts.



THE Malaysian Meteorological Department has forecast several episodes of intense rainfall leading to floods during the northeast monsoon this year, particularly in Kelantan, Terengganu, Pahang, Johor, Sarawak and Sabah.

While floods disrupt daily life and damage infrastructure, their implications on people's health are equally concerning. Stagnant water and contaminated floodwaters become reservoirs for microorganisms that can cause diseases, increasing the risk of outbreaks in the affected communities. When water systems are compromised and sanitation facilities are overwhelmed, the likelihood of disease transmission rises significantly.

• Vector-borne diseases, particularly dengue, remain a major public health challenge during the monsoon. Stagnant water in clogged drains, discarded containers and puddles provides ideal breeding grounds for mosquitoes. Malaysia recorded more than 122,000 dengue cases in 2024, and although early 2025 has shown a decline, the risk persists throughout the rainy season.

The presence of Aedes mosquitoes in both urban and rural areas means that even short periods of neglect in eliminating breeding sites can lead to a rapid increase in dengue cases. Dengue not only causes severe illness but also places a heavy burden on healthcare facilities, making prevention a critical priority.

Cases of waterborne diseases

## Beware the monsoon trifecta of diseases

also surge during floods. Leptospirosis, commonly known as rat fever, becomes more prevalent when floodwaters are contaminated by rodent urine. Communities exposed to these waters face heightened risks, especially when wading through flooded areas without protective gear.

Typhoid and cholera outbreaks are additional concerns when supply of clean water is disrupted. These illnesses can spread quickly in flood-affected regions, particularly where access to safe drinking water and proper sanitation is limited. The consequences are severe, ranging from prolonged hospitalisations to death.

Airborne diseases, particularly respiratory infections, also increase during the monsoon. Influenza-like illnesses and severe acute respiratory infections are closely monitored by the health authorities, as damp conditions and crowded shelters facilitate transmission.

Recent data indicates that consultations for influenza-like illnesses and hospital admissions for severe respiratory infections remain significant, highlighting the need for vigilance.

Vulnerable groups, including

children, the elderly and individuals with chronic medical conditions, are at greater risk of complications, making early detection and treatment essential.

Monsoon seasons are associated with spikes in disease incidence across South and South-East Asia. Climate variability and extreme weather events exacerbate these trends, creating additional challenges for public health systems.

Malaysia's experience reflects a broader regional pattern where health authorities must adapt to seasonal fluctuations in disease prevalence. The interplay between climate and health is becoming increasingly evident, and proactive measures are necessary to mitigate these risks.

Preventive strategies are the cornerstone of reducing the impact of monsoon-related diseases. Individuals should avoid contact with floodwaters whenever possible and ensure that drinking water is boiled or treated during periods of flooding.

Maintaining cleanliness in and around homes to eliminate mosquito breeding sites is vital. Good respiratory hygiene, including the use of masks in crowded areas and proper ventilation indoors, can help curb the

spread of respiratory infections. Seeking prompt medical attention for symptoms such as fever, cough or unusual fatigue is equally important to prevent complications. These measures, though simple, can significantly reduce the burden of disease during the monsoon season.

The northeast monsoon is an annual phenomenon, but its associated health risks can be mitigated through collective action. Public awareness campaigns, community engagement and adherence to health guidelines are key to safeguarding lives during this season.

By prioritising preventive measures and remaining vigilant, Malaysians can safely navigate the challenges of the monsoon while minimising the threat posed by waterborne, airborne and vector-borne diseases.

The responsibility lies not only with the health authorities but also with individuals and communities. Together, proactive steps can transform the monsoon from a season of vulnerability into one of resilience.

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By CAMILLA FOSTER

NEW research suggests that walking more than 5,000 steps every day may help slow down cognitive decline and the build-up of a protein linked to Alzheimer's dementia.

Researchers from Harvard University in the United States analysed data from 294 people aged 50 to 90 who had proteins called amyloid and tau present in their brains, but were not displaying symptoms of dementia.

These two proteins have been strongly linked to Alzheimer's disease.

All the participants were taking part in the Harvard Aging Brain Study, where they wore pedometers to measure their steps and underwent brain scans and annual cognitive assessments for up to 14 years.

The study, which was published in the journal *Nature Medicine*, found that higher levels of activity were linked to a slower decline in thinking and memory skills related to amyloid proteins in the brain.

Even modest activity (3,001-5,000 steps per day) was linked with a notable slowing of tau accumulation and cognitive decline, experts said, though 5,001 to 7,500 steps per day appeared more beneficial.

In light of this interesting research, we got in touch with British consultant neurologist Dr Steven Allder, who has highlighted several other key ways walking can give our brains a boost:

**> Promotes blood flow and oxygen supply to the brain**

"Walking increases both blood flow and oxygen delivery to the

# Walk to boost your brain

Here's how this simple exercise can help keep our brain sharp and prevent dementia.

brain, which is essential for maintaining optimal neurological function," he explains.

"When we walk, our heart rate rises and the vascular system becomes more efficient at circulating oxygen-rich blood throughout the body, including to the brain.

"This enhanced circulation improves the delivery of nutrients and the removal of metabolic waste, supporting healthy neurons and synapses.

"Increased oxygen also helps stimulate the release of neurotransmitters such as dopamine and serotonin, improving alertness, mood and focus."

Furthermore, consistent walking over time can also strengthen cerebral blood vessels, promoting long-term brain health and reducing the risk of cognitive decline and vascular-related conditions such as stroke or dementia, adds the neurologist.

**> Enhances cognitive abilities**

Going for a daily brisk stroll can help sharpen your mind.

"Walking, particularly at a brisk

pace, has been shown to boost several cognitive functions, including memory, attention and executive control," highlights Dr Allder.

"The mechanism lies in the increased production of brain-derived neurotrophic factor (BDNF), a protein that supports the growth and survival of neurons, and enhances communication between brain cells.

"This neurochemical improvement contributes to better learning capacity, sharper recall and more flexible thinking."

Walking outdoors in nature is particularly beneficial, adds the neurologist.

"The combination of movement, fresh air and natural scenery engages both hemispheres of the brain, promoting innovative and divergent thinking," he explains.

In addition, getting outdoors for a walk can help improve our sleep, which can have positive effects on our cognitive abilities the next day.

