

AKHBAR : KOSMO
MUKA SURAT : 16
RUANGAN : NEGARA

Waktu menunggu lama pembedahan di IJN persepsi lapuk

KUALA NERUS – Kewujudan banyak hospital pakar telah membantu Institut Jantung Negara (IJN) mengurangkan waktu menunggu bagi pesakit yang ingin mendapatkan rawatan pembedahan.

Timbalan Ketua Pegawai Eksekutif IJN, Datuk Akmal Arief Mohamed Fauzi berkata, masalah waktu menunggu lama di IJN sebenarnya cuma persepsi lama yang perlu dihapus.

Ujar beliau, secara purata, IJN menerima 45 kes pesakit baharu setiap hari berbanding kapasiti maksimumnya 70 orang.

"Secara realitinya data menunjukkan masih terdapat 40 peratus kekosongan bagi rujukan kes baharu di IJN.

"Namun, bagi kes pembedahan tidak dinafikan (kekosongan) masih bergantung kepada tahap penyakit," katanya selepas meninjau Hospital Pengajar Universiti Sultan Zainal

Abidin (HPUNISZA), di sini semalam.

Katanya, masa menunggu bagi kes biasa melibatkan pesakit kanak-kanak ialah satu dan dua minggu, manakala antara enam dan tujuh bulan untuk kes rumit iaitu pernah dibedah ketika bayi.

Jelasnya, senario pesakit dewasa agak berbeza kerana 90 peratus menghidap masalah seperti diabetes dan kolesterol kerana banyak aspek perlu dikawal.

"Waktu menunggu bagi pesakit dewasa adalah 12 minggu. Namun jika melibatkan keemasan yang memerlukan pembedahan segera, keutamaan akan diberi secepat mungkin," katanya.

Tambahnya, IJN memiliki 100 pakar perubatan termasuk 12 pakar bedah dan 50 pakar kardiologi dengan kapasiti 100 katil Unit Rawatan Rapi (ICU) dan 350 katil di wad biasa.



AKMAL ARIEF (dua dari kiri) meninjau fasiliti di HPUNISZA, Kuala Nerus semalam.

AKHBAR : KOSMO
MUKA SURAT : 17
RUANGAN : NEGARA

Sebagai tanda sokongan amalan gaya hidup sihat tanpa rokok

1,000 peserta meriahkan Gegarun

Oleh SITI A'ISYAH SUKAIMI

KUALA LUMPUR – Bersempena sambutan Hari Tanpa Tembakau Sedunia, lebih 1,000 peserta menyertai acara larian *Generational Endgame Advocacy Roadshow Run* (Gegarun) di Dataran Dewan Bandaraya Kuala Lumpur (DBKL) di sini semalam.

Menerusi acara itu, peserta berlari sejauh lima kilometer (km) di beberapa laluan di ibu negara sebagai tanda sokongan amalan gaya hidup sihat tanpa tembakau.

Pelepasan peserta disempurnakan Timbalan Ketua Pengarah Kesihatan (Kesihatan Awam), Datuk Dr. Norhayati Rusli dan turut dihadiri bekas Menteri Kesihatan, Khairy Jamaluddin Abu Bakar dan bekas Ketua Setiausaha Kementerian Kesihatan, Datuk Harjeet Singh.

Dr. Norhayati berkata, pelbagai aktiviti dirancang sempena sambutan itu termasuk Gegarun anjuran Pertubuhan Wanita Malaysia Untuk Kawalan Tembakau dan Kesihatan bersama rakan-rakan kongsi dan pertubuhan bukan kerajaan (NGO).

"Kita mahu mengingatkan orang ramai supaya mengambil berat berkaitan tembakau. Ini kerana ia boleh menyebabkan komplikasi tertentu kepada kesihatan perokok.

"Malah, kita kluatir apabila seseorang individu mula merokok, agak sukar untuk berhenti kecuali atas usaha sendiri," katanya ketika ditemui.

