

# A breath of fresh air

## Proposed law to end toxic loopholes in fumigation

By QISTINA SALLEHUDDIN  
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**PETALING JAYA:** A proposed law to tighten fumigation regulations is seen as a vital step to address safety risks in an industry where the use of toxic gases has previously led to severe consequences.

Industry stakeholders said the move reflects long-standing concerns and regulatory gaps in a sector where mistakes can be deadly.

"Fumigation uses dangerous gases. These are classified as highly toxic and can be fatal if there is any failure in procedure or safety compliance at site level," said Terminex Pest Control Sdn Bhd chief executive officer Intan Noorafniza.

She said fumigation remains one of the most high-risk operations in pest control due to the chemicals involved.

There have been past incidents involving deaths linked to non-compliance with standard operating procedures, underscoring the need for tighter enforcement, she said.

Currently, fumigation work is licensed primarily at the individual level, meaning only certified personnel are permitted to carry out and supervise operations involving toxic gas release.

While this ensures operators are trained, Intan said it also limits accountability.

"Previously, if something went wrong, action was taken mainly

against the individual. The company itself was often not directly affected," she said.

This, she said, has created loopholes, where individuals whose licences are suspended may still continue working under different arrangements, without addressing compliance issues within companies.

Intan pointed out that similar dual-licensing systems already exist in other areas of pest control, where both individuals and companies must hold valid licences and can face suspension if regulations are breached.

"The proposed law would ensure a more balanced system. If a company fails to ensure proper procedures are followed, then the company should also be held accountable," she said.

Fatalities and illnesses have been reported in Malaysia in relation to fumigation involving toxic substances such as methyl bromide and organophosphate-based pesticides.

This includes a case last year in which a worker was killed and several others injured following a fumigation exercise at a Penang factory.

Pest Group executive director Gerard Liew Chieh said the pro-

**"If a company fails to ensure proper procedures are followed, then the company should also be held accountable."**

Intan Noorafniza

posed regulatory shift could improve accountability by tying licensing closely to companies rather than individuals.

Citing Indonesia as an example, he said licensing there is issued to companies rather than solely to individuals.

He said under the current system, licensed fumigators can move between companies relatively easily, which can create challenges for operational continuity.

"If licences are tied to companies, it creates greater stability and responsibility within organisations," he said.

He acknowledged that the proposed changes could increase operational costs due to licensing fees and compliance requirements, but said this may be necessary to strengthen industry standards.

### Fumigation Control Act: Key changes

Aspect	Current legislation	Proposed legislation
<b>Controlled substances</b>	Hydrogen cyanide and methyl bromide only	All types of fumigants (including phosphine and sulfuryl fluoride)
<b>Licensing</b>	Only individual fumigators are licensed	Individual fumigators are licensed and companies are registered
<b>Maximum penalty</b>	RM500	RM 50,000 fumigators and RM 200,000 (companies)
<b>Notice procedure</b>	24-hour manual written notice	48-hour online notice via an electronic system
<b>Safety checks</b>	Basic requirements such as gas mask, flashlight	Risk assessment, emergency Response Plan (ERP) and digital gas detectors are mandatory

Source: Health Ministry



"The barrier to entry will be higher, but that means only properly structured and competent companies will remain in the market," Liew said.

Occupational health expert Prof Dr Rosnah Ismail of Universiti Kebangsaan Malaysia said the proposed law represents an important shift towards strengthening both public and occupational health protection through more objective, science-based safety controls.

She said the move reflects the need to shift away from subjective methods of assessing safety, such as reliance on smell, as many hazardous gases can reach dangerous levels without being detectable.

"The absence of odour does not mean safety," she said, adding that exposure should be assessed using scientific limits that separate workplace standards from public guidelines.

She said fumigants such as

phosphine and sulfuryl fluoride are highly toxic even at low concentrations and require strict control measures.

"The chemicals cause serious health effects, including respiratory and neurological damage, particularly among vulnerable groups such as children, the elderly and pregnant women," she said.

Prof Rosnah said that effective safety management must prioritise risk control measures, including replacing hazardous chemicals where possible, along with proper monitoring and emergency plans and readiness to use atmosphere-supplying respirators for first responders.

"Furthermore, the presence of specific antidotes is vital. Authorities must clarify responsibility for stockpiling these life-saving treatments to ensure a rapid response to fumigant toxicity," she said.

