

## Tahap keselamatan radiasi selamat

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**PUTRAJAYA** - Kementerian Kesihatan Malaysia (KKM) menegaskan tiada bukti teknikal menunjukkan kewujudan kluster kanser dalam kalangan kakitangan

di Unit Perubatan Nuklear, Pusat Perubatan Universiti Malaya (PPUM) selepas siasatan menyeluruh dijalankan.

Menerusi kenyataan pada Khamis, KKM menjelaskan, siasatan telah dilaksanakan bagi menilai tahap keselamatan radiasi serta pematuhan terhadap keperluan perundangan di bawah Akta Perlesenan Tenaga Atom 1984 (Akta 304) mendapati tahap keselamatan

radiasi di fasiliti berkenaan adalah selamat, terkawal serta tiada isu pematuhan keselamatan sinaran yang kritikal.

"Sehubungan itu, tiada bukti teknikal yang menyokong dakwaan bahawa pendedahan radiasi di fasiliti ini telah menyebabkan kejadian kanser dalam kalangan kakitangan," katanya.

Tegas KKM, keselamatan pesakit, pekerja kesihatan dan orang awam sentiasa menjadi keutamaan dengan pemantauan berkala serta audit pematuhan akan terus dilaksanakan dari masa ke masa bagi memastikan semua fasiliti mematuhi standard keselamatan radiasi yang ditetapkan.

"Orang ramai dinasihatkan agar tidak membuat sebarang spekulasi atau menyebarkan maklu-

mat yang tidak sahih yang boleh menimbulkan kebimbangan awam.

"KKM komited untuk memastikan ketelusan maklumat dan akan terus menyalurkan maklumat yang tepat berdasarkan bukti teknikal," jelas Kementerian Berkenaan.

Sebelum ini wujud dakwaan kluster kanser di fasiliti perubatan PPUM yang mencetuskan kebimbangan awam, khususnya berkaitan penggunaan teknologi sinaran dalam rawatan dan diagnosis perubatan.

Bekas juru X-ray di PPUM, Nur Fauzia Abdul Razak mendakwa, berlaku pelanggaran serius prosedur keselamatan radiasi di Unit Perubatan Nuklear hospital berkenaan sehingga menimbulkan

kebimbangan terhadap kesihatan kakitangan dan pesakit.

Nur Fauzia yang kini disahkan menghidap kanser hodgkin's lymphoma tahap empat berkata, dia terpaksa dibersarakan awal kerana tidak lagi mampu bekerja dan masih menjalani rawatan kemoterapi.

Dakwanya lagi, peningkatan kes penyakit dalam kalangan kakitangan mula dikesan selepas pemasangan mesin Positron Emission Tomography-Computed Tomography (PET-CT) di Menara Selatan PPUM beberapa tahun lalu.

Sehingga kini tiga staf turut disahkan menghidap kanser paru-paru, kanser darah dan kanser payu dara manakala empat lagi mengalami masalah tiroid.

# KKM sahkan tiada bukti kluster kanser PPUM



Laporan Sinar Harian baru-baru ini.

## Tahap keselamatan Unit Perubatan Nuklear PPUM terkawal

**Putrajaya:** Siasatan menyeluruh Kementerian Kesihatan (KKM) terhadap Unit Perubatan Nuklear di Pusat Perubatan Universiti Malaya (PPUM) mendapati tahap keselamatan radiasi di fasiliti berkenaan adalah selamat dan terkawal.

KKM menjelaskan hasil siasatan oleh Bahagian Kawalselia Radiasi Perubatan (BKRP), juga mendapati tiada isu pematuhan keselamatan sinaran yang kritikal.

Justeru, kementerian menegaskan, tiada bukti teknikal yang menyokong dakwaan pendedahan radiasi di fasiliti berkenaan menyebabkan kejadian kanser dalam kalangan kakitangan.

"KKM melalui BKRP menjalankan siasatan menyeluruh berkaitan dakwaan kewujudan kluster kanser dalam kalangan kakitangan di Unit Perubatan Nuklear PPUM. Siasatan ini bagi menilai tahap keselamatan radiasi serta pematuhan terhadap keperluan perundangan bawah Akta Pelesenan Tenaga Atom 1984 (Akta 304).