Menurutnya, adalah penting untuk memastikan mereka yang belum terjebak rokok agar tidak sesekali mencubanya.

Justeru, pihaknya memerlukan komitmen dan sokongan semua pihak termasuk komuniti, agensi kerajaan dan swasta serta NGO untuk bersama-sama Kementerian Kesihatan (KKM) dalam mempromosikan gaya



PESERTA larian melakukan regangan sebelum memulakan acara larian semalam.

SEBAHAGIAN peserta larian bergambar sambil memegang plakard bersempena Hari Tanpa Tembakau Sedunia di Dataran DBKL, Kuala Lumpur semalam.

hidup sihat tanpa tembakau.

"Kita akan memastikan semua aktiviti yang dilaksanakan terutama pencegahan kawalan dapat dijalankan selancar mungkin sekali gus melahirkan rakyat Malaysia yang sihat sejahtera bebas rokok," ujarnya.

Dr. Norhayati berkata, selain rokok, aktiviti larian tersebut merupakan salah satu inisiatif pihaknya dalam mempromosikan amalan hidup sihat kepada rakyat negara ini.

Selain itu, menerusi acara tersebut para peserta juga boleh mendapatkan maklumat mengenai bahaya merokok sekali gus bersama-sama mencegahnya sejak dari awal.

AKHBAR : THE STAR
 MUKA SURAT : 4
 RUANGAN : NATION

The youth drug epidemic

MOH: 3 in 4 kids have tried substances by the age of 14

By RAGANANTHINI VETHASALAM
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PETALING JAYA: It all started with sniffing glue at 13 for Ali, who would later go on to experiment with drugs.

"I started experimenting with other drugs out of curiosity. It was also an escape from family problems when I was younger," said the now 24-year-old, who also had friends in school who were into substance abuse.

His run-ins with the law resulted in him being placed in a juvenile detention centre, and this led to him turning over a new leaf.

Ali began to focus on his studies and eventually enrolled in skills development training.

"It took away some years of my youth. I would not have gone down that path if I had another go," he said in an interview.

Ali is not alone. A recent survey by the Health Ministry found that three in four adolescents in Malaysia had tried out drugs by the age of 14.

According to its National Health and Morbidity Survey 2022, a total of 106,000 adolescents in Malaysia used drugs at least once while 60,000 were using drugs at the time of the survey.

Of this, 2.8% used inhalants such as glue or paint, 2.3% (kratom or ketum), 1.1% (marijuana) while 1% used amphetamine or methamphetamine.

On how the drugs were sourced, the report said 38.4% of the respondents bought it directly from someone, while 23.1% gave

money for others to get it for them.

Some 14.9% said they stole it while 13.9% got it from friends, while 9.7% used other means.

The survey, conducted from June 12 to July 8, 2022, involved students aged between 13 and 17 from 239 schools.

According to National Anti-Drug Agency statistics on drug abuse, from the period beginning January to September 2022, there were 1,589 teenagers between the ages of 13 and 18 who were drug users, with three children under the age of 12.

In 2021, the agency's statistics showed there were 1,961 teenagers in the 13-18 age bracket who were drug users.

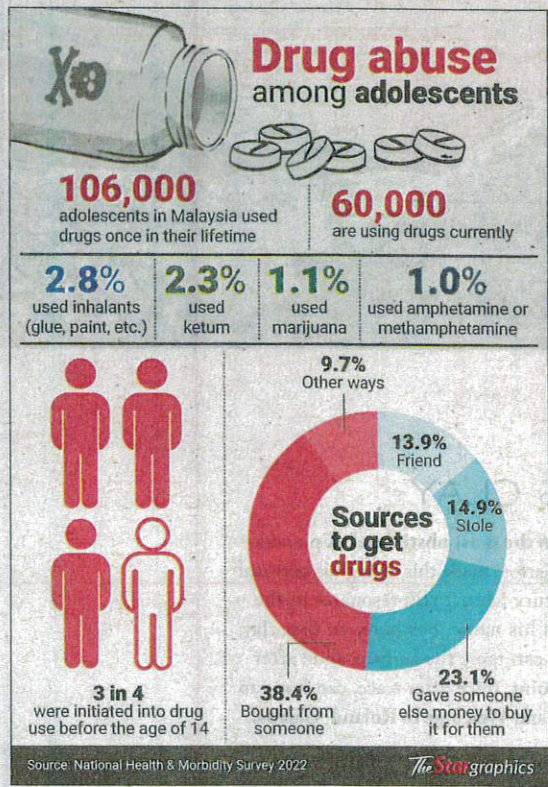
Malaysian Substance Abuse Council secretary-general Raja Azizan Suhaimi said there were different factors why adolescents get into substance abuse and these included family or social problems.