# New fumigation law to boost public safety

By RAGANANTHINI VETHASALAM  
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**PETALING JAYA:** A new fumigation law which will introduce major changes in protecting public safety is being planned to replace the seven-decade-old Hydrogen Cyanide (Fumigation) Act 1953.

The necessity for the proposed Fumigation Control Act is in view of the limited number of chemicals that come under the existing law.

"It was originally drafted to control only hydrogen cyanide gas, before being expanded to include methyl bromide in 1978," the Health Ministry said, in reference to the current law which is well over 70 years old.

Fumigation is the process of using poisonous gas (fumigants) to eradicate pests, frequently performed at ports, on ships, in warehouses, commercial premises and residential areas.

"The industry today uses various other gases such as phosphine, ethandinitrile and sulfuryl fluoride which are not specifically controlled under the current Act, leading to uncontrolled safety risks," it said.

This is one of the primary reasons that warranted a new law, the ministry said in a draft document of the proposed Act.

Furthermore, the fines are too low currently, with the maximum



**Prevention is best:** A health inspector checking for mosquito larvae in old tyres in this file photo. Fumigation remains one of the most high-risk operations in pest control due to the chemicals involved.

fine being only RM500, an amount that is no longer a deterrent in preventing negligence that could result in death.

"The old Act only licenses individuals [operators] but does not mandate company registration. This makes enforcement difficult against companies that fail to provide complete safety equipment or insurance coverage."

Under the proposed new law, individual operators will be required to pass a fumigation examination, be physically fit to work, and undergo continuous accredited training.

Companies must be registered as fumigation companies and must possess public liability insurance and calibrated equipment.

"The manual notice system is abolished, any party wishing to carry out fumigation work is required to submit a job notice 48 hours before starting work via an online system," the ministry said.

Every work site must display a warning sign with a QR code for enforcement verification purposes, it added.

A high-risk fumigation permit is also required for sensitive areas such as hospitals, passenger ships or residential areas.

The ministry said a special permit from the Health director-general will be required before fumigation exercises can be carried out in sensitive areas.

Licences will no longer be focused only on individuals and will include companies.

Also, small tests will no longer be allowed.

"The use of the sense of smell to determine safety is prohibited. The issuance of a Certificate of Clearance can only be made after gas readings are confirmed safe using a calibrated digital detection device," it said.

Companies will have to be prepared for registration costs, employee competency training, and the procurement of modern gas detection equipment.

"Poisoning risks due to gas leaks at ports, cargo, or premises near public areas can be minimised through buffer zones and strict permits," it said.

The ministry said that these moves are being planned to provide the public with a higher assurance of safety.

The new law is also expected to strengthen Malaysia's biosecurity reputation at the international level by adhering to the latest standards for handling hazardous chemicals.

# Two heatstroke deaths reported

## Sports, training activities also linked to majority of heat-related illnesses

By VENESA DEVI and GERARD GIMINO  
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**PETALING JAYA:** Two deaths and 56 heat-related illnesses have been reported nationwide this year, the Health Ministry revealed.

It said 58% of the cases were linked to physical activity during hot weather.

"Of this, nearly half involved sports and athletic activities such as cross-country running, sports training and marathons.

"The rest involved high-intensity physical training by security and operational personnel," it said in a statement yesterday.

The ministry said of the cases reported as of yesterday, 47 were due to heat exhaustion, four to exertional heatstroke, four to heatstroke, and one to heat cramps.



**Keep it cool:** The public is advised to take preventive measures during hot weather, such as limiting strenuous physical activity and prolonged outdoor exposure. — IZZRAFIQ ALIAS/The Star

"The two deaths were due to heatstroke. One case involved a two-year-old who was left inside a vehicle, and the other a 42-year-old man who took part in a marathon in Penang. "Both cases occurred when weather conditions were below

Alert Level 1.

"However, the main risk factors identified were exposure to extreme heat in enclosed environments and prolonged strenuous physical activity, which led to severe dehydration and failure of the body's temperature regulation," the statement read.

The ministry advised the public to remain vigilant and take preventive measures during hot weather, such as limiting strenuous physical activity and prolonged outdoor exposure.

"If you must work under hot conditions, increase time spent resting in shaded areas to cool the body.

"The public is also advised to drink lots of water, even if they do not feel thirsty, to ensure the body remains hydrated.

"Use protective items such as hats and umbrellas while wearing light, loose and light-coloured clothing," it said.

