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Govt websites hacked, says Nacsa

'Confidentiality and integrity of affected websites and data are at risk'

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PETALING JAYA: The National Cyber Security Agency (Nacsa) says that several government websites, including those of the Health Ministry (MOH), Malaysia Co-operative Societies Commission, Handicraft Development Corporation, and Women's Development Department, have been hacked.

In an advisory published on Friday via the National Cyber Coordination and Command Centre (NC4) website, a loophole in a content editing extension in the Joomla content management

system (CMS) had allowed the websites to be compromised.

"The hack is believed to be due to the vulnerabilities mentioned in the advisory. MOH has been informed and is taking the necessary mitigation actions," said a Nacsa spokesperson in a statement to *The Star*.

The advisory further states that the vulnerability allows for a remote attacker to create rogue CMS editor profiles to "upload and execute arbitrary PHP code, resulting in full pre-authentication remote code execution (RCE) on the affected web server".

This allows attackers to establish persistent backdoor access to

the website, with "code execution ability potentially leading to data theft, defacement, lateral movement and complete takeover of the hosting environment".

This means that the confidentiality, integrity and availability of the affected websites and the data that they possess are at risk.

"Malaysian NCII (National Critical Information Infrastructure) entities affected by this advisory are advised to report indicators or incidents to NC4 as per required under Act 854 for national coordination and intelligence sharing," the advisory states.

The agency further urges any website using the Joomla Content

Editor to update to version 2.9.99.6, or at least 2.9.99.5.

It states that for those unable to meet system requirements for those versions, there are free patches available from the software provider, while advising owners to undertake various mitigation efforts.

MOH's website appeared to have been hacked by a group calling themselves Mushr00w.

In a statement, MOH said preliminary findings indicated the access disruption was believed to have stemmed from a cybersecurity incident, which it is investigating while system recovery efforts are underway simultaneously to restore the portal.

"The ministry views this incident seriously and is working closely with relevant agencies to strengthen the security of its systems and prevent similar incidents from recurring," it said.

MOH also advised the public to obtain official information through its verified social media accounts and other official communication platforms while the portal remains inaccessible.

It also apologised for the inconvenience caused and expressed appreciation for the public's patience, though checks showed that the website - moh.gov.my - was back in action as of yesterday afternoon.

'More synthetic drugs, more addicts, mental illness

By IMRAN HILMY
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KEPALA BATAS: Synthetic drugs currently account for 73% of drug abuse cases in the country, posing an increased risk of "dual diagnosis" among addicts, says Datuk Ruslin Jusoh.

The National Anti-Drug Agency (AADK) director-general warned that the growing use of synthetic drugs, particularly through vape devices among young people, has led to a sharp increase in the number of addicts suffering from mental health issues.

"It leads to more cases involving dual diagnosis. They suffer from both drug addiction and mental health disorders," he told reporters after officiating the launch of the 2026 National Anti-Drug Day here yesterday.

Between January and March this year, 1,346, or 27% of the 5,030 individuals undergoing treatment at rehabilitation centres or through community-based programmes, were identified as having a dual diagnosis.

This was a sharp increase from the same period in 2025, when 548 individuals, or 6% of the 9,361 addicts receiving treatment, were found to have the same condition.

"The mental health issues vary. Some suffer from depression, while others experience hallucinations or psychological instability.

"In some cases, there is a risk of self-harm and suicidal tendencies, which require immediate intervention," he said.



Dangers of vaping: AADK assistant officer Rafnah Mongudanchal educating Muhammad Iman Al Faizin Mohd Syafrie and his mother Noor Ilyani Ab Manaf on the perils of vaping at the exhibition booth during the opening ceremony of the 2026 National Anti-Drug Day event at Dataran Sungai Muda in Kepala Batas, Seberang Perai. — ZHAFARAN NASIB/The Star.

Ruslin noted that synthetic drugs, such as amphetamine-type stimulants (ATS), including syabu, yaba and ecstasy, accounted for 73% of drug abuse cases.

