

Planning for a fit take-off

Most travellers carefully organise their flights, accommodation and itineraries, but few prepare for the health risks they may encounter overseas. Travel medicine <> help keep travellers safe, healthy and ready for the unexpected, say health experts and travel industry players.

Stories by GERALDINE TONG
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AFTER polishing off four helpings at a hotel buffet and sampling food from a roadside stall in Lesotho, Adam Ho brushed off the stomach discomfort that set in shortly after.

The pain soon became so severe that he ended up spending more time in toilets than taking in the sights of the African nation.

Looking back, he says he learnt an important lesson from the ordeal: "Remember to always eat at the hotel buffet at least one hour before going out, and stop at two servings."

Ho's experience is far from unique.

According to IMU University deputy vice-chancellor (Research) Prof Datuk Dr Lokman Hakim Sulaiman, between 30% and 50% of international travellers will fall ill or sustain an injury while overseas.

Yet despite Malaysians making 66.6 million outbound trips in 2025, Health Minister Datuk Seri Dr Dzulkefly Ahmad said a local

study found that only 40.5% sought medical or health advice before travelling, while just 52.8% received pre-travel vaccinations.

He was speaking at the 2nd IMU University Travel Medicine Seminar 2026 recently. Themed "Connecting Stakeholders for Healthy International Travel", the seminar was organised by the IMU University in partnership with the Malaysian Medical Association, Malaysia Healthcare Travel Council, Malaysian Pharmacists Society, Malaysian Association of Tour and Travel Agents (MATTA), and the Association of Private Hospitals of Malaysia to discuss the evolving role of travel medicine in protecting travellers and strengthening Malaysia's public health preparedness amid increasing global mobility and emerging infectious disease risks.

As Malaysians travel further and to increasingly diverse destinations, experts say understanding destination-specific health risks has become more important than ever.

While many travellers spend



Hoping for healthy holidays: Data shows that between 30% and 50% of international travellers will fall ill or sustain an injury while overseas but only 40.5% sought medical or health advice before making their trip. — 123rf

weeks comparing airfares, planning itineraries, and deciding what to pack, experts say far fewer spend time preparing for the health risks they may face abroad.

That preparation falls under a specialised field known as travel medicine, which focuses on helping travellers identify and reduce health risks before they travel overseas.

Contrary to popular belief, however, travel medicine extends well beyond vaccinations.

A pre-travel consultation considers a traveller's destination, the length of the trip, planned activities, existing medical conditions, and even healthcare access at their destination before recommending ways to minimise potential health risks.

"The advice is the most important thing. Vaccines are actually secondary because many infec-

tious diseases when you travel abroad don't have a protective vaccine yet," says Dr Gerard Flaherty, a professor of travel medicine and international health at the University of Galway in Ireland.

He stresses that pre-travel consultations should focus on helping travellers understand the risks specific to their itinerary rather than simply administering vaccines.

After all, the advice given to someone spending a week shopping in Tokyo, for instance, may differ significantly from the advice given to someone trekking through Uganda, diving in Indonesia, or performing the hajj in Saudi Arabia.

"One size does not fit all," Dr Flaherty says, noting that pre-travel advice should be tailored to each traveller's itinerary and individual health needs.

Such consultations can cover

everything from food and water safety, insect-borne diseases, and extreme weather to managing chronic illnesses overseas, understanding local healthcare systems, and knowing what to do should a medical emergency arise.

Jabs must be tailored, too

Vaccinations remain an important part of travel preparation, but experts stress that recom-





Koh: Many vaccines need some time before they provide adequate protection, while others require multiple doses administered over several weeks, so seek advice early.



Dr Flaherty: The one-size-fits-all approach does not work for travel medicine, as pre-travel medical advice should be tailored to the individual traveller's needs and itineraries.

Recommendations differ depending on the traveller's itinerary.

Routine immunisations should first be brought up to date before considering destination-specific vaccines, says Dr James Koh Kwee Choy, a professor of internal medicine and infectious diseases at IMU University.

As with the advice given to travellers, recommended vaccines should also be tailored to every individual based on their travel plan.

"What activities they're doing also determines what kind of vaccines they'll need," he says.

Koh recounts how patients sometimes arrive convinced they need a yellow fever vaccination, only for a discussion about their itinerary to reveal that they do not.