The ministry also reminded the public to ensure high-risk groups such as infants, children, the elderly and individuals with chronic illnesses received sufficient hydration and were monitored.

"Avoid leaving children unattended inside vehicles and seek immediate treatment at a healthcare facility if you experience symptoms such as dizziness, nausea, muscle cramps or extreme fatigue."

As at 4pm yesterday, five localities nationwide were placed under a Level 1 heatwave alert.

In the peninsula, the areas were Jeli, Pasir Mas and Kuala Krai in Kelantan, and Padang Terap in Kedah. The other locality issued a Level 1 alert was Telupid in Sabah. Level 1 alerts are issued when the daily maximum temperature reaches between 35°C and 37°C for at least three consecutive days.

## Starmetro M/S 6

By LO TERN CHERN  
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COLORECTAL cancer is one of the most common cancer in Malaysia, with about 5,000 cases recorded annually and affecting 15 in every 100,000 men.

Unfortunately, almost three quarters of cases are diagnosed late, significantly reducing the chances of recovery, said Malaysian Society of Colorectal Surgeons president Dr Nurhashim Haron.

"Early-stage colorectal cancer carries about an 80% to 90% chance of cure.

"But many of our patients are diagnosed only at stage three or four," he said during the Coloproctology 2026 and 13th Biennial Congress of the Asean Society of Colorectal Surgeons at the Setia SPICE Convention Centre, Penang.

He said symptoms such as abdominal pain, changes in bowel habits or the presence of blood in stools should not be ignored.

"If you have early signs, seek medical attention so we can carry out investigations and avoid missing or late diagnosis."

He added that Malaysia has screening tools such as stool tests to detect hidden blood, which should be followed up with a colonoscopy if results were positive.

"Screening is crucial as it helps individuals without symptoms.

"Although screening traditionally begins at age 50, it should

## Rising colorectal cancer cases among young adults prompts call for early screening



Gooi (centre) trying out a colonoscopy machine during a booth visit at the Coloproctology 2026 and 13th Biennial Congress of the Asean Society of Colorectal Surgeons. With him is Dr Nurhashim (right) and Dr Ng. — Photos: CHAN BOON KAI/The Star

now start at 45.

"We are seeing younger cases based on the National Cancer Registry data, and this trend is increasing."

He said age-standardised incidence rates (ASR) per 100,000 people had risen from 14.8

between 2012 and 2016 to 18.8 between 2017 and 2021, reflecting a steady increase over the

past decade.

Penang health committee chairman Daniel Gooi said about 74.9% of colorectal cancer cases are detected at stage three and four, making treatment more complex.

"While awareness for women's health, particularly breast cancer, is strong through campaigns such as Pink October,



Visitors at a booth set up in Setia SPICE Convention Centre during the coloproctology conference.

men's health awareness still lags behind.

"In the past two years, we have organised health carnivals focusing on men to increase awareness," he said.

Also present at the congress, attended by about 500 delegates, was the event's scientific committee chairman Dr Elaine Ng Hui Been.

According to the Malaysian National Cancer Registry Report

2007-2011, colorectal cancer was the second most common cancer in Malaysia, accounting for 13.2% of cases with an incidence rate of 21.3 new cases per 100,000 population.

Data from the Malaysian Study on Cancer Survival (MyScan) showed that one-year relative survival for colorectal cancer was 87.8% at stage one, dropping sharply to 55.1% at stage four.

# Heat-related cases climb, two dead

■ BY FAIZ RUZMAN  
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**PETALING JAYA:** Malaysia's intensifying heat is turning deadly with 56 heat-related illness cases and two fatalities recorded this year, most triggered by physical activity under punishing temperatures, the Health Ministry said.

In its latest update yesterday, the ministry said cases reported nationwide from Jan 1 to May 3 comprised 47 instances of heat exhaustion, four exertional (activity-related) heatstroke cases, four non-exertional heatstroke cases and one case of heat cramps.

The latest tally marks an increase from the 41 cumulative cases reported by Health Minister Datuk Seri Dr Dzulkefly Ahmad on April 25.

The ministry said analysis showed that 58% of the cases were associated with physical activity in hot weather.

"Of that number, almost half involved sports and athletic activities such as cross-country runs, sports training and marathons while the rest involved high-intensity physical training by security forces and operations personnel," it said.

Several areas in Kedah, Kelantan and Sabah are currently under Level 1 alert or the watch level based on the Malaysian Meteorological Department's hot weather status issued at 6am yesterday.