"Walking also improves sleep



Doing some extra steps in the fresh air can do wonders for your brain. — dpa

quality by regulating hormones and reducing restlessness, which in turn enhances concentration and memory consolidation," he says.

**> Boosts mood and reduces stress**

Walking can have profound impacts on mood and stress regulation.

"The rhythmic, repetitive motion of walking encourages relaxation by lowering cortisol levels and stimulating the parasympathetic nervous system (the body's natural calming mechanism)," explains Dr Allder.

"Regular walking also triggers the release of endorphins and serotonin, creating a natural 'feel-good' effect that can alleviate symptoms of anxiety and depression."

"Walking outdoors also enhances these benefits further."

"Exposure to natural light and greenery helps regulate circadian rhythms and promotes the release of dopamine, improving motivation and overall emotional balance."

Going for a solo stroll can also help promote mindfulness, which is a research-backed stress reliever.

"Psychologically, walking offers space for reflection and mindfulness, helping people process emotions more effectively and return to tasks with a calmer, clearer mindset," he says.

**> Helps support neuroplasticity**

Achieving your daily steps could also strengthen the neural pathways in your brain.

"Walking plays an important role in supporting neuroplasticity," says Dr Allder.

"Aerobic activity stimulates the release of BDNF and other growth factors that promote the formation of new synapses and the strengthening of existing ones."

"This process is vital for learning, adaptation and recovery from injury."

"By promoting vascular health, reducing inflammation and maintaining optimal glucose metabolism, walking creates the ideal environment for neuroplastic change." — PA Media/dpa

By PAUL YEO

MOST of us expect our spine to be straight when viewed from behind – but for some, that's not the case.

Consultant orthopaedic surgeon (spine surgery and interventional pain management) Dr Deepak Ajit Singh explains that scoliosis is a condition where the spine curves sideways.

"It can be a single curve shaped like a 'C', or a double curve like an 'S,'" he says.

Consultant orthopaedic and spine surgeon Dr Tan Jin Aun adds: "Any curvature exceeding 10° is considered scoliosis."

"The curve usually becomes visible once it reaches 20° to 30°, often with a slight rotation of the vertebrae."

In most cases, the cause remains a mystery – a form known as idiopathic scoliosis.

Others stem from congenital abnormalities, neuromuscular disorders or degenerative changes as we age.

"Many people confuse congenital and idiopathic scoliosis," clarifies Dr Tan. "Congenital scoliosis develops in the womb, while idiopathic scoliosis develops after birth with no clear reason."

#### When and why it happens

Scoliosis can affect anyone, but it most commonly appears during the growth spurt just before puberty – typically between ages 10 and 15.

"About 80% of cases occur during this phase," says Dr Deepak.

"Even though scoliosis affects roughly 3% of the population, only about 0.5% will ever need treatment."

## STANDING TALL DESPITE THE CURVE



Dr Deepak (left) and Dr Tan from Sunway Medical Centre Damansara explaining how scoliosis can be treated. — SAMUEL ONG/ The Star

Mild scoliosis often goes unnoticed. "Once the curve reaches 30°, it becomes obvious. At 40° or more, treatment is usually necessary," he adds.

Early detection makes all the difference.

"Malaysia has been conducting school screenings for scoliosis since the late 1990s, which has helped us identify and manage cases earlier," says Dr Tan.

Interestingly, Dr Deepak's Master's thesis was a part of this nationwide effort.

"We screened 10,000 schoolchildren in Kuala Langat District back in the '90s to get local data on scoliosis, and that study eventually influenced the national school screening programme," he recalls.

Because scoliosis develops slowly, it often goes unnoticed until

physical changes appear.

"Look for uneven shoulders or hips, or clothes that don't hang evenly," says Dr Tan.

Children rarely feel pain, but if they do, it's important to rule out other causes, like spinal tumours.

Severe cases, however, can cause more than just cosmetic issues. "Large curves can lead to back pain, muscle imbalance, even breathing difficulties – and can affect self-esteem," says Dr Deepak.

#### Diagnosis and treatment options

Diagnosis begins with a physical examination and X-rays to measure the degree of curvature – the deciding factor in treatment planning.

"Treatment depends on the curve's size, the patient's age and how fast it's progressing," explains Dr Tan.

"In adolescents, we monitor their growth closely. Girls tend to develop progressive curves more often than boys. If the curve is below 45° when skeletal growth is complete, it usually won't worsen and doesn't need surgery."

However, curves exceeding 45° at skeletal maturity often require surgical correction.

"Even after growth stops, these curves can continue worsening – by about one degree per year," says Dr Tan.

"Surgery isn't cosmetic; it prevents the curve from progressing and causing complications later."

Modern scoliosis surgery involves spinal fusion using metal

rods and screws to straighten and stabilise the spine.

"With today's technology and techniques, scoliosis surgery is much safer, with better correction and faster recovery," reassures Dr Deepak. "Safety remains our top priority."

For older adults, the treatment goal may differ. "Instead of correcting the curve, we focus more on relieving pain and maintaining mobility," he says.

#### Living with scoliosis

Most people with scoliosis can lead full, active lives, especially with early diagnosis and proper care.

"Parents shouldn't panic," advises Dr Deepak. "Focus on your child's well-being and follow-up appointments. The vast majority will not need surgery."

Many ask about braces – the corset-like devices worn for several hours daily.

"Bracing doesn't correct the curve," Dr Deepak clarifies.

"It helps control it and improves balance, but it doesn't stop progression."

Physical therapy can help maintain muscle strength and flexibility.

"Avoid sports that involve a lot of twisting, like tennis or golf," he suggests. "Swimming is a good alternative."

Emotional well-being matters too. "A diagnosis can be worrying, especially for teens, but with reassurance and the right guidance, most cases are manageable," say both specialists.



[From left] Merdeka 118, Menara DBKL 1 and Equatorial Plaza were lit up in teal in conjunction with the first World Cervical Cancer Elimination Day on Monday. — Photos: IZZRAFIQ ALIAS/The Star

BY EMALIN ZALANI  
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CERVICAL cancer remains the fourth most common cancer in women worldwide, yet it is one of the most preventable diseases through early screening, awareness and vaccination.