He added that youths aged between 15 and 39 accounted for 84% of synthetic drug users, with peer influence remaining the biggest factor behind drug abuse.

"Our greatest concern is that

synthetic drug use is becoming part of the culture and lifestyle of many youths. These drugs are easily accessible and produce a much faster intoxicating effect," he said.

Owing to this trend, Ruslin said, AADK had been forced to review and improve its rehabilitation programmes, which previously focused on drugs such as heroin,

morphine and cannabis.

Meanwhile, Home Ministry secretary-general Datuk Awang Alik Jeman said 191,832 drug users and addicts were recorded in 2025, down from 192,857 in 2024.

In his speech on behalf of Home Minister Datuk Seri Saifuddin Nasution Ismail, he noted that ATS remained the most commonly abused drugs in the country.

KUALA LUMPUR: For decades, polycystic ovary syndrome (PCOS) has been one of the most misunderstood women's health conditions, with many people associating it solely with fertility problems.

However, medical experts say the disorder affects much more than the ovaries.

In a landmark move aimed at better reflecting the condition's complexity, PCOS has been officially renamed polyendocrine metabolic ovarian syndrome (PMOS).

Like their global counterparts, healthcare professionals in Malaysia have welcomed the name change, saying it highlights the disorder's broader hormonal and metabolic implications and could improve public understanding, diagnosis and long-term care.

The name change followed a landmark international consensus study published in *The Lancet*, one of the world's oldest and most prestigious medical journals.

In the 1930s, when researchers first identified the condition, they named it polycystic ovary syndrome based on the observation that women with the condition had enlarged ovaries filled with small, fluid-filled sacs.

The consensus study found the name to be "inaccurate, implying pathological ovarian cysts, obscuring diverse endocrine and metabolic features, and contributing to delayed diagnosis".

The condition, which affects one out of eight women or more than 170 million women worldwide, is characterised by fluctuations in hormones, with impacts on weight, metabolic and mental health, skin and the reproductive system.

Sunway Medical Centre Velocity consultant obstetrician and gynaecologist and fertility specialist Dr Ashley Chung said the change has helped foster a more holistic approach to managing PMOS

patients, shifting the focus beyond fertility issues to encompass overall health monitoring and long-term treatment.

She said the previous term, PCOS, often led to misconceptions because it placed emphasis on ovarian cysts, even though not all patients with the condition develop cysts on their ovaries.

"PCOS initially gave us a concept of problems with the ovaries that cause irregular periods and infertility. So, many people focused more on the condition of the ovaries.

"In doing so, they overlooked the possible (health) implications. The condition is closely linked to metabolic and endocrine disorders, with patients facing a higher risk of (developing) cardiovascular disease, type-2 diabetes mellitus and insulin resistance. Some also face the risk of developing hypertension and endometrial conditions, such as hyperplasia or even endometrial cancer."

Chung said the term PMOS provides a better understanding for the public and patients, and even clinicians and general practitioners, particularly in terms of diagnosis and treatment.

Femina Clinic founder and resident doctor Dr Alia Zafira Zaferi said the change in name from PCOS to PMOS is necessary as the previous term focused more on the ovarian appearance and not the condition itself, *Bernama* reported.

"It is not so much a reproductive system issue but a whole body issue. More importantly, it is a metabolic issue," she said, adding that the name change is an eye-opener for doctors as it will get them to look at the condition from different angles, not just the reproductive system.

Aside from improving the understanding of the condition, the shift to PMOS is also expected to reshape



Alia said the diagnosis of PMOS will extend beyond ultrasound findings and take into account other indicators, particularly those related to metabolic health and endocrine function. — PEXELSPIC

Renaming of PCOS improves public understanding of disorder

Move fosters more holistic approach to managing PMOS patients, shifting focus beyond fertility issues

diagnostic approaches.

According to Alia, the diagnosis of PMOS will extend beyond ultrasound findings and take into account other indicators, particularly those related to metabolic health and endocrine function.