"These areas recorded maximum daily temperatures of between 35°C and 37°C for at least three consecutive days," it said.

The ministry also confirmed two heatstroke deaths this year — a two-year-old child left in a vehicle and a 42-year-old man who took part in a 30km marathon in Penang on April 25.

The Penang victim reportedly collapsed near the finish line and was taken to Penang Hospital in critical condition before being admitted to the intensive care unit.

He died at 2.08am on April 26, with the cause of death confirmed as heatstroke with rhabdomyolysis and

multi-organ failure.

In a separate case in Seremban, a two-year-old boy was believed to have been left in a car after his mother forgot to drop him off at a babysitter before going to work on Jan 27.

Seremban district police chief ACP Azahar Abdul Rahim said the child was found unconscious at about 6.15pm and was pronounced dead at the scene by medical personnel from Tuanku Ja'afar Hospital.

The ministry noted that both deaths occurred when weather conditions were under Level 1 alert.

"The main risk factors identified were exposure to extreme heat in an enclosed environment and prolonged strenuous physical activity, leading to severe dehydration and failure of the body's temperature regulation," it said.

Amid rising concerns, the ministry advised the public to limit outdoor physical activities and avoid prolonged exposure to hot weather.

Those required to work outdoors should take frequent breaks in shaded areas to cool down, while the public is urged to drink plenty of water even when not thirsty.

"Use protective measures such as hats, umbrellas and light-coloured, lightweight clothing," it said.

The ministry added that prevention must also extend to household and caregiving practices.

"Ensure high-risk groups such as infants, children, the elderly and individuals with chronic illnesses receive adequate hydration and are closely monitored. Do not leave children unattended in vehicles. Seek immediate medical attention if symptoms such as dizziness, nausea, muscle cramps or extreme fatigue occur."

It also urged government agencies, educational institutions and care centres to take appropriate precautions when planning and conducting outdoor activities to reduce the risk of heat-related illnesses.

# New treatment could reduce need for premature birth due to high blood pressure

A pilot study suggests a blood-filtering treatment could safely extend pregnancy in women with severe early preeclampsia, potentially reducing the need for premature delivery caused by dangerously high blood pressure.

Preeclampsia, a serious pregnancy complication linked to high blood pressure, currently has no direct treatment apart from delivering the baby early. Researchers say the condition is partly driven by elevated levels of a placental protein known as sFlt-1, which worsens as the disease progresses.

Using a blood-filtering technique called apheresis, researchers removed sFlt-1 from the bloodstream in animal models before testing it on 16 women with very early preeclampsia.

The treatment extended pregnancy by a median of 10 days,



Preeclampsia is a serious pregnancy complication linked to high blood pressure.

– ALL PICS FROM 123RF

roughly double the expected duration without intervention. Side effects for mothers were mild, while babies showed no major complications.

Researchers noted while larger

controlled trials are still needed, the findings offer promising groundwork for addressing one of pregnancy's most dangerous complications.

– Reuters

# Heart procedure may beat drugs for common arrhythmia

A minimally invasive heart procedure may offer better long-term control than medication for patients with persistent atrial fibrillation (AFib), according to new clinical trial findings.

AFib, a common heart rhythm disorder, significantly increases the risk of stroke, heart failure and early death. While current guidelines often recommend medication as the first line of treatment for persistent AFib, new research suggests earlier procedural intervention may deliver stronger results.

In the study, 310 patients with previously untreated persistent AFib were treated either with standard antiarrhythmic medications or pulsed-field catheter ablation using Boston Scientific's Farapulse system.

The procedure works by guiding thin electrical leads through blood vessels into the heart, where short bursts of electrical energy target and eliminate tissue responsible for abnormal heart rhythms.

After one year, 56% of patients who underwent ablation remained free of abnormal heart rhythms, compared to 30% of those treated with medication alone.

Researchers also found the risk of serious side effects was similar between both groups.

The findings suggest earlier use of catheter ablation could provide more effective disease control for patients with persistent AFib, potentially reshaping how this condition is managed in the future. – Reuters

# Medical claims inflation may rise steeply this year on Middle East conflict, analysts say

BY ADELINE PAUL RAJ

Last year, medical claims inflation in the insurance sector fell to its lowest level since 2021, signalling that cost containment efforts were gaining traction. However, analysts expect a sharp rebound this year amid mounting cost pressures linked to the Middle East conflict, which could weigh on insurers.