For example, travellers head-

Travel Health Kit

Personal and Prescription Medicines

Protect your existing health and stay on track

- >Regular prescription medicines
- >Asthma inhalers, insulin, etc
- >Allergy emergency medicine
- >Malaria/altitude prevention medicine (if prescribed)
- >Bring enough and extra for delays

First Aid

Treat minor injuries and protect your skin and body

- >Plasters and adhesive bandages
- >Antiseptic wipes or solution
- >Gauze and tape
- >Antibiotic ointment
- >Anti-itch or hydrocortisone cream
- >Insect bite relief
- >Sunburn or after-sun care

Common symptom rescue medicines

Manage common travel problems early and safely

- >Pain and fever relief
- >Stomach and digestion support
- >Allergy relief
- >Diarrhoea relief and oral rehydration salts
- >Motion sickness relief
- >Cough and sore throat relief
- >Constipation relief

Sources: Alpro Pharmacy Sdn Bhd
Chief Pharmacist Lim En Ni, 2026
The Star graphics

ing to South Africa often assume they need the vaccine simply because they are travelling to Africa.

However, whether the vaccination is required may depend on seemingly small details such as where they are travelling from and even how they transit through countries where yellow fever is present.

The timing of the vaccinations is just as important, Koh adds, as many vaccines require time before they provide adequate protection, while others involve multiple doses administered over several weeks.

As such, it is recommended to seek pre-travel advice several weeks before departure whenever possible, rather than waiting until a few days before boarding a flight.

The familiar dangers

But while diseases such as yellow fever or malaria often attract the most attention, experts say travellers are far more likely to encounter much more familiar health problems.

"People think of Ebola, they think of malaria.

"But the most common complaints we receive from travellers, especially on the first day of a trip, are one of two things: diarrhoea or constipation," says

MATTA president Nigel Wong.

Dr Flaherty also says gastrointestinal illnesses remain among the most common travel-related health problems, particularly when travellers are exposed to unfamiliar food, water, or hygiene conditions.

Rather than avoiding local cuisines altogether, he says travellers should take sensible precautions, including paying attention to food hygiene and drinking safe water.

Fortunately, many of these conditions can be managed with prompt treatment and good preparation.

For example, chief pharmacist at Alpro Pharmacy Lim En Ni highly recommends packing oral rehydration salts along with general anti-diarrhoea medication to deal with dehydration from the condition.

Don't stand in the way

The changing profile of travellers has also transformed travel medicine as people are living longer and managing their chronic diseases better.

Many travellers are also no longer willing to let their medical conditions prevent them from exploring the world.

Instead of discouraging travel for such individuals, Dr Flaherty says healthcare providers should

help patients understand how their condition may affect their trip and how the trip itself could affect their condition.

He notes that medications prescribed for malaria prevention or altitude sickness, for example, may interact with medicines a traveller is already taking.

"Don't stand in the way," Dr Flaherty says, referring to older adults who wish to travel, adding that the goal of a pre-travel medical consultation should be to help travellers adapt their itinerary to suit their health needs rather than abandoning their plans altogether.

The importance of insurance

Yet, no matter how carefully a trip is planned, medical emergencies can still happen unexpectedly.

According to Wong, travel agents have helped coordinate hospital admissions, communicate with overseas healthcare providers, arrange insurance documentation, assist with flight changes, and, in some cases, even organise emergency evacuations or the repatriation of travellers who died overseas.

Those experiences, he says, underscore the importance of travelling with adequate insurance and understanding what it covers before departure.

"Unfortunately, some travellers still underestimate these risks and travel without adequate insurance coverage," he says.

Dr Flaherty adds that preparation also includes knowing where to seek medical care at your destination, carrying sufficient medication for the duration of your trip, and discussing any concerns with your healthcare provider before leaving.

Ultimately, experts say the goal of travel medicine is not about making people fearful of travelling.

Rather, it is to help travellers anticipate potential risks so they can spend less time worrying and more time enjoying their trip.

FOR MORE:
See page 20



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NATIONAL

Eateries **against** proposal to mandate free plain water

'Beverage sales form important source of income for many outlets, so proposal will inevitably affect businesses'

■ BY T.C. KHOR
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GEORGE TOWN: The Penang Hawkers Association has pushed back against a proposal to make plain drinking water free at eateries, saying a mandatory policy would erode profits and burden businesses.

Its president Ooi Thean Huat said the proposal is not feasible and should not be made compulsory.

"Whether to provide free plain water or charge customers who do not order drinks should be left to individual business owners. Every eatery has different operating costs and a different business model."

He added that food operators are already grappling with rising costs, including electricity, manpower and equipment maintenance.