"Previously, to diagnose PCOS, you just needed an ultrasound (scan) and that is about it. But now, we understand that a simple ultrasound is definitely not enough to diagnose PMOS. We need to do extensive blood screenings, sugar monitoring and also cardiovascular risk screening such as blood pressure monitoring to actually properly diagnose PMOS."

Chung said the shift to PMOS underscores the need for a more holistic approach to patient care, involving not only gynaecologists but also other specialists such as endocrinologists, cardiologists, ear, nose and throat specialists, and dermatologists.

"It is no longer solely a gynaecological issue. As gynaecologists, we help women with fertility and period regulation. We also look into the health of the uterus and ovaries, but we must not overlook the condition's metabolic aspects."

"Management (of the condition) with a multidisciplinary team will be (a) more advanced (approach) because we are now recognising PMOS as a multisystemic



Chung said the previous term, PCOS, often led to misconceptions because it placed emphasis on ovarian cysts, although not all patients develop cysts on their ovaries. — PEXELSPIC

condition," she said, adding that this approach would prevent delayed diagnosis of underlying health conditions that are linked to PMOS.

While Malaysia's healthcare community has welcomed the shift from PCOS to PMOS, experts say the transition will take place gradually as healthcare providers adapt to the new terminology and clinical guidelines.

According to Chung, while the name change is necessary, implementing it across Malaysia's healthcare system will require time and collaboration among healthcare professionals in both the public and private sectors.

"In Malaysia, there are many active international and national conferences involving clinicians and gynaecologists from private and government sectors. Our professional

associations are organising master classes and educational updates (on PMOS)."

She said widespread adoption will happen gradually as healthcare institutions update their systems.

"Changing a (medical) term involves many people (stakeholders) and takes a lot of time. However, the goal is to improve awareness of PMOS among the public and general practitioners, and (deciding) what are the next steps for follow-ups on new guidelines and training related to PMOS."

Alia agreed that it might take some time for Malaysian healthcare facilities to adopt the new terminology and be updated on the latest guidelines and recommendations on diagnosing and treating PMOS, adding that awareness on the condition has grown significantly in recent years.

'TAKING APPROPRIATE MEASURES'

Health Ministry confirms website hacked, tells public to be cautious

KUALA LUMPUR: The Health Ministry is taking "appropriate measures" after confirming that its website has been hacked.

In a Facebook post, the ministry advised the public not to enter the site for the time being.

"Do not click on any suspicious links or download any files from the site," it said, adding that it would continue to share updates through its social media platforms.

"We apologise for the inconvenience and will provide an update as soon as we can."

Earlier, the *New Straits Times* reported that the ministry's website was inaccessible amid claims that it had been hacked.

A Google search preview for the

website displayed the heading HACKED BY MUSHROOM, followed by the message, "We are Anonymous. We are Legion. We do not forgive. We do not forget. Expect us."

A Facebook user, Pendakwah

Teknologi, known for posting data breaches and cybersecurity incidents, also claimed the website had been hacked.

The user shared a screenshot of the website's landing page and said it had been taken at 2.11am.

'DUAL DIAGNOSIS'

'Synthetic drugs driving mental illness'

KEPALA BATAS: Synthetic drug abuse is fuelling a sharp rise in mental health disorders among addicts, posing a growing challenge to rehabilitation efforts as youths account for the vast majority of users.

National Anti-Drugs Agency (Nada) director-general Datuk Ruslin Jusoh said it was seeing an alarming increase in "dual diagnosis" cases, where addicts were also diagnosed with psychiatric disorders.

From January to March, 1,346 (27 per cent) out of 5,030 drug addicts and substance abusers undergoing treatment at drug rehabilitation centres had dual diagnosis, compared with 548 (six per cent) out of 9,361 patients in the same period last year.

"This is no longer just about drug addiction. We are now dealing with addicts who are also suffering from mental health disorders,

making rehabilitation far more challenging," he said after the National Anti-Drug Day 2026 celebration yesterday.

Ruslin said most of the psychiatric conditions the patients were diagnosed with were linked to synthetic drugs, particularly amphetamine-type stimulants such as syabu, yaba pills and ecstasy.