He said they might see it as the easiest and fastest route to escape from various pressures and challenges of life.

Also, they could have mixed with the wrong group of friends, which led to peer pressure into using drugs.

Raja Azizan said this might have sparked their curiosity into trying substances that could bring them temporary joy and excitement, and ended up getting hooked.

"The problem can also be because teenagers are so Internet-savvy that they are able to easily meet and buy drugs from just about anyone," he added.



Raja Azizan said drugs were being sold at a cheaper rate these days, so some teens might buy them in larger quantities to split

among friends.

He said this practice could lead some of these adolescents to drug dealing.

AKHBAR : THE STAR
MUKA SURAT : 7
RUANGAN : NATION

Errant smokers proving to be the bane of smoking ban

By FATIMAH ZAINAL
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PETALING JAYA: Some errant smokers are still lighting up despite the smoking ban and fines having been in force for over four years, say eateries.

They urge the Health Ministry to carry out more enforcement and awareness campaigns to realise the goal of making Malaysia a smoke-free nation.

Sahabat Tomyam Prihatin Semalaysia Association adviser Che Mamat Chemod said since the government enforced the smoking ban in 2019, there had been many improvements.

"Hardcore smokers do not care about protecting non-smokers and some don't care about being fined, and can even challenge the government on social media.

"When they are too deep into the habit, they lose awareness about the consequences of their



Ignoring the signs: Eatery owners are urging the Health Ministry to ramp up enforcement to stop smokers from lighting up at the table.

actions and do not realise that they are nurturing an addictive and bad habit," he said.

Che Mamat urged the Health Ministry to have more anti-smoking campaigns and enforcement activities to stop the public from lighting up at eateries.

He suggested that designated smoking rooms be set up in places

such as airports, shopping malls and public areas to protect non-smokers and ensure better cleanliness.

Petaling Jaya Coffee Shop Association president Keu Kok Ming said while compliance was generally good, there were still some incidents of customers trying to light up despite knowing

they were not allowed to do so.

"Eatery operators have trained their staff to remind customers not to light up. Moreover, all food and beverage premises are mandated to put up a no smoking sign to remind their customers.

"But more regular enforcement will create more awareness and help remind customers that they cannot light up and get away with it," he said.

Malaysia Council for Tobacco Control secretary-general Muhammad Sha'ani Abdullah said compliance with the smoking ban would need leadership by example.

"It could start with ensuring that all lawmakers respect the rule of law by not smoking anywhere on Parliament grounds," he said, adding that all government offices had been smoke-free since 1982.

"While enforcement had only targeted those caught smoking, it

lacked the critical mass to encourage others to comply."

Muhammad Sha'ani added that social change would require an undertaking from the whole of society – from parents and educators to public policies.

"While we all learn in school that smoking is unhealthy and wasteful, 40% of adult males in Malaysia are smokers and they smoke in public areas.

"Such public displays of adults smoking have normalised smoking although tobacco advertising and scenes in television were banned long ago," he said.

To help wean the influence of smoking off the younger generation, adults must stop smoking in public, he said.

Between January and April this year, the Health Ministry issued 14,872 smoking summonses totalling RM3.7mil while in 2022, 30,648 summonses amounting to RM7.6mil were issued.