"Beverage sales are an important source of income for many eateries. Drinks generate

a profit margin of about 40%, helping operators cover their operating costs. Making free plain water mandatory will inevitably affect businesses."

He also said while some eateries charge between 50 sen and 80 sen for customers who do not order beverages and others charge for plain water, such decisions should remain at the discretion of the business owner.

He added that most community events already provide free drinking water for attendees, which he described as "good for health".

On Wednesday, the Galen Centre for Health and Social Policy urged the government to require all licensed food establishments to provide customers with free plain drinking water to encourage healthier choices and reduce the consumption of sugar-sweetened beverages.

According to the National Health and Morbidity Survey 2023, 54.4% of Malaysian adults, which is more than 11 million people, are overweight or obese.

However, consumer opinions are divided.

Seri Delima resident Jennifer Ooi, who is in her 40s, welcomed the proposal.

"It is a good idea. They should provide plain water free of charge instead of charging customers between 50 sen and

RM2 for a glass," she said, referring to both hawker centres and restaurants.

"After all, not many people would opt for plain water, so it should not be a major concern for business owners."

Nurul Nabilah Azhan, 25, a technician from Kedah, also welcomed the proposal, saying many restaurants already provide free plain drinking water.

"It is a great idea. Many restaurants are already doing this, so it would be easy for more places to adopt it."

"I usually order plain water with my meal, but afterwards I will often buy sweet drinks from outlets such as coffee or bubble tea."

"Not everyone has the privilege of choosing healthier options, so it would be good if restaurants encouraged healthier choices by making them more accessible and appealing," she added.

Sharifah Nur Jannah, 45, who works in marketing and is based in Johor Bahru, said she fully supports the proposal and noted that many restaurants already provide complimentary plain water regardless of what customers order.

"When I eat out, I usually order plain water. I treat sweet drinks as a dessert, so having plain water with my meal helps me balance my sugar intake."

Real estate negotiator Kwok Kum Kay, 59, said restaurants charging premium prices for food and beverages should provide complimentary plain water.

"For *kopitiams* and food courts, charging between 50 sen and RM1 is acceptable. But if they can offer plain water free of charge, it would benefit consumers."

"A self-service system could be introduced at *kopitiams* to make it fair for operators."

Rama Murthy, 67, a former engineer, said many banana leaf restaurants provide complimentary plain water as part of the dining experience.

"Most banana leaf restaurants provide plain water free of charge. They usually place a jug of water on each table for customers to help themselves."

However, retiree Raymond Koay, 68, said obesity and the consumption of sugary drinks ultimately come down to personal choice and discipline.

"Restaurants that can afford it should provide free plain water."

"But coffee shops are different. They rent out stalls to hawkers for between RM30 and RM50 a day, yet still rely heavily on beverage sales."

"If they have to provide free plain water, they might as well just instal a water dispenser and go home."

Minister: Awareness of vape dangers to be heightened



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KUCHING: The Sarawak government will continue to strengthen public awareness and advocacy efforts on the dangers of vaping, particularly the misuse of drug-laced vape products known as 'Piu Piu'.

Minister of Women, Childhood and Community Wellbeing Development Minister Dato Sri Fatimah Abdullah said recent integrated enforcement operations involving the Royal Malaysia Police (PDRM), the

Ministry of Health (MoH) and the Narcotics Criminal Investigation Department (NCID) Sarawak did not find any prohibited substances being openly sold at registered vape premises.

She said each agency carried out inspections within its respective jurisdiction, with local authorities checking business licences, the MoH examining vape products for banned substances, and the police overseeing enforcement.

"However, that was only during the inspection. We know that everything may appear fine when enforcement officers are present at the place, but we know all is not well," she told

reporters when met after the 'Move for Gold's Go Bald 2026' programme at The Hills mall here yesterday.

Fatimah noted that cases linked to vape misuse would often emerge during police operations such as roadblocks or nightclub inspections.

She also said the Sarawak Cabinet had already agreed in principle to ban vape products statewide.

"Before the policy is implemented, the state Cabinet will ask my ministry and the Sarawak Health Department to carry out extensive awareness and advocacy programmes.

"We have already presented the proposal to the state Cabinet,

and in principle, the state government has agreed.

"But before implementation, we have been instructed to intensify public awareness and advocacy on the dangers of vaping," she said.

Fatimah said the matter would be tabled again at the Social Development Council meeting in the next two weeks, where agencies would present comprehensive statistics related to vape misuse.