"Hasil siasatan mendapati tahap keselamatan radiasi di fasiliti terbabit adalah selamat, terkawal dan tiada isu pematuhan keselamatan sinaran yang kritikal," kata KKM sambil menambah keselamatan pesakit, pekerja kesihatan dan orang awam sentiasa menjadi keutamaannya.

Penjelasan itu susulan kenyataan seorang individu mendakwa bekas juru X-ray di pusat perubatan berkenaan mengenai kewujudan kluster kanser di unit berkenaan.

Individu itu mendakwa berlaku pelanggaran serius prosedur keselamatan radiasi di Unit Perubatan Nuklear PPUM sehingga menimbulkan kebimbangan terhadap kesihatan kakitangan dan pesakit.

KKM menegaskan akan terus melaksanakan pemantauan berkala serta audit pematuhan dari semasa ke semasa bagi memastikan semua fasiliti mematuhi standard keselamatan radiasi yang ditetapkan.

Selain itu, orang ramai dinasihatkan supaya tidak membuat sebarang spekulasi atau menyebarkan maklumat tidak sahih yang boleh menimbulkan kebimbangan awam.

"KKM komited untuk memastikan ketelusan maklumat dan akan terus menyalurkan maklumat yang tepat berdasarkan bukti teknikal," katanya.

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THE BORNEO POST

# 'Surge in middle-aged dialysis patients in Miri alarming'



**Jacqueline Raphael**

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**MIRI:** The rising number of dialysis patients aged between 40 and 49 in Miri is a growing concern, underscoring the urgent need for sustained community support to ensure continued treatment for those affected.

Transport Minister Dato Sri Lee Kim Shin said this age group forms the largest segment of patients at the Malaysian Red Crescent (MRC) Miri Branch Kidney Dialysis Centre, with many still actively working and supporting their families.

"This is the most critical group, those aged between 40 and 49. They are still working, their children are still in school, and they are the main breadwinners.

"Without dialysis, they will not be able to survive," he said during a press conference at the centre yesterday.

Also present were Miri Hospital director Dr Jack Wong and the dialysis centre's committee members.

Lee, who is also chairman of the centre and advisor to the MRC Miri branch, said the facility currently treats 324 patients, with more on the waiting list, the majority of whom are receiving subsidised care.

The Senadin assemblyman said the centre plays a pivotal role in sustaining lives, particularly for patients who are unable to afford private treatment.

"If we do not have this centre, where do these 324 patients go? They are practically left with no option."

He noted that dialysis treatment remains costly, with patients requiring about 13 sessions a month.

"At RM150 per session, this amounts to nearly RM2,000 monthly, excluding medication and other related costs.

"Even at this rate, most patients cannot afford it," he said, adding that existing subsidies have helped ease the financial burden.

He added that private medical centres charge significantly higher fees of about RM3,000 per month, further limiting access for lower-income groups.

Meanwhile, Lee said the centre has recently completed a major RM4.6 million renovation of its first dialysis hall, which was first established 31 years ago.

He said the upgrade involved a complete overhaul of outdated infrastructure, including electrical wiring, flooring, air-conditioning systems and a standby generator.

"The entire facility had deteriorated and no longer met health and safety requirements. For the safety of our patients, everything had to be replaced," he said.

Despite the completion of the renovation, he said the centre now urgently needs to replace 30 ageing dialysis machines in Dialysis Hall No. 1.

Out of 46 machines, 40 require immediate replacement as they are already about 10 years old, with the total cost estimated at RM15 million.

"To date, we have received confirmed donations amounting to RM274,000, which covers about five machines. However, we are still short of RM1.3 million," he said.

Lee urged corporate organisations, non-governmental organisations (NGOs), and the public to contribute towards the procurement of the new machines.

"We have completed the renovation, but without the machines, we cannot fully utilise the facility. We appeal to the community to continue supporting this life-saving effort," he said.

Currently, patients from the affected hall have been temporarily relocated to the MRC Permyjaya Dialysis Centre, which is operating three shifts daily to accommodate the increased load.

Lee said the MRC Miri Dialysis Centre, a non-profit facility, has been sustained for over three decades through strong community and corporate support.