"Still, around half of cervical cancer cases are diagnosed at late stages, particularly among women in lower- and middle-income countries," says Universiti Malaysia Medical Centre consultant obstetrician and gynaecologist Prof Dr Woo Yit Leng.

Some women come from rural areas with limited access to healthcare, while those in well-developed cities like Kuala Lumpur have better access.

These gaps continue to hinder early detection and timely treatment.

"Early-stage cervical cancer often presents with few or no symptoms, which is why many women only seek care when the disease has advanced," she adds.

"By then, they may experience severe symptoms such as abnormal bleeding, pelvic pain and shortness of breath due to complications from severe anaemia or cough."

Many of these women not only contribute earned income to the family but also care for both their children and elderly parents.

These responsibilities can cause them to further delay seeking medical attention.

#### Screen before symptoms start

Cervical cancer progresses in stages, and understanding these stages is crucial for timely diagnosis and treatment.

Prof Woo explains: "Stage 1 is often asymptomatic (without symptoms) and detected only through screening."

As the disease progresses to stages 2, 3 and 4, tumours grow in the cervix and begin pressing on nearby organs such as the bladder, pelvic region and bowels.

"This is when women may experience bleeding between periods, bleeding during sex, or bleeding when they strain to urinate or move their bowels."

"They may also have pelvic pain, discomfort during urination, and pain during bowel movements."

These symptoms typically appear at more advanced stages, which is why screening is essential, particularly for women without symptoms.

Prof Woo emphasises that women

# Lighting up for cervical cancer

To mark the first World Cervical Cancer Elimination Day, three buildings in Kuala Lumpur were illuminated in teal.

should undergo screening even when they feel well, although she acknowledges that it can be challenging to get women who feel healthy to come for screening.

However, she adds that screening must happen before symptoms develop for the best outcomes.

The screening process is typically a pelvic examination performed by a doctor using a speculum to inspect the cervix or take a biopsy, she shares.

In Malaysia, government health clinics (Klinik Kesihatan) and private general practitioners (GPs) provide cervical cancer screening services.

#### Best for prevention

The human papillomavirus (HPV) is a very common virus that spreads through skin-to-skin contact, often during sex.

Almost all cases of cervical cancer are due to HPV infection although not all infections will result in cervical cancer.

While HPV infects both men and women, public health programmes have traditionally focused on women, especially through vaccination initiatives for girls, as only females develop cervical cancer.

"We are fortunate in Malaysia as we do not have a large anti-vaccine movement," says Prof Woo.

"HPV vaccination is widely accepted because people understand that it prevents cancer."

It protects young girls from developing cervical cancer later in life.

However, she adds that, "While HPV vaccination helps prevent infection, it

doesn't cover every cancer-causing HPV strain, so screening remains essential to detect early cervical changes before they progress into cancer."

Beyond government-led initiatives, Prof Woo stresses that communities also play a vital role in accelerating progress against cervical cancer.

"The elimination target cannot be achieved through two Pap smears or two visual inspections alone - it requires at least two HPV DNA tests in a woman's lifetime."

Ensuring that 70% of women, regardless of where they live, have access to HPV testing is essential."

She adds that Malaysia has become a regional leader in the fight against cervical cancer.

"We were among the first countries to introduce a fully government-funded, school-based HPV vaccination programme for all 13-year-old girls in 2010," she says.

Initially, three doses were administered, reduced to two in 2016, and last year, we adopted a single-dose schedule based on the latest data.

"We began vaccination 15 years ago, and now we're expanding HPV testing."

"Treatment is available in Malaysia, we just need to improve access."

#### WHO's 90-70-90 targets

The World Health Organization (WHO) Cervical Cancer Elimination Initiative has set a global target for 2030, built on three pillars:

- > Vaccinating 90% of girls by age 15.
- > Screening 70% of women at least twice in their lifetime, and
- > Ensuring 90% of women with cervical disease receive treatment.

WHO Cervical Cancer Elimination Initiative technical lead Dr Fabio Barrando explains: "We are improving on screening, and more than 150 countries have introduced the HPV vaccine, though more need to follow."

However, he notes that this 70% screening target remains the weakest area.

In many low- and middle-income countries screening continues to rely on visual inspection methods, which have low sensitivity and specificity.

"Countries are encouraged to adopt and expand high-performance options such as HPV DNA testing," he says.

"This method also supports self-sampling, meaning women do not need to visit a clinic or undergo an internal examination to be screened."

"Women can now collect their own samples and submit them to healthcare workers."

"This approach reduces clinicians' workload, offers greater privacy and ensures healthcare workers can focus on women who require further assessment."

Both Prof Woo and Dr Barrando were speaking during a live question-and-answer (Q&A) session on cervical cancer in conjunction with World Cervical Cancer Elimination Day on Monday.

Organised by WHO, the session was streamed simultaneously on Facebook, LinkedIn and YouTube.

#### A movement for awareness

Teal Asia founder and patient advocate Seline Yeop Jr, a cervical cancer survivor, was inspired to take action after witnessing the struggles faced by underserved women during her own treatment journey.

"Many women couldn't undergo treatment because there was no one to look after their children, or they simply couldn't afford medication."

"Seeing this level of poverty and struggle pushed me to give back," she says.

To address these gaps, Teal Asia has launched a week-long awareness and fundraising campaign in conjunction with the first World Cervical Cancer Elimination Day officially recognised by WHO.

All funds raised will go directly to the Rose Foundation, a non-profit organisation founded by Prof Woo, to help expand their work in HPV screening and outreach programmes in underserved communities.

As part of the campaign, local landmarks like Merdeka 118, Equatorial Plaza and Menara DBKL 1 were illuminated in teal, symbolising solidarity in the fight against cervical cancer.

Those who wish to donate to the Rose Foundation can visit [www.programmer.org/donate](http://www.programmer.org/donate).

## Nada chief: Former addicts deserve second chance

**PUTRAJAYA:** Former drug dependents who have completed rehabilitation must be given a genuine second chance to reintegrate into society without facing discrimination or negative public stigma.

National Anti-Drugs Agency (Nada) director-general Datuk Ruslin Jusoh said acceptance from the community, particularly from families, is critical to ensuring recovering individuals do not return to drugs after leaving the rehabilitation system.

"Nada spends two years rehabilitating them, but when they return home, society must accept them. The stigma needs to go.

