

New drug 'Piu Piu' sparks calls for vape ban

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KUALA LUMPUR: The use of electronic cigarettes or vape devices should be banned outright in Malaysia following growing concerns over a new synthetic drug known as "Piu Piu", detected in vape liquids, says Tan Sri Ayob Khan Mydin Pitchay (*pic*).

"Piu Piu" vape liquids is a mixture of various synthetic drugs, including Ketamine and Fentanyl.

The Deputy Inspector-General of Police said vape devices were increasingly being misused by drug syndicates to conceal the consumption and distribution of narcotics, particularly new psychoactive substances.

"The real concern is that these

devices are being dangerously abused by mixing them with new drugs or new psychoactive substances," he told reporters after visiting the Tunku Ampuan Besar Tuanku Aishah Rohani Hospital yesterday, in conjunction with the 219th Police Day celebration.

Ayob Khan said vape use had become increasingly popular and "a source of pride" among youths, making early intervention vital.

"We need to curb this problem before it worsens. Many countries have already banned vape products, and Malaysia should have the political will to do the same," he said.

He said the Narcotics Crime Investigation Department (NCID)



would continue conducting large-scale monitoring and enforcement operations, including inspections of vape outlets, to prevent the spread of "Piu Piu".

Early this year, Health Minister Datuk Seri Dr Dzulkefly Ahmad said a ban on open system vape devices is "almost there".

An open system vape refers to a refillable device where users manually fill a tank with their own e-liquid.

He said curbing open system vapes will be the first step, owing to its misuse where synthetic drugs have found their way into the product.

Meanwhile, Ayob Khan also said the police, particularly the

Integrity and Standards Compliance Department (JIPS), would not compromise with officers found colluding with drug syndicates.

He said stern action, including disciplinary measures and dismissal from service, had been taken against personnel involved in drug abuse.

"We conduct regular monitoring through JIPS and other relevant departments, including urine screening of all police officers and personnel.

On another matter, Ayob Khan said the issue of illegal settlements involving the Rohingya community has become increasingly difficult to contain and requires a comprehensive and well-planned solution.

He said it could no longer be

viewed solely as an enforcement matter and required cooperation from multiple agencies as well as the international community.

As of April, Malaysia is home to 219,472 holders of cards issued by the United Nations High Commissioner for Refugees.

"197,591 are Myanmar nationals and of that 128,200 are from the Rohingya ethnic group," he added.

Ayob Khan said efforts to address the Rohingya issue should not be placed solely on the shoulders of the police, the Malaysian Maritime Enforcement Agency or the Immigration Department.

He said the entry of undocumented migrants involved several layers of enforcement, beginning at sea before they eventually reach Malaysian shores.

PRIORITISING your heart health doesn't require a huge lifestyle overhaul, as small consistent changes often make the biggest difference.

British Heart Foundation (BHF) senior cardiac nurse Emily McGrath shares five easy ways to boost your heart health.

1. Find an activity that you enjoy

"Exercise is really important because it helps lower cholesterol and blood pressure levels, which are risk factors of cardiovascular disease," she explains.

"Additionally, your heart is a muscle, so you want it to be working, and being active helps increase your heart rate and helps make your heart stronger.

"Exercise also helps people control their weight, which is good, as excess weight is another risk factor."

Physical activity guidelines from the World Health Organization (WHO) recommend aiming for 150 minutes of moderate intensity exercise a week,

and McGrath stresses the importance of picking an activity that you enjoy.

"Our recent survey found that focusing on having fun and enjoying yourself could be the motivation so many of us need to fall in love with exercise and movement," says McGrath.

"With the gloom of winter finally over, now is the perfect time to seek some joy and make movement something you love and look forward to.

"You could go for a bike ride or enjoy a walk with friends."

2. Make healthy food swaps

Eating a balanced diet is one of the most effective ways to protect and boost your heart health.

"It's important to make sure that you don't have too much sugar, salt or fat, because these things contribute to high cholesterol levels, high blood pressure, weight gain and diabetes, which all contribute to cardiovascular risk," McGrath explains.

"Eating a balanced diet instead helps you get all the nutrients, vitamins, minerals and positive stuff that your body needs to function properly, which includes your heart as well."

Making small adjustments can go a long way.

"Think about the little changes that you could make on a day-to-day basis," she recommends.



Regular exercise is very important for our health, but an equally crucial factor is to choose a physical activity you will enjoy so that you will keep at it willingly, like dancing classes with friends. — Filepic

Small changes *for a* healthier heart

Making these minor tweaks to your lifestyle can have a significant effect on your heart health.