She said the data to be compiled would include police records on accidents, crimes and other incidents linked to vaping, as well as health-related cases involving brain damage and other medical complications.

Sibu Hospital neurosurgery unit cuts MEDEVAC costs by over RM50 million

SIBU: The Neurosurgery Department at Sibu Hospital has achieved cumulative savings of more than RM50 million for patients and the healthcare system since 2013 by reducing the need for costly medical evacuations (MEDEVAC) to Kuching.

Deputy Health Minister Hanifah Hajar Taib said the achievement reflected the department's commitment to bringing specialist care closer to rural communities.

"Through determination and innovation, this team has successfully brought specialist services directly to the doorsteps of our rural communities," she said in her opening address at the Transforming Brain Injury 6.0 (TBI 6.0) conference here yesterday.

Hanifah commended the department, led by Dr Nelson Yap, for establishing outreach specialist clinics in Mukah, Bintulu, Sarikei and Kapit, significantly easing the financial, logistical and travel burden on patients and their families.

She also highlighted another major milestone achieved by the department in October 2025, when Sibu Hospital performed East Malaysia's first advanced epilepsy brain surgeries, including vagus nerve stimulation and anterior temporal lobectomy.

"The achievement enables patients in this region to receive advanced epilepsy treatment closer to home without having to travel to Kuala Lumpur.

"To the Sibu Hospital Neurosurgery team, you have created an inspiring model for developing rural specialist healthcare services that truly deserves national recognition," she said, adding that geographical challenges should never stand in the



Hanifah (second left) makes a stop at an exhibition booth during the TBI 6.0. On her left is National Head of Neurosurgery Services, Azmi Alias.

way of delivering world-class healthcare.

Hanifah said the Health Ministry remained committed to modernising the nation's healthcare system to ensure equitable access, so that patients in Kapit could receive the same standard of care as those in Kuala Lumpur.

As part of this commitment, she said Sarawak was on track to become Malaysia's first fully digital healthcare state by this year, with most government health clinics already operating on digital platforms.

"Innovative telehealth initiatives such as MediRover

Through determination and innovation, this team has successfully brought specialist services directly to the doorsteps of our rural communities.

— Hanifah Hajar Taib, Deputy Health Minister

and the MediDoc system are actively leveraging 5G and satellite connectivity to bring specialist care closer to rural communities," she said.

Hanifah said advances in modern medicine had been increasingly harnessing neuroplasticity and neuroregeneration through precision procedures such as awake craniotomies, advanced neurorehabilitation and multidisciplinary innovations.

"As Sarawak continues its journey towards becoming a developed and high-income region, a resilient healthcare system will serve as a key foundation for supporting economic development, attracting investment and improving the people's quality of life," she added.

Kanser kolon kian meningkat dalam kalangan orang muda

Sebahagian besar sedar hidapi penyakit pada tahap tiga dan empat

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Kuala Lumpur: Kira-kira 11 peratus kanser kolon di negara ini dideritai individu berusia di bawah 40 tahun dengan sebahagian besar daripada mereka menyedari sudah pada tahap lewat, iaitu tahap tiga dan empat.

Walaupun kanser kolon dilaporkan lebih kerap menyerang golongan lebih berusia, kajian diterbitkan dalam *Singapore Medical Journal* pada 2021 menunjukkan trend penyakit kanser kolon kalangan golongan dewasa muda semakin mendapat perhatian di seluruh dunia termasuk di Malaysia.

Berdasarkan laporan Jabatan Registri Kanser Kebangsaan, Institut Kanser Negara (IKN), jumlah kes kanser kolon, kini menjadi kanser kedua paling kerap berlaku dalam kalangan rakyat Malaysia, meningkat sebanyak 53.9 peratus, daripada 15,515 kes bagi tempoh 2012 hingga 2016 kepada 23,871 kes bagi tempoh 2017 hingga 2021.

Peningkatan itu berlaku bagi kedua-dua jantina, dengan kes dalam kalangan lelaki meningkat kira-kira 56.4 peratus, manakala dalam kalangan wanita, kira-kira 50.6 peratus.

Pengarah Urusan Persatuan Kanser Kebangsaan Malaysia (NCSM), Prof Dr M Murallitharan, berkata di Malaysia, kanser kolon masih lebih kerap berlaku dalam kalangan kumpulan usia lebih tua, terutama bagi usia 50 tahun ke atas.