"If the community rejects them, the risk of relapse becomes very high because they feel there

is no hope outside," he said during a media engagement session.

Ruslin said Nada has been using media channels to educate the public on giving former clients a fair opportunity to rebuild their lives.

During their stay at Narcotic Addiction Rehabilitation Centres (Puspen), clients are equipped with industry-relevant vocational skills including welding, tailoring, agriculture, baking, confectionery, cooking, as well as spiritual and religious classes.

"Many of them are employable upon release. We also collaborate with private companies that come in to give briefings and offer job placements.

"Data shows that those who secure employment after leaving



Datuk Ruslin Jusoh

Puspen have significantly lower relapse rates.

"Training is based on clients' interests; they are not forced into a single field. The programmes are conducted openly," he said.

He added that Nada has partnered with several local companies that provide job opportunities within their organisations.

"These Puspen graduates have recovered from addiction. What they need now is community support to stand on their own," he said.

Meanwhile, Ruslin said while rehabilitation remains its core function, Nada is increasingly confronted with a new challenge: clients suffering mental health issues triggered by synthetic drug use.

He said such psychological problems are common among users of amphetamine-type stim-



Synthetic drugs are easily obtained in liquid form for electronic cigarettes, says the National Anti-Drugs Agency. NSTP FILE PIC

ulants (ATS) including syabu, yaba, pil kuda, ecstasy and various other lab-made substances.

He said the trend is growing among young people, especially with synthetic drugs now easily obtained in liquid form for electronic cigarettes.

"Our challenge is treating this group.

"Many of those involved with synthetic drugs also suffer mental health complications. This shows that synthetic drug abuse is increasing," he said.

Ruslin said synthetic drugs remain widely consumed because they are cheap, easily accessible and capable of producing stronger and faster highs compared with traditional plant-based drugs.

Although overall drug user numbers recorded by Nada have

decreased year-on-year, he said the surge in synthetic drug use, including in vape and "weed pen" cartridges, remains a serious concern.

"Vape or weed pen use is one of the key challenges for Nada. Some vape liquids contain synthetic cannabinoids (synthetic ganja).

"Even substances called 'magic mushrooms' by users are often not real psychoactive mushrooms but synthetic or imitation drugs," he said.

From January to September this year, Nada recorded 156,316 drug users and abusers nationwide, a 7.9 per cent drop compared with 169,691 during the same period last year.

Of this number, 76,467 people were ATS users, mostly aged between 15 and 39.

PRAYER TIMES						
	SUBUH [am]	SYURUK	ZUNUR	ASAR [pm]	MAGHRIB	ISYAK
Melaka	5:45	6:57	1:00	4:22	6:59	8:12
Penang	5:57	7:07	1:07	4:28	7:02	8:15
K. Lumpur	5:50	6:59	1:02	4:24	7:00	8:13
Johor Baru	5:38	6:50	12:53	4:16	6:53	8:06
Kuantan	5:43	6:55	12:56	4:18	6:54	8:07
Ipoh	5:53	7:03	1:05	4:27	7:01	8:14

# Laughter is the best medicine for a happy marriage

## Under One Roof

**Q: My husband and I have been married for nearly 20 years and the relationship has started to feel stale. We are mostly just going through the motions. We don't want a long list but do you have one meaningful suggestion that can help?**

**Focus on the Family Malaysia:** When author Ted Cunningham was asked, "What's the best advice you ever got on marriage?" His reply was short and to the point: "That's easy – lighten up and laugh!"

Why did he immediately narrow in on the importance of humour and light-heartedness? It is because life can be a grind. Our daily routines are rarely easy and can be demanding, and at times we face real hardship.

That is why we all need moments of rest and

refreshment along the way. Retreats and oases are absolutely indispensable to life's journey; they help us breathe again. We believe marriage ought to be the same.

You may think, "My marriage? An oasis?" But this is precisely what it can be if you take the time to share healthy doses of laughter.

A couple's role is not to suppress the good moments but to enjoy them together. Remember that the two of you are married because there was a time when being together felt exciting.

If you feel that you have lost that spark, make an effort to rekindle it. Fan the flames. If you can lighten up, laugh and enjoy the journey side by side, you are already halfway towards achieving genuine marital joy. And in the process, you will be able to eliminate much of the monotony and boredom that have characterised your "daily grind" in the first place.

**Q: A friend of mine often takes her young**

**children to PG-13 and R-rated movies, and she doesn't seem to think twice about it. Do you think that is wise?**

**Focus on the Family Malaysia:** One of the most baffling things about parenting in this day and age is that many mums and dads who would do anything for their children seem completely oblivious to the harm of exposing them to inappropriate entertainment.

Parents who take their young children to PG-13 and R-rated movies risk causing them serious emotional and mental harm, influencing them in ways that may not be immediately visible.

At a recent screening of a movie that was pushing the boundaries, a man asked a mother sitting next to him, "Since you haven't seen this movie, do you worry that the content can be detrimental to your child?"

Her response was telling. Instead of saying something like, "Yes, I'm concerned about how the messages and visuals in movies may affect

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my child and I've made sure this one is safe," she gestured broadly and said, "Look at all the children here!"

In other words, her justification was not about the welfare of her child but simply that others were making the same choice.

We believe responsible parenting involves being informed about what your children may be exposed to before it happens. Therefore, parents should carefully screen movies and make entertainment choices based on what is best for their children.

**This article is contributed by**  
**Focus on the Family Malaysia, a non-profit**  
**organisation dedicated to supporting and**  
**strengthening the family unit. It provides a**  
**myriad of programmes and**  
**resources, including professional counselling**  
**services, to the community.**  
For more information, visit [family.org.my](http://family.org.my).  
Comments: [letters@thesundaily.com](mailto:letters@thesundaily.com)

## Russian toddler dies from box jellyfish sting in Langkawi

**ALOR SETAR:** A two-year-old Russian boy, who was reported to have been stung by jellyfish at Cenang Beach in Langkawi last Saturday, died at the Sultanah Bahiyah Hospital on Wednesday.

His father Nikita Iakubanets, 32, said his son Vladimir was pronounced dead at 9.46am after four days of treatment.

"The doctor said our child was poisoned by jellyfish, then his heart stopped. The doctor also said our child had (major) injuries on his legs caused by jellyfish, and that it was a 'box jellyfish'."