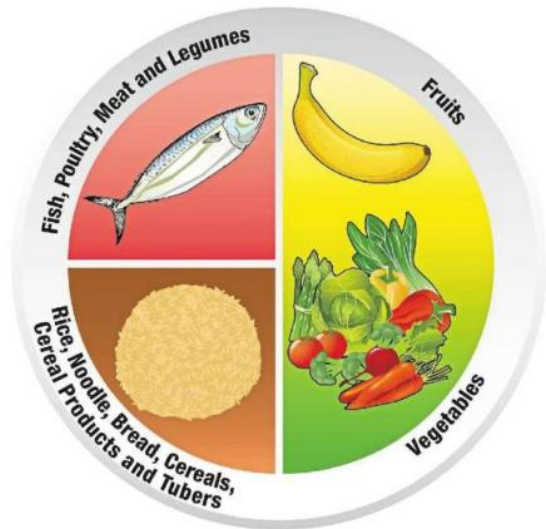
The centre now operates 114 dialysis machines across its facilities, making it the largest dialysis provider in Sarawak.

"We are running an annual subsidy shortfall of RM2.5 million, which we need to raise every year to support our patients," he said.

He added that all patients are assessed based on financial capability, with fees adjusted accordingly following home visits by welfare officers.

"Our aim is to ensure that everyone, regardless of their financial background, receives the same quality of dialysis. We want them to live normal, productive lives."

Lee also expressed appreciation to donors, including corporate bodies and NGOs such as Lions Clubs, for their continued contributions towards sustaining the centre's operations.



The Quarter Quarter Half concept of the Malaysian Healthy Plate revolves around dividing the plate into one quarter for carbohydrates, one quarter for proteins and half for fruits and vegetables. — Positive Parenting

# Guides to eating right

Food pyramids have been revised to incorporate the latest expert recommendations for a healthy diet.

By Asst Prof Dr CHEE HUEI PHING

THE frequency of diet-related chronic diseases is increasing globally.

This has led to experts rethinking approaches on how to guide populations to eat healthily.

Traditionally, food pyramids placed carbohydrates (rice, bread, etc) at the base, indicating that they should make up the biggest portion of daily intake.

However, Malaysia's 2020 revision marked a significant shift, in which vegetables and fruits now form the foundation of the food pyramid, signalling the pivotal role of fibre, vitamins and overall nutrient density.

Recently, the United States also reinforced what many describe as an "inverted pyramid", where emphasis is no longer on quantity of calories, but quality of nutrients.

Despite differences in presentation, both the Malaysian Food Pyramid 2020 and the inverted pyramid introduced in the 2025 to 2030 Dietary Guidelines for Americans converge several key principles:

> **Vegetables and fruits should be prioritised**

Both guidelines emphasise the importance of increasing plant-based food intake.

This is important in ensuring adequate fibre intake (with

three servings of vegetables and two servings of fruit daily)

> **Quality over quantity**  
This is a clear shift away from merely calorie-dense food towards nutrient-dense ones.

Calorie-dense food refers to food that is high in calories, but often lower in nutrients.

Examples include sugary snacks, fried food and pastries.

On the other hand, nutrient-dense food refers to food that is high in essential nutrients, but lower in calories.

These include green leafy vegetables, lean meat, fruit and whole grains.

> **Reduction of refined carbohydrates**

Both guidelines emphasise the reduction of refined carbohydrates and sugars in the daily diet.

The key drivers behind these updated recommendations are the increasing frequency of chronic diseases such as type 2 diabetes, obesity and heart disease.

However, the challenge lies not in awareness, but in implementing the recommendations. Bridging the gap between guidelines and routine habits remains a critical mission.

Adopting these dietary guidelines does not necessarily require drastic changes, however.

Small, consistent modifications can make a meaningful difference.