"For example, it could be swapping out sandwiches for a salad that contains healthy things like nuts, chickpeas and lentils, or instead of eating ice cream, you could have an ice lolly that is made from fruit juice."

There's some great heart-healthy recipe ideas on the BHF website if you are looking for more inspiration.

3. Stay hydrated

"Make sure that you are drinking enough water because it's so easy to forget to do that," says McGrath.

"When temperatures go up, it's really important to drink more water, especially when you exer-

cise because you're sweating more and losing more water."

Heat and dehydration can also affect your blood pressure.

"In the heat, your blood vessels dilate, which lowers your blood pressure, and dehydration can also lead to a drop in blood pressure," highlights the cardiac nurse.

"This can cause people to feel very faint and dizzy, and can hit people quite suddenly.

"Therefore, it's really important for your body to have lots of water on board."

You can stay hydrated through a mix of drinks and water-rich foods.

"Water is great, but even squash [also known as cordial]

and milk are good too," she says.

4. Check your blood pressure

"We always encourage people to check their blood pressure because we know that so many people are living with undiagnosed high blood pressure.

"It often displays with no symptoms, but puts more strain on the heart and increases the risk of cardiovascular disease, heart attacks and stroke," says McGrath.

You can check your blood pressure at home with an approved monitor, or at your local pharmacy or GP (general practitioner).

According to health experts,

you're usually considered to have high blood pressure if your reading is 140/90 or higher when checked by a healthcare professional, or 135/85 or higher when checked at home.

"I would always encourage people to know what their levels are, so that if they are high you can have a conversation with your doctor about what changes you can make to lower it," recommends the cardiac nurse.

5. Keep cool

"It's really important for people who have existing cardiovascular disease, as well as the elderly and children, to stay cool because they are less able to moderate their blood pressure and are slightly more vulnerable to the risk of heat stroke," says McGrath.

There are several things you can do to keep cool in hot weather.

"Make sure you're wearing loose-fitting clothing and try to avoid the peak hours of sun in the middle of the day," she recommends.

"Also, make sure your home stays cool by keeping the curtains shut." — PA Media/dpa

Norovirus a common infection for children

IT is the second most common cause of acute viral gastroenteritis in children after rotavirus. Norovirus is highly contagious and its symptoms, such as nausea, vomiting, abdominal pain and diarrhoea, can sometimes leave parents confused as it can mimic food poisoning.

Although both share similar symptoms, norovirus-related gastroenteritis generally takes effect one to two days after exposure to the virus, while food poisoning usually happens within a few hours of eating contaminated food, explains Pantai Hospital Ampang paediatrician Dr Hon Sai Kit.

Food poisoning can also result in bloody stools depending on the specific bacteria causing it.

Dr Hon adds that any warning signs, such as persistent vomiting with very poor oral intake, persistent high fever with lethargy, severe watery diarrhoea with reduced urine output and other



Dr Hon Sai Kit. PICTURE CREDIT: PANTAI HOSPITAL AMPANG

signs of dehydration, warrants medical attention.

"Proper hydration through adequate fluid intake prevents childhood dehydration, which can cause renal impairment and potential acute kidney injury in severe cases."

Infections tend to spread quickly among children due to their relatively immature immune system response to

germs. Children are also still developing hand hygiene skills and tend to display frequent hand-to-mouth contact without washing their hands.

Frequent sharing of items in crowded places such as schools and playgrounds adds to the problem.

Dr Hon says we need to teach children proper handwashing techniques with soap and water, particu-

larly before meals and after going to the toilet.

We should also regularly disinfect high touchpoints in school and common areas, as well as improve household and classroom ventilation as additional preventive measures, he says.

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HOW NOVOVIRUS SPREADS

- Direct person-to-person contact occurs via the faecal-oral route.
- Airborne droplets of vomitus containing viral particles.
- Fomite contamination/infected surfaces
- Consumption of contaminated food and water.

COMMON SYMPTOMS

- Nausea and vomiting (non-bloody, non-bilious). Vomiting is more prominent with norovirus infection than gastroenteritis caused by other viruses.
- Watery diarrhoea (non-bloody).
- Moderate abdominal pain, stomach cramps, generalised muscle ache, malaise and headache.
- Fever occurs in approximately half of cases.

KPDN rampas mesin terapi kulit tiruan bernilai tinggi dalam serbuan klinik estetik

Kuala Lumpur: Kementerian Perdagangan Dalam Negeri dan Kos Sara Hidup (KPDN) merampas sebuah mesin terapi kulit berteknologi tinggi yang dipercayai tiruan bersama 25 unit *transducer* dalam satu serbuan ke atas sebuah klinik estetik di ibu negara, baru-baru ini.