He said synthetic drugs now account for about 73 per cent of all drug abuse cases, with youths aged 15 to 39 making up 84 per cent of users.

"The worrying trend is that 84 per cent of synthetic drug users are youths and the figure continues to rise."

He said east coast states recorded the highest rates of synthetic drug abuse, particularly yaba pills and syabu, but cases were also increasing in west coast states.

He attributed the growing trend

to peer influence, easy access, the drugs' rapid intoxicating effects and personal or family problems.

Patients with dual diagnosis, he said, often experienced depression, emotional instability and hallucinations, with some displaying self-harm or suicidal tendencies.

"These cases require far more specialised intervention than conventional addiction treatment."

Ruslin said Nada was strengthening its rehabilitation modules and working with the Health Ministry to provide integrated treatment for addiction and mental health disorders.

He said the emergence of synthetic drugs, including those mixed into vape liquids, had fundamentally changed Malaysia's drug landscape, requiring rehabilitation and prevention strategies to evolve alongside new drug trends.

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Dominasi Gaya Hidup

Denggi

tidak pilih mangsa, semua berisiko



DENGGI tidak pernah memilih mangsa mahupun usia.



MEDIK



Lebih membimbangkan, jangkitan kali kedua dengan strain virus yang berbeza daripada empat jenis strain yang ada sebenarnya membawa risiko yang jauh lebih tinggi untuk mendapat serangan denggi yang lebih teruk.”

-Dr Anis Siham Zainal Abidin



Trauma tiga generasi menjadi bukti ia boleh menyerang sesiapa sahaja tanpa mengira peringkat umur

Oleh ZAITON ABDUL MANAF

RAMAI antara kita yang menganggap demam denggi ini sebagai perkara biasa. Alah, setakat demam bermusim yang akan sembuh selepas beberapa hari berehat di hospital. Namun hakikatnya, serangan virus bawaan nyamuk Aedes ini mampu mengubah landskap kehidupan sebuah keluarga dalam sekelip mata, malah boleh meragut detik-detik paling bahagia tanpa kita duga.

Inilah igauan ngeri yang dilalui oleh seorang perancang acara, Puan Syelina, 45, apabila bumbung keluarganya diuji dengan krisis denggi sebanyak dua kali sehingga melibatkan tiga generasi. Kisah duka itu

bermula pada tahun 2014, tepat sehari sebelum seluruh umat Islam menyambut ketibaan Aidilfitri yang sepatutnya penuh dengan hilai tawa kebahagiaan. “Memang sudah beberapa hari saya demam, tetapi saya fikir ia tidak serius, cuma demam biasa,” katanya mengimbas kembali detik awal sebelum disahkan menghidap denggi ketika berada di Pulau Pinang. Keadaan menjadi lebih parah apabila dalam masa yang sama, ibunya yang berada jauh di Terengganu turut rebah di bilik air akibat demam denggi berdarah sehingga terpaksa dikejarkan ke Unit Rawatan Rapi (ICU).

Suasana Syawal yang sepatutnya menjadi medan jejak kasih bertukar hiba apabila dua beranak ini bertarung nyawa di hospital negeri yang berbeza. Syelina terpaksa beraya di atas katil hospital, manakala ibunya kritikal dan tidak



FASA awal denggi sering disangka demam biasa, namun kesihatan pesakit boleh merosot

ke tahap kritikal dalam tempoh 24 jam sahaja.

sedarkan diri di ICU akibat kehilangan banyak darah. Mujurlah selepas mengharungi detik cemas, ibunya beransur pulih selepas tiga minggu menerima rawatan.

Jangkitan kali kedua

Namun, sangkaan bahawa badai sudah berlalu meleset sama sekali apabila kitaran duka itu berulang lagi pada tahun 2025. Kali ini, virus kejam tersebut bukan sahaja menyerang Syelina, malah turut menjangkiti anak perempuannya yang baru berusia lapan tahun sehingga bacaan platelet turun mendadak ke angka satu digit.