Iakubanets, who was accompanied by his wife Olga, 32, added that the medical team at the hospital did their best to save their son and expressed gratitude for their efforts.

Recalling the incident, he said the family was swimming at Cenang Beach when they heard their son scream.

He added that his wife then carried their son to the shore and tried to administer CPR before taking him to a nearby clinic.

Iakubanets said his son was first referred to the Sultanah Maliha

Hospital, before being sent to the Sultanah Bahiyah Hospital the following day.

He also said this was their first visit to Malaysia and Langkawi after arriving on Nov 14, and they had planned to stay until Nov 26.

Meanwhile, his wife said they plan to cremate their son and take his ashes home to Khabarovsk, Russia.

"Our son is our hero. He is our little angel. Every day we told him we loved him, and he always said he loved us too."

Meanwhile, the Kedah Fisheries Department has confirmed the

presence of box jellyfish in Langkawi.

Its director Sukri Deris said their presence this year has been detected at a moderate level and is not at a scale that would completely halt recreational activities.

"Nevertheless, their presence is sufficient to pose a danger to activities in these waters, whether recreational or commercial activities such as fishing."

He said the species could be found in waters from around Australia up to Southeast Asia, and that the monsoon transition may have carried them into

Langkawi waters.

"Changing sea current patterns may also be pushing the species closer to shore, in addition to large volumes of water discharged from land due to heavy rainfall, which carries nutrients into the sea."

"This may influence the presence of box jellyfish near the coastline, as food sources become more abundant in coastal areas when more freshwater flows into the sea."

"Continuous announcements will also be made to raise awareness of the dangers posed by jellyfish."

- Bernama

# Kesihatan mental belia bukan main-main

## Keselamatan digital tanggungjawab telco

**KETIKA** Malaysia sedang berperang dengan jenayah siber yang semakin kreatif, ada syarikat telekomunikasi (telco) mahu mengenakan caj tambahan RM10 sebulan kepada pengguna atas nama perlindungan *scam*.

Tindakan tersebut menimbulkan persoalan kerana siapa sebenarnya perlu menanggung kos keselamatan telco atau pengguna?

Dalam ekosistem digital hari ini, telco bukan sekadar penyedia taliān tetapi mereka juga sepatutnya berperanan kepada keselamatan komunikasi negara.

Mengenakan caj tambahan bukan sahaja tidak wajar, malah bercanggah dengan prinsip tanggungjawab atas penyedia perkhidmatan itu terhadap keselamatan pelanggan yang menggunakan khidmat mereka.

Isunya bukan sekadar pada nilai caj terbabit tetapi pada prinsip, adakah keselamatan pengguna hanya sekadar satu pilihan?

Justeru, langkah mengenakan caj adalah sangat tidak bertanggungjawab dan seolah-olah mengambil kesempatan di atas kesusahan rakyat.

Kebanyakan *scam* berlaku melalui *spoofing* nombor telefon, SMS palsu yang menyerupai mesaj rasmi dan panggilan VoIP antarabangsa yang di-samarkan.

Sebuah ini berlaku melalui jaringan telco. Logiknya mudah, jika *scammer* menggunakan infrastruktur telco untuk menipu, telco perlu memikul sebahagian daripada beban untuk mengukuhkan sistem mereka.

Suruhanjaya Komunikasi dan Multimedia Malaysia (MCMC) disarankan menggunakan kuasanya bagi menghalang telco daripada mengenakan sebarang caj kepada pengguna untuk perkhidmatan perlindungan *scam* tersebut.

Telco wajib melabur dalam teknologi *anti-spoofing*, *firewall* SMS dan penyaringan VoIP. Sebarang perkhidmatan keselamatan tambahan perlu *opt-in*, bukan dipaksa atau diselit dalam bil.

Menghalang telco daripada mengenakan caj untuk perlindungan *scam* bukan langkah populis, tetapi langkah rasional.

*Scam* berlaku kerana kelemahan sistem, bukan kelemahan pengguna semata-mata. Jangan pula keselamatan atas dijadikan komoditi.

Kerajaan perlu tegas. Keselamatan digital ialah tanggungjawab telco, bukan barang tambahan untuk dijual.

Jika telco benar-benar mahu membantu negara melawan *scam*, jangan caj rakyat untuk masalah yang bukan mereka cipta.



ANALISIS  
MUKA 12

SYAJARATULHUDA  
MOHD ROSLI

**K**alaup kita lihat sekelling, itu kesihatan mental dalam kalangan belia sekarakar sejak makin hangat diperkatakan.

Bukan saja di media sosial, tapi juga dalam laporan rasmi. Belia sekarakar lebih ramai rasa tertekan, cemas malah ada yang sampai terfikir untuk membahayakan diri sendiri.

Statistik pun tidak menipu kerana menurut kajian *Malaysian Youth Mental Health Index (MyMHI'23)*, lebih separuh belia Malaysia mengalami simptom kemurungan dalam tahap ringan hingga serius.

Ada banyak sebab kenapa belia hari ini berdepan tekanan mental.

Pertama, tekanan akademik memang tidak boleh dipandang remeh. Daripada sekolah menengah sampaipun universiti, beban kerja, peperiksaan dan saingan sengit boleh buat siapa sahaja rasa 'overwhelmed'.

Bayangkan kalau kerja rumah, tugas dan projek semua datang serentak, tidak hairan ramai yang rasa tertekan.

Kedua, masalah kewangan juga main peranan besar. Ramai belia risau pasal duit, untuk yuran, kos hidup harian atau untuk menampung diri sendiri.

Bila duit tidak cukup, tekanan dan anxiety pun meningkat. Tambahan pula, sokongan sosial kadang-kadang kurang, tidak semua belia ada keluarga atau kawan rapat yang boleh dijadikan tempat meluahkan perasaan.

Ketiga, ada juga faktor stigma. Ramai yang takut nak cari bantuan kerana risau orang sekeliling label mereka 'gila' atau 'lemah'.

Tambahan pula, selepas pandemik, cabaran hidup moden dan perubahan sosial membuatkan tekanan mental belia jadi lebih kompleks.

Kesannya, bukan main-main. Daripada segi akademik, pelajar yang tertekan mungkin tidak boleh fokus dan prestasi pun merosot.