Data from the Life Insurance Association of Malaysia's annual report, released last month, shows that the industry's medical claims payout — an indicator of medical claims inflation — rose 5.3% to RM9.4 billion in 2025, from RM8.9 billion the year before. This marked a sharp slowdown from growth rates of 14.4% in 2024, 26.2% in 2023 and 33.7% in 2022. In 2021, growth was 2.3% (see chart).

Medical claims make up the largest share of total industry claims, accounting for 53.9% last year. Total claims — for medical, death, disability, bonuses and others — increased by 3.4% to RM17.4 billion in 2025, from RM16.6 billion in 2024.

According to MBSB Research, although 2025 saw the lowest medical claims inflation in years, it could rise sharply in 2026 as war-related logistical disruptions are expected to drive up drug and medical equipment prices once again, like it did during the Covid-19 pandemic.

"Elevated drug and medical prices stemming from war-related logistical issues should result in steep medical cost inflation in the subsequent quarters [of the first quarter]," it says in an April 27 report on the insurance sector.

Supply chain disruptions and raw material shortages during the pandemic were a leading cause of the rapid healthcare inflation several years ago, it notes. Those issues eventually cleared up, which led to better control over global drug and medical equipment prices.

However, prices have started rising again. On April 10, Health Minister Datuk Seri Dr Dzulkefly Ahmad confirmed that the cost of medicines has risen by up to 30% to 40% in some cases — and possibly higher for specific medical devices. He said medicine stockpiles are stable until June.

"We expect this to drive up medical inflation in 2026 once again," MBSB Research says.

Higher medical costs are being felt globally. In the UK, for example, pharmacies have raised prices of over-the-counter medicines by 20% to 30%, with paracetamol — a common painkiller — more than quadrupling in price, while in India, there are increases of up to 96% for widely used painkillers, according to recent news reports.

Be that as it may, MBSB Research maintains a "positive" investment stance on the insurance sector, and expects insurers to post solid results for the first quarter of the year, continuing the momentum of the preceding quarter. The war began on Feb 28 and its impact was not yet felt in 1Q2026.

"The insurance sector should at least maintain its tremendous momentum in 1Q2026 — but subsequent quarters could see a negative impact from the ongoing war and its effect on the local macroeconomic environment. Slowing sales and a return of steep medical inflation are our main points of concern," it says.

General insurers in particular feel the pinch as the volume of vehicle and house purchases declines. Syarikat Takaful Malaysia Keluarga Bhd (Takaful Malaysia) (KL-TAKAFUL), highly dependent on banca-

takaful, could see some moderation in sales if loan growth figures weaken enough, it notes.

BIMB Securities too believes that medical inflation and claims remain one of the key near-term challenges for the insurance and takaful sector.

"Elevated medical claims are expected to remain a near-term headwind, with Malaysia's medical inflation projected to reach around 16% in 2026. This will continue to pressure medical claims ratios, which are likely to improve only gradually upon full implementation of the DRG (diagnosis-related groups) framework," it says in an April 21 report. Medical inflation was estimated at around 15% last year, according to news reports.

"Rising healthcare costs have driven premium increases, prompting Bank Negara Malaysia to cap annual premium hikes at 10%. To improve affordability, a standardised basic medical plan is scheduled for pilot rollout in 2H2026, ahead of a full launch in 2027. Delays in introducing affordable products could further constrain new family takaful business growth," BIMB Securities adds. It has a "neutral" call on the sector.

## What the Insurers say

When asked if it has started to see a slowdown in sales growth, Takaful Malaysia group CEO Nor Azman Zainal tells *The Edge*: "At this stage, there is no clear evidence of a direct or measurable impact, and it would be premature to attribute any changes in sales growth to the Middle East conflict. Current trends are more reflective of broader macroeconomic conditions rather than event-specific factors."

On medical claims, he makes a point that medical claims inflation in Malaysia is a well-established structural trend and "should not be conflated with current geopolitical developments".

"The key drivers — rising healthcare utilisation, advancements in medical treatments and persistent cost escalation within the healthcare system — have been in place for some time and will continue to shape claims experience going forward," Nor Azman says in an email response to questions.