“Pada saat itu, perasaan gentar menguasai diri. Peristiwa yang berlaku pada ibu saya 11 tahun lalu menguasai fikiran. Saya asyik membayangkan yang sejarah akan berulang dan saya terpaksa mengharungi pengalaman yang sama, tetapi kali ini melibatkan anak saya,” luah Syelina.

Mengenangkan situasi anak kecilnya yang terpaksa ditempatkan di Unit Rawatan Rapi Pediatrik (PICU) akibat kebocoran plasma, Syelina mengambil keputusan nekad untuk

keluar awal dari wad bagi menemani anaknya. Pengalaman tersebut benar-benar meninggalkan trauma yang mendalam buat mereka sekeluarga sehinggalah sehingga kini, kehadiran seekor nyamuk sudah cukup untuk membuatkan jantung mereka berdegup kencang.

Tahap kritikal

Menyentuh tentang perkongsian impak kesihatan ini, **Perunding Pediatrik dan Pakar Penjagaan Rapi Pediatrik, Dr Anis Siham Zainal Abidin** menegaskan bahawa ramai masyarakat masih memandang ringan bahaya denggi kerana gejala awalnya yang sangat menyerupai demam virus biasa. Hakikatnya, tiada rawatan khusus untuk menyembuhkan penyakit ini dan keadaan pesakit boleh merosot ke tahap kritikal dengan sangat pantas dalam tempoh 24 jam sahaja.

“Apabila salur darah bocor, cecair boleh terkumpul di paru-paru dan abdomen, menyebabkan pesakit sukar untuk bernafas. Pada masa yang sama, paras platelet

menurun, yang akan meningkatkan risiko pendarahan.

“Gabungan semua perkara ini boleh mempercepatkan kegagalan organ untuk berfungsi,” jelas Dr Anis mengenai komplikasi bahaya yang biasanya muncul selepas fasa demam mula reda.

Beliau turut mengingatkan bahawa tanda amaran seperti demam panas berlarutan sekitar 39 hingga 40 darjah Celsius, sakit perut, muntah, dan kelesuan melampau tidak boleh diabaikan sama sekali.

Lebih membimbangkan, jangkitan kali kedua dengan strain virus yang berbeza daripada empat jenis strain yang ada sebenarnya membawa risiko yang jauh lebih tinggi untuk mendapat serangan denggi yang lebih teruk.

Sebagai langkah pertahanan utama, Dr Anis menyeru masyarakat untuk mengambil tindakan proaktif seperti menghapuskan tempat pembiakan air bertakung, memakai ubat penghalau nyamuk, serta mendapatkan diagnosis awal di klinik.

Malah, beliau turut menyarankan pengambilan vaksinasi denggi sebagai perlindungan tambahan buat keluarga.

Lelaki Pakistan menyamar doktor klinik swasta ditahan

Suspek tiada sebarang pas perjalanan menjalankan amalan perubatan tanpa kelayakan

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Kuala Lumpur: Jabatan Imigresen (Imigresen) menahan seorang lelaki warga Pakistan yang menyamar sebagai doktor serta menjalankan amalan perubatan tanpa kelayakan dalam serbuan di klinik swasta di Subang Bestari, Selangor, Khamis lalu.

Operasi Khas yang dijalankan kira-kira jam 11.52 pagi itu dilaksanakan pasukan pegawai dan anggota Bahagian Perisikan dan Operasi Khas, Ibu Pejabat Imigresen Putrajaya hasil risikan selama sebulan.

Imigresen berkata, semakan awal mendapati suspek tidak memiliki sebarang pas atau dokumen perjalanan yang sah untuk berada di negara ini.

Katanya, tangkapan itu kes



Jabatan Imigresen Malaysia menyerbu sebuah klinik swasta di Subang Bestari dan menahan lelaki warga Pakistan menyamar sebagai doktor.

(Foto ihsan JIM)

keempat dikesan Imigresen sejak 2024 membabitkan warga asing yang dipercayai menyamar sebagai doktor.