Daripada segi sosial, hubungan dengan kawan dan keluarga boleh terjejas. Selain itu, daripada segi ekonomi, belia yang mengalami masalah mental sukar bekerja atau kekal produktif.

Jika dibiarkan, risiko bunuh diri pun meningkat dan ini memang membimbangkan.

Jadi jelas, kesihatan mental bukan isu kecil, ia mempengaruhi seluruh kehidupan belia dan kalau tidak diurus dengan baik, boleh beri kesan jangka panjang kepada masyarakat dan negara.

Kerajaan dan institusi pendidikan sudah mula ambil langkah.

Contohnya, lebih banyak kaunselor ditempatkan di sekolah dan universiti serta talian bantuan seperti Talian HEAL 15555 disediakan untuk belia yang perlukan sokongan.

Program kesedaran mental pun semakin banyak, termasuk kempen di media sosial dan aktiviti di sekolah.

Bagaimanapun cabaran utama masih ada iaitu stigma sukar dihapuskan dan sumber profesional masih terhad.

Banyak belia yang ada simptom serius tetapi tidak dapat rawatan awal kerana malu atau tak tahu nak minta bantuan.

Jadi, apa yang boleh kita buat? Ada beberapa langkah antaranya menambah perkhidmatan mental untuk belia, lebih banyak kaunselor,

“

Kesihatan mental bukan isu kecil, ia mempengaruhi seluruh kehidupan belia dan kalau tidak diurus dengan baik, boleh beri kesan jangka panjang kepada masyarakat dan negara.”

klinik komuniti dan talian krisis.

Selain itu, mengajar belia tentang kesihatan mental, galakkan perbincangan terbuka dan normalisasi isu ini.

Antara lain, mendapat sokongan keluarga dan komuniti iaitu kawan, keluarga dan guru.

Semua ini boleh jadi tempat belia meluahkan masalah. Selain itu, mengadakan program sosial dan ekonomi iaitu bantuan kewangan, biasiswa, aktiviti rekreasi dan pembangunan kemahiran boleh kurangkan tekanan hidup.

Kesimpulannya, masalah kesihatan mental belia memang serius, tapi masih boleh diatasi jika semua pihak bekerjasama iaitu kerajaan, sekolah, keluarga, komuniti dan belia itu sendiri.

Kita semua perlu faham bahawa tekanan, cemas atau kemurungan bukan tanda kelemahan sebaliknya ia adalah cabaran yang wajar dihadapi dan perlu dibantu.

Dengan kesedaran, sokongan dan langkah-langkah yang betul, belia boleh lebih kuat, sihat mental dan bersedia menghadapi kehidupan dengan lebih positif.

\* Syajaratulhuda Mohd Rosli ialah wartawan Sinar Harian

# 16,951 remaja hamil anak luar nikah tempoh 2020/25

**KPWKM perkasa pendidikan kesihatan reproduktif dan kaunseling**

Laporan Farah Marshita  
Abdul Patah dan  
Noor Atiqah Sulaiman  
bhnews@bh.com.my

**Kuala Lumpur:** Seramai 16,951 remaja berusia 19 tahun ke bawah yang tidak berkahwin, hamil sepanjang tempoh 2020 hingga 2024.

Menteri Pembangunan Wanita, Masyarakat dan Keluarga, Datuk Seri Nancy Shukri, berkata secara keseluruhan 41,842 kehamilan remaja direkodkan dalam tempoh sama, termasuk mereka yang sudah berkahwin.

Katanya, rekod di fasiliti kerajaan itu berdasarkan data Kementerian Kesihatan (KKM).

"Daripada jumlah berkenaan, separuh membabitkan remaja Melayu, diikuti Iban dengan 11 peratus; Orang Asli di Semenanjung (sembilan peratus) di Seme-



nanjung; Cina (lima peratus); India (tiga peratus) dan selebihnya daripada kumpulan etnik lain.

"Justeru, pelbagai usaha dilaksanakan oleh KPWKM bagi membentung isu ini termasuk pemerkesaan pendidikan kesihatan reproduktif, inisiatif kaunseling serta sokongan komuniti.

"Antara inisiatif berkenaan dengan membangunkan Dasar dan Pelan Tindakan Pendidikan Kesihatan Reproduktif dan Sosial (PEKERTI) yang bermatlamat untuk meningkatkan kesedaran semua pihak berkaitan kepentingan pendidikan kesihatan reproduktif dan melahirkan masyarakat yang bertanggungjawab dan berdaya tahan.

"Di bawah pelan tindakan ini, pembangunan kemahiran berkaitan kesihatan reproduktif yang positif dan selamat ditekankan sama ada melalui pendidikan formal di sekolah dan tidak

formal di luar sekolah," katanya ketika jawapan lisan di Dewan Rakyat, semalam.

Beliau berkata demikian bagi menjawab pertanyaan Mohd Misbahu Munir Masduki (PN-Parti Buntar) berkaitan jumlah remaja hamil tanpa nikah mengikut kaum dari 2020 hingga terkini dan apakah langkah bagi mencegah dan mengatasi isu itu.

Turut menjawab soalan tambahan dikemukakan oleh Datuk Seri Doris Sophia Brodi (GPS-Sri Aman) sama ada kementerian akan mempertimbangkan cadangan Ketua Polis Kelantan, Datuk Mohd Yusoff Matmat supaya perempuan yang terabit dalam hubungan seksual suka sama suka dengan lelaki turut dikejakan tindakan undang-undang.

## Bukan untuk dihukum

Nancy berkata, secara peribadi kanak-kanak bawah umur yang terabit dalam hubungan seksual suka sama suka perlu dilindungi dan dipulihkan, bukan dihukum.

Katanya, peruntukan sedia ada menetapkan bahawa mana-mana

lelaki, tanpa mengira umur yang melakukan persetubuhan dengan perempuan bawah umur dianggap sebagai merogol, walaupun ia berlaku atas kerelaan.

"Isu ini perlu dilihat secara menyeluruh dan tidak hanya ber�antung kepada tindakan undang-undang semata-mata.

"Secara peribadi, saya berpendirian kanak-kanak bawah umur yang terabit dalam hubungan seksual secara suka sama suka perlu dilindungi, dibimbing dan dipulihkan bukannya dihukum semata-mata, tidak kira sama ada ia membabitkan lelaki atau perempuan.