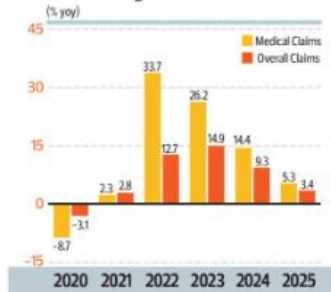
"While the Middle East conflict may introduce limited indirect cost pressures, particularly through supply chain or energy-related channels, there is potential for claims costs to rise if the conflict becomes prolonged. Any sustained increase in energy costs could have a direct impact on other input costs, including medicines and medical supplies. It is, therefore, important to maintain perspective: medical inflation remains the dominant driver, and the industry's focus is on addressing this through sustainable pricing, product innovation and stronger collaboration across the healthcare ecosystem," he says.

Nor Azman emphasises that Takaful Malaysia's medical exposure is "manageable" given that retail medical products or individual medical plans are not a material component of its business.

"We do have a substantial exposure in employee benefit schemes (which may include corporate medical plans for employees of corporates) although this particular portfolio is yearly-renewable, which allows for price adjustment to reflect claims experience.

"We will remain vigilant, but not reactive as the fundamentals of the market remain strong, and our focus is on managing long-term structural trends rather than short-term noise."

## Medical claims inflation over the years



## Valuation of some key insurance companies

COMPANY	PER (TIMES)	P/NAV (TIMES)	YIELD (%)
Allianz Malaysia	4	0.6	7.3
Takaful Malaysia	7.7	1.3	5.4
LPI	15.5	2.4	5.6

Meanwhile, Allianz Malaysia — when asked about sales growth — says its business has shown resilience amid evolving global challenges.

"We remain committed to adapting to market dynamics and continue to support our customers with reliable solutions," it tells *The Edge*.

On whether it expects claims, in particular medical claims, to rise as a result of the war, the country's largest general insurer says: "We anticipate to see some impact on our claims if this conflict continues in the Middle East."

Last year, Allianz Malaysia's net profit rose 24.4% to RM958.78 million, on the back of a 10.36% improvement in revenue to RM6.24 billion. Its general insurance segment recorded premium growth of 7.8% year on year — surpassing the industry's 4.8% — while in the life insurance segment, annualised new business grew 6% against the industry's 0.7%.

Takaful Malaysia's net profit grew 1.7% to RM384.72 million last year, even as revenue expanded 6.3% to RM4.39 billion. Its family takaful segment achieved growth of 7.7% — outperforming the industry's 0.1% — while its general takaful segment grew 14.4%, higher than the industry's 6.4%.

LPI Capital Bhd (KL:LPI), the first of the three companies to release its 1Q2026 results, last week reported a 1.6% increase in quarterly profit to RM99.54 million from a year earlier, as investment income offset a decline in insurance earnings.

"Despite the softer demand for insurance arising from the broader economic slowdown, the group will continue its efforts to improve its market share by further expanding its distribution channels," the insurance arm of Public Bank Bhd (KL:PBBANK) says.

## Still a 'buy'

Despite the anticipated headwinds for the industry, MBSB Research maintains its "buy" call on the shares of Allianz Malaysia, Takaful Malaysia and LPI, its top picks being the first two.

"Despite possible headwinds in subsequent quarters, the sector's solid dividend yields and strong growth momentum make

## Allianz



## Takaful Malaysia



## LPI Capital



it a very attractive pick," it says, pointing out that dividend yields are in the mid-single-digit range. It pegged a target price (TP) of RM23.74 for Allianz Malaysia, RM3.95 for Takaful Malaysia and RM16.65 for LPI.

According to Bloomberg data, all six analysts with coverage of Allianz Malaysia have a "buy" call on the stock, with the 12-month TP at RM24.80, suggesting potential upside from its closing price of RM20.68 as at April 30. At that price, the company had a market capitalisation of RM3.81 billion.

As for Takaful Malaysia, six analysts have "buy" calls and one a "hold", with the 12-month TP pegged at RM4.19. It closed at RM3.32 on April 30 for a market cap of RM2.89 billion, while LPI closed at RM14.84 for a market cap of RM5.91 billion.

Bloomberg data shows three analysts having a "buy" call on LPI with an equal number calling a "hold", with the 12-month TP at RM15.78.

# Dua kematian direkod akibat strok haba

**Kes terbaru melibatkan lelaki berusia 42 tahun yang sertai maraton di Pulau Pinang**

**PUTRAJAYA** - Sebanyak 56 kes penyakit berkaitan cuaca panas direkodkan di seluruh negara termasuk dua kematian akibat strok haba bagi tempoh 1 Januari hingga Ahad.