"Dalam serbuan itu, Imigresen turut menyita pelbagai barang termasuk peralatan perubatan, cap nama suspek dan klinik, tablet, buku rekod urus niaga, dokumen Perakuan Amalan Tahunan serta dokumen Suruhanjaya Syarikat Malaysia (SSM).

"Siasatan awal mendapati suspek dipercayai menggunakan premis klinik swasta untuk menjalankan aktiviti perubatan

secara tidak sah selain diambil bekerja oleh individu warga asing yang tidak mempunyai kebenaran sah untuk bekerja dalam sektor perubatan di negara ini," katanya dalam kenyataan semalam.

MC tanpa pemeriksaan

Imigresen berkata, bagi mengaburi pihak berkuasa dan meyakinkan pesakit, klinik berkenaan dipercayai menggunakan dokumen Perakuan Amalan Tahunan serta kelayakan perubatan milik individu lain.

"Pemeriksaan lanjut turut mendapati klinik terbabit dipercayai mengeluarkan sijil cuti sakit (MC) tanpa menjalankan pemeriksaan atau penilaian kesihatan terhadap pelanggan dengan mengenakan bayaran RM20 bagi setiap sijil.

"Klinik itu dipercayai beroperasi sejak lapan bulan lalu.

"Suspek ditahan mengikut Seksyen 6(1)(c) Akta Imigresen 1959/63, manakala seorang wanita tempatan diberikan notis hadir ke pejabat imigresen bagi membantu siasatan," katanya.



KEBANYAKAN remaja terperangkap dalam 'wabak kesunyian' akibat kerosakan sistem ganjaran otak mereka.

REMAJA MANGSA SINDROM 'OTAK POPCORN'

ALGORITMA 'GODAM' MINDA

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Krisis kesihatan mental generasi muda akibat ancaman sindrom 'Otak Popcorn' dan ketagihan media sosial kini berada di tahap kritikal sehingga menuntut keperluan mendesak kerajaan mewujudkan pusat pemulihan (rehab) khusus internet.

Presiden dan Pengasas Persatuan Kesedaran dan

Sokongan Penyakit Mental (MIASA) Malaysia, Anita Abu Bakar berkata, intervensi bersepadu itu penting bagi menyelamatkan remaja yang kini terperangkap dalam 'wabak kesunyian' akibat kerosakan sistem ganjaran otak mereka.

Beliau berkata, walaupun remaja hari ini kelihatan sentiasa berhubung secara maya, hubungan itu hakikatnya hanya bersifat luaran yang membuatkan mereka berasa kosong, tidak difahami dan terasing da-

ripada dunia nyata.

"Media sosial mencipta ilusi keintiman melalui jumlah tanda suka dan komen yang memberi rasa diterima buat sementara waktu, tetapi ia tidak menggantikan hubungan manusia yang autentik.

"Lebih malang, kebanyakan remaja tidak sedar bahawa algoritma adalah punca kepada kegelisahan mereka, sebaliknya memilih untuk menyalahkan diri

sendiri kerana merasakan hidup mereka tidak cukup sempurna berbanding realiti maya yang sudah ditapis," katanya.

Menyentuh perlindungan di peringkat sekolah, Anita mendedahkan satu realiti pahit apabila modul kaunseling sedia ada di negara ini masih belum sepenuhnya bersedia untuk menangani trauma psikologi baharu yang dipacu oleh kecerdasan bu-

Penubuhan pusat pemulihan khusus ketagihan internet amat penting

ANATOMI OTAK NORMAL vs 'OTAK POPCORN'

OTAK NORMAL

- **Prefrontal Cortex Stabil:** Kawalan emosi yang baik, mampu berfikir logik dan rasional.
- **Rentang Tumpuan Panjang:** Mampu memberi fokus mendalam pada satu tugas dalam tempoh lama.
- **Aliran Dopamin Stabil:** Mendapat ganjaran kognitif yang perlahan tetapi stabil (contoh: melalui pembacaan buku).
- **Kesihatan Mental:** Otak berada dalam keadaan tenang dan stabil ketika waktu rehat sebenar.
- **Daya Empati Tinggi:** Mempunyai sifat belas kasihan hasil daripada interaksi manusia secara bersemuka.