For instance, adding an extra

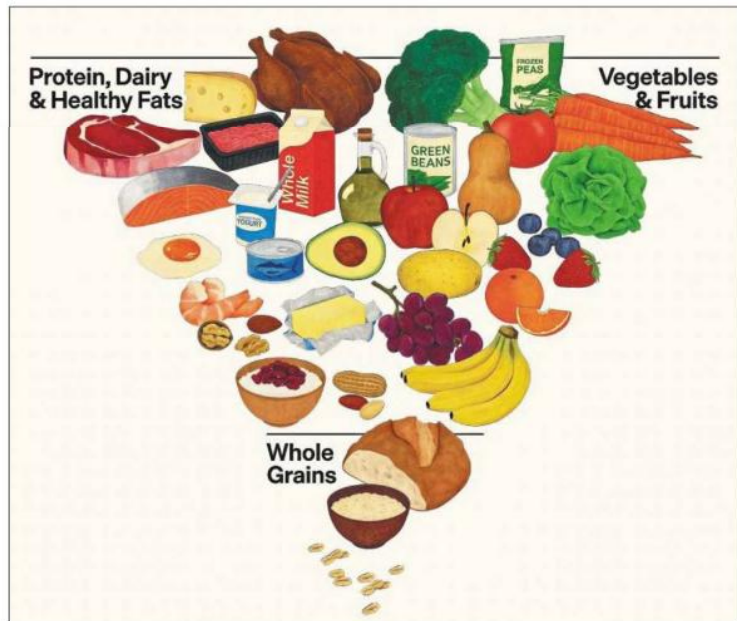
## MALYSIAN FOOD PYRAMID 2020 Guide to your DAILY food intake



Notes:

1. The recommended number of servings is calculated based on 1,500kcal, 1,800kcal and 2,000kcal for adults.
2. Less active/sedentary adults should choose the minimum number of servings.

The Malaysian Food Pyramid was updated in 2020 by the Health Ministry. — Dr TEE E SIONG



The revamped inverted Food Pyramid was introduced in the 2025-2030 Dietary Guidelines for Americans, launched on Jan 7, 2025. Department of Agriculture

...serving of green leafy vegetables to each main meal, choosing plain water over sugary beverages, or even opting for steamed dishes instead of fried ones.

The Healthy Plate Method is also a simple and easy way to help people make these changes.

In this visual concept:  
> **One quarter of the plate is filled with carbohydrates**  
It is recommended to select whole grains rather than refined carbohydrates.

For instance, you can opt for brown rice instead of white rice.

Starchy vegetables such as potatoes, sweet potatoes, yam, etc also fall under this category (rather than the fruits and vegetables category).

> **One quarter of the plate is**

**filled with proteins**

It is recommended to emphasise lean meat and to avoid processed food.

For instance, choose lean parts such as the chicken breast, instead of the drumstick or wings.

Also, go for white meat (e.g. fish and chicken), instead of red meat (e.g. pork and beef).

Reduce sodium intake (i.e. minimise added salt) in your dishes.

> **Half the plate is filled with vegetables and fruit**

Most of this portion should comprise non-starchy vegetables, while fruit can take up one serving.

Eat vegetables and fruits of various colours, as each colour provides different phytochemicals for your health.

> **Drink plain water**

Try to avoid sweetened beverages, as well as adding sugar to your drinks.

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## UMMC NUCLEAR MEDICINE UNIT

# No proof to support radiation exposure claims, says ministry

**KUALA LUMPUR:** The Health Ministry has found no technical evidence to support claims that radiation exposure at the Universiti Malaya Medical Centre (UMMC) Nuclear Medicine Unit caused cancer among its staff.

The ministry's Medical Radiation Regulatory Division conducted a thorough investigation into allegations of a cancer cluster among staff at the unit, assessing radiation safety levels and compliance with the Atomic Energy Licensing Act.

"The investigation found that radiation safety levels at the facility are safe, controlled and free of any critical compliance issues.

"There is no technical evidence to support the allegation that radiation exposure at this facility has caused cancer cases among staff," said the ministry yesterday.

It said the safety of patients, healthcare workers and the public remained its foremost priority.

It also cautioned the public against speculation and the spread of unverified information that could cause unnecessary alarm.

On April 17, UM refuted claims linking radiation from a PET-CT machine at UMMC to cancer cases among several staff members.

UM said PET-CT scan operations were conducted in accordance with strict safety standards.

Activist group #ReformIPT had called for a probe into alleged radiation safety breaches at UMMC, claiming that negligence led to staff developing chronic illnesses.

The group also alleged that there had been mishandling of the standard operating procedure during PET-CT scanner installations and claimed the hospital manipulated technical data to conceal the issue, in violation of the Atomic Energy Licensing Act.