Kementerian Kesihatan (KKM) dalam kenyataan pada Ahad memaklumkan, dua kes kematian itu melibatkan seorang kanak-kanak berusia dua tahun yang tertinggal di dalam kenderaan dan seorang lelaki berusia 42 tahun yang menyertai aktiviti maraton di Pulau Pinang.

"Kedua-dua kes berlaku ketika keadaan cuaca berada di bawah Tahap Amaran 1.

"Namun, faktor risiko utama dikenal pasti adalah pendedahan kepada haba melampau dalam persekitaran tertutup dan aktiviti fizikal lasak dalam tempoh panjang yang menyebabkan dehidrasi teruk serta kegagalan kawal atur suhu badan," menurut kenyataan itu.

Menurut KKM, daripada jumlah

keseluruhan, 47 kes melibatkan kelesuan haba, empat kes strok haba *exertional*, empat kes strok haba dan satu kes kekejangan haba.

Kementerian berkenaan memaklumkan, analisis menunjukkan 58 peratus kes penyakit berkaitan cuaca panas adalah berkait dengan aktiviti fizikal semasa cuaca panas.

"Daripada jumlah tersebut, hampir separuh melibatkan aktiviti sukan dan olahraga seperti merentas desa, latihan sukan dan maraton manakala sebahagian lagi melibatkan latihan fizikal berintensiti tinggi oleh pasukan keselamatan dan operasi.

"Sehubungan itu, KKM ingin menasihatkan orang ramai agar sentiasa berhati-hati dan mengambil langkah pencegahan semasa cuaca panas," menurut kenyataan itu.

Sebelum ini, Jabatan Kesihatan Negeri Pulau Pinang (JKNPP) melaporkan bahawa seorang lelaki tempatan meninggal dunia disebabkan strok haba yang dilaporkan pada 26 April, selepas mangsa menyertai satu acara larian kategori sejauh 30 kilometer, di bandar raya itu.

JKNPP memaklumkan, kes membabitkan lelaki berusia 42 tahun itu merupakan kes pertama penyakit berkaitan cuaca panas yang

**CAKNA**  
**Kenali Tanda Awal Strok Haba**

Pantau sekiranya terdapat simptom berikut:

- Lethamampau
- Pening
- Dahaga
- Kulit panas/kering

**Golongan berisiko tinggi**

- Bayi & kanak-kanak
- Warga emas
- Pesakit kronik
- Individu aktif

**Jika alami gejala - bertindak segera!**

Alihkan mangsa ke kawasan yang teduh dan mempunyai pengudaraan yang baik, serta berikan air secukupnya bagi membantu menurunkan suhu badan dengan segera.

direkodkan di Pulau Pinang bagi tahun 2026.

"Lelaki itu menyertai satu acara larian di George Town sejauh 30 kilometer yang bermula 6.30 pagi 25 April dan laluan larian tersebut turut melibatkan trek berbukit melalui kawasan hutan sekitar bandar raya ini dan kira-kira 4 petang, mangsa dilaporkan pengsan berhampiran garisan penamat.

"Mangsa telah diberikan rawatan kecemasan di lokasi, sebelum dihantar ke Jabatan Kecemasan dan Trauma Hospital Pulau Pinang (HPP) dalam keadaan kritikal sebelum dimasukkan ke Unit Rawatan Rapi (ICU)," katanya dalam kenyataan pada Sabtu malam.

Menurut kenyataan itu, mangsa disahkan meninggal dunia pada 2.08 pagi 26 April dan punca ke-

matian disebabkan strok haba dengan komplikasi rhabdomyolysis dan kegagalan pelbagai organ.

"JKNPP merakamkan ucapan takziah kepada keluarga mangsa dan menasihatkan orang ramai khususnya individu yang menjalankan aktiviti luar atau sukan lasak, agar sentiasa peka terhadap tahap kesihatan diri serta keadaan cuaca semasa," menurut kenyataan itu.

Orang awam boleh mendapatkan maklumat terkini status cuaca panas di laman sesawang MetMalaysia, <https://www.met.gov.my/iklim/status-cuaca-panas/> dan langkah-langkah pencegahan bagi mengurangkan kesan kesihatan akibat cuaca panas di laman sesawang Kementerian Kesihatan Malaysia, <https://infosihat.moh.gov.my/cuaca-panas.html>. - Bernama