Dr Murallitharan berkata, daripada 23,871 kes kanser kolon yang direkodkan Jabatan Registri Kanser Kebangsaan dari 2017-2021, kira-kira 3,653 kes (15.3 peratus) berlaku dalam kalangan individu bawah usia 50 tahun, manakala dalam kumpulan usia bawah 50 tahun, kes paling tinggi direkodkan dalam kumpulan usia 45 hingga 49 tahun, diikuti 40 hingga 44 tahun.

"Walaupun majoriti kes masih berlaku dalam golongan lebih berusia, trend kanser kolon dalam kalangan dewasa muda semakin mendapat perhatian, termasuk di Malaysia.

"Kajian tempatan menunjukkan 11 peratus kes kanser kolon adalah dalam kalangan individu di bawah usia 40 tahun dan sebahagian besar daripada mereka dikesan pada tahap lewat.

"Justeru, kanser kolon tidak lagi boleh dianggap sebagai pe-

nyakit yang hanya menyerang warga emas," katanya kepada BH.

Baru-baru ini, media antarabangsa melaporkan mengenai peningkatan kes kanser kolon dalam kalangan golongan dewasa muda, yang mana satu daripada lima kes yang didiagnosis berlaku dalam kalangan individu berusia bawah 54 tahun, menunjukkan peningkatan 11 peratus dalam kumpulan usia itu sepanjang dua dekad yang lalu.

Faktor usia, genetik

Mengulas lanjut, Dr Murallitharan, berkata terdapat beberapa faktor yang menyumbang kepada risiko kanser kolon, termasuk faktor tidak boleh diubah seperti peningkatan usia, genetik dan mereka menghadapi penyakit radang usus, terutama dalam tempoh lama.

Terdapat juga faktor boleh diubah, seperti tabiat pemakanan, obesiti dan kurang aktiviti fizikal serta tabiat merokok dan pengambilan alkohol.

Mengenai pengambilan makanan terlampau pedas secara berlebihan turut boleh menyum-

bang kepada risiko kanser kolon. Dr Murallitharan menjelaskan, ia mungkin boleh menyebabkan iritasi pada saluran gastrousus dan dikaitkan dengan beberapa masalah pencernaan, namun masih tiada bukti saintifik yang kukuh bahawa ia secara langsung menyebabkan kanser berkenaan.

Bagaimanapun katanya, jika makanan pedas diambil bersama makanan yang tinggi lemak, rendah serat atau makanan diproses secara kerap, corak pemakanan keseluruhan itu boleh menyumbang kepada peningkatan risiko kanser kolon.

"Risiko kanser kolon lebih banyak dikaitkan dengan faktor seperti pengambilan daging merah dan daging diproses yang tinggi, diet rendah serat, obesiti atau berat badan berlebihan, kurang aktiviti fizikal, merokok, pengambilan alkohol serta faktor genetik atau sejarah keluarga.

"Langkah pencegahan yang disarankan, termasuk meningkatkan pengambilan makanan tinggi serat, seperti buah-buahan, sayur-sayuran dan bijirin penuh, mengurangkan pengambilan daging diproses, mengamalkan gaya hidup aktif, mengekalkan berat badan yang sihat, mengelakkan merokok dan alkohol," katanya.

Dr Murallitharan berkata, ketika ini, tahap kesedaran mengenai kanser kolon di Malaysia masih kurang dan perlu dipertingkatkan.

Berdasarkan kajian tempatan dijalankan, separuh daripada responden (51.4 peratus) menyatakan kesediaan untuk menjalani saringan kanser itu menggunakan immunological Faecal Occult Blood Test (iFOBT), namun

FAKTA NOMBOR

15,515

kes kanser kolon

tempoh 2012 hingga 2016

23,871

kes

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kes

tempoh 2017-2021, berlaku dalam kalangan individu bawah usia 50 tahun

Infografik BH

Walaupun majoriti kes masih berlaku dalam golongan lebih berusia, trend kanser kolon dalam kalangan dewasa muda semakin mendapat perhatian, termasuk di Malaysia perlu dipertingkatkan

Dr M Murallitharan,
Pengarah Urusan Persatuan Kanser
Kebangsaan Malaysia (NCSM)



dalam kalangan responden yang tidak bersedia menjalani saringan, sebanyak 59 peratus menyatakan mereka tidak mempunyai sebarang gejala, lalu berasakan ujian itu tidak diperlukan.

Justeru, NCSM menyarankan orang ramai menjalani saringan kanser kolon secara berkala mengikut saranan profesional kesihatan bagi mengurangkan risiko dan meningkatkan peluang pengesanan awal.