Mesin berkenaan dipercayai meniru peranti Ultherapy PRIME® yang digunakan dalam rawatan estetik bukan invasif, dengan nilai sebuah unit peranti asli mencecah RM366,000.

Serbuan itu dilaksanakan oleh Bahagian Penguat Kuasa KPDN susulan siasatan yang dimulakan selepas Merz Aesthetics menerima laporan daripada seorang pesakit pada Ogos tahun lalu berkaitan rawatan Ultherapy PRIME® yang ditawarkan oleh klinik terbabit.

Menurut Merz Aesthetics, semakin rekod mendapati klinik berkenaan tidak pernah membeli peranti Ultherapy PRIME® daripada Ulthera Inc., syarikat sekutunya, atau mana-mana penge-dar sah di Malaysia.

Siasatan lanjut turut mendapati akaun Instagram klinik berkenaan mendakwa ia adalah cawangan sebuah hospital di Shanghai, China.

"Susulan laporan yang diteri-



Mesin terapi kulit berteknologi tinggi serta 25 unit *transducer* dipercayai tiruan dirampas dalam serbuan di sebuah klinik estetik di ibu negara, baru-baru ini.

ma, siasatan menyeluruh dimulakan sekitar Oktober 2025 sebelum serbuan dilakukan.

"Hasil pemeriksaan mengesahkan bahawa klinik berkenaan menggunakan peranti Ultherapy PRIME® tiruan," menurut Merz Aesthetics.

Menurut syarikat itu, Ultherapy PRIME® adalah rawatan bukan invasif yang menggunakan teknologi ultrasound mikrofokus dengan visualisasi masa nyata,

membolehkan doktor melihat lapisan kulit dan menyalurkan tenaga secara tepat ke kawasan sasaran.

"Teknologi itu direka untuk membantu mengangkat serta menegangkan kulit melalui rangsangan penghasilan kolagen tanpa memerlukan pembedahan atau tempoh pemulihan yang panjang," katanya.

Merz Aesthetics turut menegaskan, penggunaan peranti ti-

ruan atau yang tidak mendapatkan kelulusan boleh menjejaskan keselamatan pesakit, selain memberi kesan terhadap keberkesanan rawatan serta hasil klinikal yang diharapkan.

Sehubungan itu, syarikat berkenaan merakamkan penghargaan kepada KPDN atas tindakan pantas dalam membanteras penggunaan peranti tiruan serta melindungi kepentingan pengguna.

Pada masa sama, orang ramai dinasihatkan supaya mendapatkan rawatan hanya daripada penyedia perkhidmatan yang dipertanggungjawabkan dan mampu mengemukakan Sijil Ketulenan Ultherapy PRIME® yang sah.

Pesakit juga boleh menyemak senarai klinik yang dipertanggungjawabkan bagi menawarkan rawatan Ultherapy PRIME® tulen melalui laman sesawang rasmi program berkenaan.

Kemunculan dadah 'Piu Piu' bukti vape wajar diharamkan

KUALALUMPUR - Penggunaan rokok elektronik atau vape wajar diharamkan sepenuhnya di negara ini berikutan kemunculan dadah sintetik baharu dikenali sebagai 'Piu Piu' yang dikesan dicampurkan ke dalam cecair vape dan mula menular dalam pasaran.

Timbalan Ketua Polis Negara, Tan Sri Ayob Khan Mydin Pitchay berkata, kebimbangan itu timbul susulan trend penyalahgunaan vape oleh sindiket pengedaran dadah sebagai medium untuk mengaburi kegiatan mereka daripada dikesan pihak berkuasa.

Menurutnya, isu utama ketika ini bukan lagi berkaitan potensi perniagaan vape sebaliknya risiko penyalahgunaan peranti itu yang semakin membimbangkan apabila dicampur dengan dadah jenis baharu atau *new psychoactive substances* (NPS).

"Ini kerana dadah mengandungi campuran fentanyl dan bahan kimia psikoaktif itu boleh beri kesan khayal teruk seumpama zombi kepada penggunaanya.

"Banyak negara luar telah mengharamkannya, oleh itu Malaysia juga perlu mempunyai kehendak politik untuk membanterasnya," katanya.

Beliau berkata, Polis Diraja Malaysia (PDRM) tidak mempunyai kuasa mutlak untuk mengharamkan penggunaan vape kerana perkara itu turut melibatkan bidang kuasa kementerian dan agensi lain termasuk Kementerian Kesihatan.

PADA masa kini, ramai individu yang sudah mula mengambil berat tentang kesihatan dan penampilan diri. Salah satu usaha yang sering dilakukan ialah berdiet untuk menurunkan berat badan.