OTAK POPCORN

- **Prefrontal Cortex Terbantut:** Menyukarkan regulasi emosi, menyebabkan individu cepat melenting dan impulsif.
- **Fokus 15 Saat:** Tumpuan yang pendek dan hanya boleh bertahan pada visual yang pantas.
- **Tembakan Dopamin Bertubi-tubi:** Ketagihan akibat ganjaran pantas daripada algoritma video pendek media sosial.
- **Kelesuan Kognitif:** Memproses maklumat digital tanpa henti sehingga menyebabkan keletihan mental melampau.
- **Empati Meluntur:** Cenderung melihat orang lain sekadar kandungan digital sehingga budaya mengejek menjadi normal.

INFOGRAFI | Metro

tan (AI).

Beliau berkata, kaunseling sekolah didapati masih berfokus kepada isu tradisional seperti akademik dan disiplin, sedangkan remaja kini bergelut dengan ancaman siber buli, ketagihan digital, isu imej tubuh dan pemikiran bunuh diri.

"Oleh itu, barisan hadapan kesihatan mental kita perlu segera dilatih dengan literasi algoritma dan kemahiran menangani intervensi ketagihan internet menggunakan pendekatan yang lebih dekat dengan jiwa Gen Z," katanya.

Dalam mendepani isu ini secara makro, beliau berpandangan sudah tiba masanya wujud undang-undang dan polisi yang lebih ketat bagi memastikan syarikat penyedia platform bertanggungjawab secara serius terhadap kemerosotan emosi generasi ini.

Beliau berkata, Malaysia boleh mempertimbangkan untuk mencontohi pendekatan negara luar yang berani memantau dan me-

ngambil tindakan undang-undang ke atas syarikat platform bagi melindungi kesihatan mental masyarakat.

"MIASA berpegang kepada 'Pendekatan Seluruh Negara' (*Whole Nation Approach*) di mana semua pemegang taruh mesti memainkan peranan namun tindakan undang-undang juga perlu disokong bukti saintifik yang kukuh supaya ia adil," katanya.

Sebagai langkah intervensi segera di lapangan, beliau berkata penubuhan pusat pemulihan khusus ketagihan internet amat penting bagi menyediakan rawatan yang lebih tersusun dan ruang persekitaran yang selamat untuk pesakit.

Anita berkata, pusat berkenaan berupaya menawarkan rawatan klinikal seperti Terapi Tingkah Laku Kognitif (CBT) yang mencabar pemikiran tidak realistik pesakit, selain melaksanakan detoks digital berstruktur serta kumpulan sokongan.

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Kepala Batas

Agensi Antidadah Kebangsaan (AADK) kini berdepan cabaran baharu yang lebih kompleks apabila mengesan peningkatan ketara kes *dual diagnosis* iaitu keadaan apabila seseorang individu mengalami masalah ketagihan dadah dan gangguan mental secara serentak.

Ketua Pengarah AADK, Datuk Ruslin Jusoh berkata, perkembangan itu menjadi cabaran baharu kepada agensi berkenaan kerana rawatan yang diberikan bukan sahaja tertumpu kepada masalah ketagihan malah turut membabitkan aspek kesihatan mental.

Beliau memaklumkan, setakat Januari hingga Mac tahun ini, seramai 1,346 individu atau 27 peratus daripada 5,030 penagih dan

penyalah guna dadah yang sedang mengikuti Program Rawatan dan Pemulihan Dalam Institusi (RPDI) di Pusat Pemulihan Penagihan Narkotik (PUSPEN) dikenali mengalami isu berkenaan.

"Angka ini menunjukkan peningkatan membimbangkan berbanding tempoh sama tahun lalu apabila hanya 548 individu atau enam peratus daripada 9,361 penagih membabitkan kes penyalahgunaan dadah yang menerima rawatan di PUSPEN dikenali pasti mengalami masalah sama.