Dr Murallitharan berkata, bagi individu berusia 40 hingga 75 tahun, ujian iFOBT boleh dilakukan setiap tahun, manakala kolonoskopi amat digalakkan, terutama bagi mereka yang mempunyai sejarah keluarga kanser kolon atau faktor risiko tertentu.

3.8B KENA HERPES

Ramai individu dijangkiti jadi penyebar virus secara senyap ekoran penyakit tunjuk gejala, simptom ringan

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Herpes adalah antara jangkitan virus yang paling meluas di dunia dan menjadi isu kesihatan awam global.

Ini kerana, kebanyakan individu yang dijangkiti tidak menyedari mereka membawa virus berkenaan.

Pertubuhan Kesihatan Dunia (WHO) melaporkan, dianggarkan lebih 3.8 billion orang di bawah umur 50 tahun di seluruh dunia, dijangkiti Herpes Simplex virus jenis 1 (HSV-1), iaitu kira-kira 64 peratus daripada populasi dalam kumpulan umur itu.

HSV-1 lazimnya menyebabkan kudis di mulut, namun juga boleh menyebabkan jangkitan di sekitar kawasan kemaluan (herpas genital).

Dianggarkan 520 juta orang berumur 15 hingga 49 tahun hidup dengan Herpes Simplex virus jenis 2 (HSV-2).

Ini bersamaan kira-kira 13 peratus daripada populasi dalam lingkungan umur berkenaan. HSV-2 adalah punca utama herpes genital.

Setiap tahun, berjuta

kes baharu herpes genital direkodkan di seluruh dunia, menjadikan jangkitan ini antara penyakit jangkitan seksual (STI) yang paling lazim.

Ramai penghidap tidak mengalami gejala atau hanya mengalami gejala yang sangat ringan.

Akibatnya, mereka mungkin tidak menyedari bahawa mereka dijangkiti dan boleh menyebarkan virus kepada orang lain.

Ubat antivirus seperti 'Acyclovir', 'Valacyclovir' dan 'Famciclovir' boleh membantu mengurangkan keterukan gejala, mempercepatkan penyembuhan serta mengurangkan risiko penularan.

Selain menyebabkan luka berulang, herpes genital meningkatkan risiko tiga kali ganda seseorang mendapat jangkitan virus kurang daya tahan penyakit (HIV), jika terdedah kepada virus itu.

Selain itu, individu dijangkiti kedua-dua HIV dan HSV-2 lebih berpotensi menyebarkan HIV kepada orang lain.

Malah, jangkitan HSV-2 antara jangkitan paling lazim dalam kalangan individu hidup dengan HIV.

Bagi individu mempunyai sistem imun lemah, termasuk mereka yang menghidap HIV pada peringkat lanjut, jangkitan herpes boleh menyebabkan gejala lebih teruk dan berulang dengan lebih kerap.

Dalam kes jarang berlaku, HSV-2 boleh menyebabkan komplikasi seperti 'meningoensefalitis', iaitu jangkitan pada otak, serta jangkitan yang merebak ke seluruh badan.

Sementara itu, jangkitan HSV-1 juga boleh mengakibatkan komplikasi serius seperti 'ensefalitis' (radang atau jangkitan otak) dan 'keratitis' (jangkitan atau keradangan pada kornea mata), walaupun kejadiannya jarang berlaku.

Selain itu, 'herpes neonatal' boleh berlaku apabila bayi terdedah kepada virus HSV semasa proses kelahiran.

Walaupun keadaan ini jarang berlaku dengan anggaran sekitar 10 kes bagi setiap 100,000 kelahiran di seluruh dunia, ia komplikasi serius kerana boleh menyebabkan kecacatan neurologi kekal atau kematian.

Risiko herpes neonatal

paling tinggi apabila seorang wanita dijangkiti HSV buat kali pertama pada lewat tempoh kehamilan.

Beban penyakit herpes bukan saja babitkan aspek kesihatan fizikal, malah beri kesan kepada kesejahteraan mental, hubungan sosial, kehidupan seksual dan kualiti hidup penghidap.

WHO turut menekankan keperluan meningkatkan kesedaran, mengurangkan stigma dan memperkukuh usaha pembangunan vaksin serta rawatan yang lebih berkesan.



HSV-1 menyebabkan herpes di kawasan mulut.



PESAKIT jumpa doktor untuk rawatan.