Ada yang mengurangkan pengambilan nasi, mengelakkan makanan berminyak, ada juga yang sanggup berlapar demi mendapatkan bentuk badan yang diinginkan. Namun begitu, tidak semua individu berjaya menurunkan berat badan walaupun sudah lama berdiet. Keadaan ini menimbulkan rasa kecewa dan menyebabkan mereka kehilangan motivasi untuk meneruskan diet. Persoalannya, mengapakah berat badan masih sukar diturunkan walaupun seseorang itu sudah berdiet? Sebenarnya, terdapat beberapa faktor yang menyebabkan masalah ini berlaku.

Antara punca berat badan sukar turun ialah pengambilan kalori yang masih berlebihan tanpa disedari. Ramai individu beranggapan bahawa mereka sudah berdiet hanya dengan mengurangkan pengambilan makanan berat seperti nasi atau mi. Namun, mereka mungkin masih mengambil makanan ringan, minuman manis dan snek yang mengandungi gula dan lemak yang tinggi. Sebagai contoh, teh ais, kopi segera dan minuman berkarbonat yang mengandungi jumlah gula yang tinggi serta boleh meningkatkan jumlah kalori harian. Walaupun makanan utama dikurangkan, pengambilan kalori secara berlebihan tetap menyebabkan lemak terkumpul dalam badan.

Selain itu, kurang melakukan aktiviti fizikal juga menjadi faktor berat badan sukar turun. Diet semata-mata tanpa senaman mungkin tidak memberikan hasil yang memuaskan. Aktiviti fizikal seperti berjalan, berjoging, berbasikal dan bersenam membantu membakar kalori serta meningkatkan kadar metabolisme badan. Jika seseorang hanya menjaga pemakanan tetapi tidak aktif bergerak, proses pembakaran lemak akan menjadi lebih perlahan. Tambahan pula, gaya hidup moden yang banyak menghabiskan masa duduk di pejabat atau di rumah menyebabkan badan kurang menggunakan tenaga. Kesannya, kalori yang tidak dibakar akan disimpan sebagai lemak.

Tidur yang tidak mencukupi juga boleh mempengaruhi berat badan seseorang. Ramai orang memandang remeh kepentingan tidur yang berkualiti sedangkan ia memainkan peranan penting dalam mengawal hormon badan. Kurang tidur boleh menyebabkan hormon yang mengawal rasa lapar menjadi tidak seimbang. Keadaan ini akan menyebabkan seseorang mudah berasa lapar dan cenderung untuk makan secara berlebihan, terutama pada waktu malam.

Faktor tekanan atau stres juga tidak boleh dipandang ringan. Kehidupan yang sibuk, masalah pekerjaan, dan tekanan emosi boleh menyebabkan seseorang mengalami stres yang berpanjangan. Apabila seseorang berada dalam keadaan tertekan, badan akan menghasilkan hormon kortisol yang boleh meningkatkan selera makan. Ada individu yang menjadikan makanan sebagai cara untuk menghilangkan tekanan atau menenangkan emosi. Akibatnya, mereka cenderung mengambil makanan dalam kuantiti yang banyak, terutama makanan manis dan berlemak.

Selain faktor gaya hidup, masalah kesihatan tertentu juga boleh menyebabkan berat badan sukar turun. Antara

Mengapa BERAT BADAN

Susah Turun Walaupun Sudah Berdiet?

masalah kesihatan yang sering dikaitkan dengan kenaikan berat badan ialah gangguan hormon seperti hipotiroidisme dan sindrom ovari polistik (PCOS). Keadaan ini boleh mengganggu fungsi badan dalam membakar kalori dan mengawal lemak. Sesetengah ubat-ubatan juga boleh menyebabkan peningkatan berat badan sebagai kesan sampingan. Oleh itu, individu yang mengalami kesukaran menurunkan berat badan walaupun sudah menjaga pemakanan disarankan untuk mendapatkan pemeriksaan kesihatan daripada doktor.

Kesukaran menurunkan berat badan walaupun sudah berdiet boleh disebabkan oleh pelbagai faktor seperti pengambilan kalori berlebihan, kurang bersenam, tidur tidak mencukupi, stres dan masalah kesihatan tertentu. Menurunkan berat badan bukanlah proses yang mudah dan memerlukan disiplin serta kesabaran yang tinggi. Seseorang tidak seharusnya hanya bergantung pada diet semata-mata, sebaliknya perlu mengamalkan gaya hidup sihat secara menyeluruh. Dengan usaha yang konsisten dan cara yang betul, impian untuk mencapai berat badan ideal pasti dapat direalisasikan.