"Peningkatan ini bukan

CABARAN BAHARU BUAT AADK

PENAGIH HADAPI DUAL DIAGNOSIS

sahaja menunjukkan peningkatan pengambilan dadah sintetik, malah turut memberi kesan kepada peningkatan gangguan mental dalam kalangan penagih," katanya selepas menghadiri Majlis Perasmian Sambutan Peringatan Hari Antidadah Kebangsaan 2026 di Dataran Sungai Muda, semalam.

Mengulas lanjut mengenai trend itu, Ruslin menjelaskan isu itu berkait rapat dengan penggunaan dadah sintetik yang semakin meluas termasuk taktik licik pengedar yang mencampurkan bahan terlarang tersebut ke dalam ce-

cair rokok elektronik atau vape bagi pasaran terbuka.

Beliau berkata, gangguan mental yang dialami merangkumi pelbagai bentuk klinikal antaranya termasuklah kemurungan melampau, ketidakstabilan emosi dan halusinasi teruk selain turut dikhuatiri mengancam keselamatan diri penagih dan individu di sekeliling mereka.

Katanya, keadaan itu menyebabkan AADK perlu menambah baik modul rawatan sedia ada dari semasa ke semasa supaya bersesuaian dengan pola penyalahgunaan dadah yang semakin berubah dengan mo-

dul sebelum ini lebih tertumpu kepada ketagihan dadah tradisional seperti heroin, morfin dan ganja.

"Ini menjadi cabaran kita untuk menangani sebab kita tahu peranan kita memberi rawatan pada masalah penagihan dadah jadi kita bekerjasama dengan Kementerian kesihatan (KKM) khususnya dalam meneruskan proses rawatan kepada mereka.

"Justeru, aspek rawatan mental perlu diberi perhatian serius kerana ia memberi kesan langsung terhadap keberkesanan proses pemulihan penagihan dadah," katanya.

Kes demam denggi di Kelantan menurun

Kota Bharu: Jabatan Kesihatan Negeri Kelantan (JKNK) merekodkan 319 kes demam denggi termasuk satu kematian bagi tempoh Januari sehingga 20 Jun lalu.

Pengarahnya, Datuk Dr Mohd Azman Yacob berkata, bagaimanapun jumlah itu menunjukkan penurunan sebanyak 63.54 peratus berbanding 875 kes yang dilaporkan dalam tempoh sama pada tahun lalu.

Katanya, jumlah wabak denggi di Kelantan turut mencatatkan trend penurunan apabila hanya 14 wabak direkodkan sehingga 20 Jun lalu berbanding 66 wabak dalam tempoh sama tahun lalu, iaitu penurunan sebanyak 78.8 peratus.

"Walaupun trend kes dan wabak denggi menunjukkan penurunan, dalam tempoh tiga minggu selepas Hari Raya Aidiladha, sebanyak 67 kes baharu demam denggi dan lima wabak baharu telah dikesan," katanya.

Ada pihak godam portal rasmi KKM?

Kuala Lumpur: Portal rasmi Kementerian Kesihatan (KKM) mengalami gangguan akses semalam dipercayai berpunca insiden keselamatan siber.

Menurut kenyataan KKM, pihaknya sedang menjalankan siasatan terperinci bagi mengenal pasti punca kejadian dengan kadar segera.

Pada masa sama, tindakan pemulihan sistem sedang dilaksanakan bagi memastikan portal rasmi kementerian itu dapat beroperasi semula secepat mungkin.

"KKM memandang serius insiden ini dan sedang bekerjasama rapat dengan agensi-agensi berkaitan untuk memastikan aspek keselamatan sistem diperkukuh serta bagi mengelakkan kejadian seumpama ini daripada berulang," menurut kenyataan itu.

Orang ramai dinasihatkan mendapatkan maklumat rasmi melalui saluran media sosial kementerian dan platform komunikasi rasmi lain sepanjang tempoh gangguan itu.