"Tindakan seperti tahap pemikiran orang dewasa, tahap kematangan mereka perlu diambil kira di mana seorang kanak kanak kebiasaannya tidak dapat menilai kesan daripada kelakuan atau tindakan mereka.

"Kanak-kanak harus diberikan peluang dan ruang untuk belajar daripada kesilapan, memulihkan diri serta membina semula kehidupan tanpa dibebani stigma atau trauma jangka panjang," katanya.



Nancy Shukri

## Wanita buat kecoh di klinik sudah didakwa

**Gombak:** Wanita yang menimbulkan kekecohan di sebuah klinik kesihatan di sini, seperti video tular di media sosial kelmarin sudah ditahan polis dan dituduh di mahkamah, semalam.

Ketua Polis Daerah Gombak Asisten Komisioner Noor Ariffin Mohamad Nasir berkata, pihaknya menerima laporan daripada seorang wanita berhubung wanita berkenaan pada 12.25 tengah hari kelmarin.

Menurutnya, ketika kejadian, suspek berusia 20-an terbabit datang ke klinik berkenaan membawa anaknya untuk menerima rawatan.

"Suspek bertindak agresif dengan mengeluarkan kata kesat kepada kakitangan awam dan pesakit yang berada di klinik. Suspek turut meludah dan ber-

diri di atas kerusi menunggu sambil memaki hamun kakitangan klinik dan orang awam yang berada di tempat kejadian.

"Suspek ditahan pada hari sama dan siasatan dijalankan mengikut Seksyen 14 Akta Kesalahan Kecil 1955. Dia sudah dituduh di Mahkamah Majistret Selangor, pagi tadi (semalam)," katanya dalam kenyataan.

Mahkamah menetapkan sebutan semula kes pada 19 Disember ini dan tertuduh akan dihantar ke Hospital Bahagia untuk penilaian.

Tiada ikat jamin ditawarkan.

Terdahulu, video memaparkan seorang wanita mengamuk di sebuah klinik di Gombak dipercayai untuk mendapatkan rawatan dan kejadian itu disaksikan beberapa pesakit dan petugas, tular di media sosial.

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Mengulas lanjut, Dr Siti Nur Masyithah berkata, pemeriksaan awal penting dalam menentukan diagnosis tepat dan rawatan yang berkesan.

Justeru, nasihat beliau, jika mengalami simptom dan masalah berkaitan kencing yang berlanjut atau luar biasa, sebaiknya segera berjumpa pakar urolog.

Ini kerana, kata Dr Siti Nur Masyithah, apabila lambat berjumpa pakar, rawatan menjadi lebih rumit dan tempoh sembuh pula lebih lama.



**Jangan abaikan isyarat tubuh. Bila rasa hendak kencing, jangan tangguh, bila rasa haus, segeralah minum air**

**DR SITI NUR MASYITHAH**

# DAPATKAN RAWATAN AWAL

ia bagi menentukan diagnosis tepat selain mudahkan jenis rawatan yang wajar diberikan

"Ada juga yang berjumpa pakar urologi apabila kerosakan buah pinggang kekal sudah berlaku, contohnya akibat rara karang besar yang sudah menyumbat salurran kencing untuk jangka masa yang lama.

"Tidak kurang juga yang mengalami masalah bengkak prostat yang serius dan perlui memakai tribut kencing seumur hidup.

"Antara halangan utama dalam disebabkan rasa malu, menganggap simptom yang dialami hanya masalah biasa selain takut berjumpa doktor," katanya.

Dalam pada itu, selain UTI, antara masalah kesihatan urologi lain yang biasa dialami wanita adalah kebocoran kencing terutamanya ketika saruk, bersin, bersinam atau mengangkat barang berat.

Kedua-duanya boleh menjadikan kualiti hidup,

tetapi rawatan berkesan tersedia jika pesakit tampil awal.

Menurut Dr Siti Nur Masyithah lagi, kesedaran awam sekitarnya masih rendah dan ramai tidak tahu mengenai simptom awal masalah urologi sehingga tidak keadaan menjadi serius atau sakit sudah berpanjangan.

Kata Dr Siti Nur Masyithah, Kementerian Kesihatan Malaysia (KKM) sedang giat

menjalankan kempen kesedaran dengan kerjasama pelbagai pihak termasuk hospital swasta, institusi pengajian tinggi dan perubahan hukum kerajaan (NGO).

Namur begitu, masih banyak ruang untuk diperluaskan terutamanya daripada segi capaian

maklumat yang konsisten, mudah difahami dan lebih dekat dengan masyarakat.

"Disebabkan itu, saya turut mengambil inisiatif untuk berkongsi ilmunya peribatian, terutamanya berkaitan urologi, melalui pelbagai platform media seperti TikTok (masyithah\_maurofi), Instagram (masyithah\_maurofi), radio dan juga televisyen.

"Saya percaya, sedikit

perkongsian yang konsisten boleh memberi impak besar dalam meningkatkan kesedaran orang ramai mengenai pentingnya penjagaan kesihatan urologi.

"Bagi wanita, kini sudah ada ramai doktor wanita dan kecapiakalitah rasa malu untuk mendapatkan rawatan kerana kesihatan anda yang perlu diutamakan," katanya.



WARGA emas merupakan golongan yang sangat berharga dalam masyarakat. Mereka telah menyumbang tenaga, masa, dan ilmu sepanjang hayat demi membangun keluarga dan negara.

Warga emas merupakan individu yang berusia 60 tahun ke atas, yang mempunyai tenaga dan imunitas yang lebih rendah berbanding golongan dewasa. Oleh itu, sangat penting untuk kita memberi perhatian yang serius terhadap penjagaan kesihatan mereka agar proses pensuauan berlaku secara sifat dan bermakna.

Penjagaan kesihatan yang baik bukan sahaja membantu meningkatkan kualiti hidup warga emas, malah dapat mencegah pelbagai penyakit kronik serta menyumbang kepada keselarasan mental dan emosi mereka.

Penjagaan kesihatan warga emas berjaya dilaksanakan dengan aspek pemakanan kerana makanan sihat memainkan peranan penting dalam meningkatkan kesihatan warga emas. Mereka perlu mengamalkan pemakanan seimbang yang merangkumi semua kumpulan makasn seperti karbohidrat, protein, vitamin, dan mineral. Makasn tinggi seperti buah-buahan, sayur-sayuran, dan bijiran perlu aman digunakan bagi melancarkan sistem penghadaman. Warga emas juga disarankan untuk mengurangkan pengambilan garam, gula, dan lemak tebu yang boleh meningkatkan risiko penyakit seperti diabetis tinggi, kencing manis, dan masakan jantung.

Berikut adalah beberapa panduan pemakanan sihat untuk warga emas:

- Mengambil makasn yang sedikit, tetapi kerap.
- Gunakan rempah ratus untuk mehaikkan selera.
- Lebihkan makasn berair seperti sup.
- Potong makasn menjadi lebih kecil, untuk memudahkan mereka makan.
- Sedulur makasn yang mudah dilukut.
- Minum air sekitar 8 gelas sehari.
- Makan bersama keluarga dan rakan.

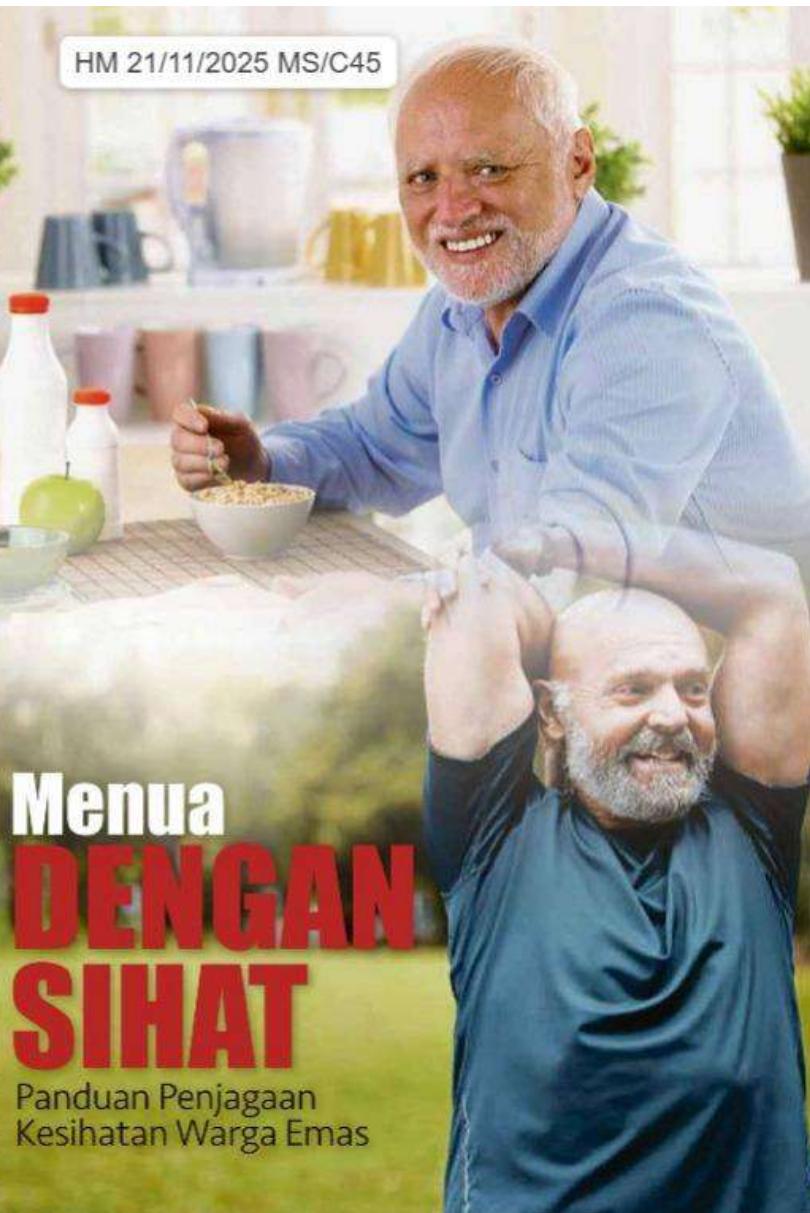
Selain pemakanan, aktiviti fizikal yang berkesan juga sangat penting. Warga emas digalakkan untuk melakukau senaman ringan seperti berjalan kaki, tali chi, atau senaman rejanan teraturan-kurangnya tiga kali seminggu. Senaman akan sediakan membantu menguatkan otot dan tulang, malah boleh meningkatkan keselimbangan badan dan mengurangkan risiko jatuh. Senaman juga membantu kear postur kepada kesihatan mental dengan merangsang pengeluaran hormon endorfin yang membantu mengurangkan stres dan kemarungan.

Aspek penjagaan kesihatan mental tidak boleh diabaikan. Warga emas sering berhadapan dengan rasa sunyi, hilangnya pasangan hidup, atau kurangnya sokongan sosial. Oleh itu, sokongan Ciri-ciri Keluarga serta masyarakat amat penting untuk memastikan mereka tidak berasa tersinggir. Aktiviti sosial seperti mengertai kelab warga emas, menghadiri majlis keagamaan, atau merasmiakan diri dalam zorja sukarela boleh membantu mereka berasa dihargai dan tidak tersinggir.

Pemeriksaan kesihatan berkala perlu dilakukan dan ia amat penting bagi mengesan sebarang masalah kesihatan pada peringkat awal. Pemeriksaan seperti tekanan darah, tahap kolesterol, paras gula dalam darah, ujian mata dan pendengaran, serta pemeriksaan kesihatan gigi perlu dijadikan rutin. Dengan pengesanan awal, rawatan yang sesuai boleh diberikan sebelum keadaan menjadi lebih serius.

Kesimpulannya, menua dengan sihat memerlukan penekanan yang menyeluruh dan segi fizikal, mental, dan sosial. Penjagaan kesihatan warga emas bukan sahaja tanggungjawab individu itu sendiri, tetapi juga ahli keluarga dan masyarakat. Dengan sikongan dan kesedaran yang berterusan, warga emas dapat menikmati kehidupan yang berkualiti, termasuk, dan penuluhan sepanjang usia emas mereka.

HM 21/11/2025 MS/C45



# Menua DENGAN SIHAT

Panduan Penjagaan  
Kesihatan Warga Emas