

# Cost weighs heavily on parents

Screenings, follow-ups may still be out of reach without subsidies, they say

By RAGANANTHINI VETHASALAM  
raga@thestar.com.my

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He said the initiative is aimed at tackling malnutrition and stunting, especially among low-income families.

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weekends without having to apply for leave.

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Amira, who is covered by her company's insurance, is not worried about the cost but stressed that a tax exemption or subsidy would be necessary if she were uninsured.

Housewife Amelia Lim, 26, echoed the preference for private GPs, noting that the long wait at government clinics can be challenging.

"Sometimes my daughter gets restless waiting," she said.

"But private GPs can be expensive. Unless the government is paying for it, I don't think it is very pocket-friendly."

For those without insurance, the costs are prohibitive.

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Mother-of-one Quratul Nadia, a 33-year-old engineer, said she currently prefers Klinik Kesihatan because of the thorough, no-cost screenings.

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However, they stress the government must pay the bill for the patient and properly remunerate private doctors for their professional work.

Federation of Private Medical Practitioners' Associations Malaysia president Dr Shanmuganathan Ganesan said GPs are ready to support efforts to reduce childhood malnutrition, stunting and obesity, provided the implementation framework is practical, collaborative and clinically sound.

"When private GPs are asked to perform clinical screenings and follow-ups on behalf of the ministry, this is professional medical work governed under the Private Healthcare Facilities and Services Act," he said.

GPs, he said, should be properly remunerated, as required by law, just as any other contracted health service provider would be.

Dr Shanmuganathan also said the government must cover the cost instead of letting families pay out of pocket, arguing that shifting the burden would "defeat the purpose of improving access for low-income working parents".

"These screenings are part of a public health responsibility. This is not a subsidy to doctors. It is simply proper remuneration for professional clinical work carried out on behalf of the government, as required under existing law," he said, adding that if designed well, this can be an effective public-private partnership.

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Datuk Lukanisman Awang Sauni said allowing GP access could ease care for families living far from government facilities.

He said GPs would conduct screenings, advise medically and channel cases needing nutritional aid back to the ministry.

The proposal, Dr Shanmuganathan said, reflects an understanding that Malaysia's primary care capacity must be expanded through meaningful public-private collaboration, especially to reach working parents and low-income families who face barriers accessing care during office hours.

However, he cautioned that the design must properly account for GP workflow and clinic operations.

"Too often, well-intentioned programmes come with over-detailed protocols or administrative checklists developed without sufficient frontline input," he said.

Former president of the Medical Practitioners' Coalition Association of Malaysia, Dr Raj Kumar Maharajah, affirmed that GPs have the resources to screen infants and children effectively.

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Dr Raj Kumar agreed that the government should pay or subsidise the cost for patients outsourced to GPs, noting that serious cases can be referred to hospitals while the majority are likely to fall under the normal category.

Malaysian Medical Association president Datuk Dr Thirunavukarasu Rajoo called the proposal to involve private GPs a

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Age	Frequency	Screening
0 to 6 months	Every month	<ul style="list-style-type: none"> <li>&gt; Medical officer examination at the age of 1 month</li> <li>&gt; Developmental and growth assessment</li> <li>&gt; Immunisation</li> <li>&gt; Breastfeeding advice</li> <li>&gt; Early guidance</li> </ul>
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Source: Health Ministry

The Star graphics

"promising step" that can be highly effective, provided there are clear guidelines, proper training, efficient data reporting systems and "sustainable support" from the Health Ministry.

He commended the ministry for leveraging the extensive network of private GPs who are well-distributed nationwide and can offer greater accessibility and flexible appointment times for working parents.

"Because many families have long-standing relationships with their GPs, this trust can support more consistent follow-up."

"Integrating screening into routine GP visits also increases the potential for early detection," Dr Thirunavukarasu said.

"The MMA looks forward to engaging with the ministry to ensure this programme is practical, sustainable and capable of delivering real improvements for the children and families who need it most."





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TheStargraphics

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## ***Harga rokok naik selaras duti eksais diumumkan Belanjawan 2026***

**Kuala Lumpur:** British American Tobacco (Malaysia) Berhad (BAT Malaysia) mengumumkan bahawa harga jenama rokok di bawah kendaliannya akan diselaraskan berikutan kenaikan duti eksais yang diumumkan di bawah Belanjawan 2026.

Harga rokok yang disamak semula, yang sudah diluluskan oleh Kementerian-

an Kesihatan, akan berkuat kuasa esok.

Berikutan itu, harga baharu bagi Dunhill adalah RM18.20; Benson & Hedges (RM18.40); Peter Stuyvesant (RM16.70); KYO (RM14); Rothmans (RM12.90) dan Luckies (RM12.40).

Pengarah Urusan BAT Malaysia, Nedal Salem berkata, pihaknya percaya kerajaan mengambil langkah ke arah

yang betul dengan mengumumkan peningkatan eksais yang sederhana memandangkan pengumuman eksais terakhir dibuat 10 tahun dahulu di tengah-tengah persekitaran ekonomi semasa.

"Kami sedia maklum bahawa kenaikan ketara dalam harga rokok secara sejarah telah menyumbang kepada perluasan pasaran gelap tembakau, yang kini me-

nyumbang 54 peratus daripada jumlah penggunaan rokok di Malaysia.

"Pasaran haram menimbulkan ancaman serius kepada objektif kesihatan awam, keselamatan dan pendapatan kerajaan," katanya dalam kenyataan.

Menurutnya, sepanjang tahun ini, agensi penguatkuasaan telah melakukan kerja yang hebat dalam me-

nangani pasaran gelap tembakau, di mana usaha ini telah menjimatkan RM15.5 bilion sepanjang dua tahun lalu.

Selain itu, peruntukan terbaharu RM700 juta untuk meningkatkan penguatkuasaan amat menggalakkan dan menunjukkan impak positif usaha mereka.

"Kami menyokong penuh inisiatif dan tindakan pe-

nguatkuasaan kerajaan yang berterusan bagi menangani isu yang berlarutan ini.

"Kami juga menggalakkan rakyat Malaysia memainkan peranan mereka dengan memilih produk yang sah dan melaporkan rokok haram melalui laman web JomLapor bagi membantu agensi penguatkuasaan undang-undang memerangi pasaran gelap tembakau," katanya.



Komitmen bersama  
tingkat kesejahteraan  
keluarga pesakit IJN, beri  
keselesaan optimum

Oleh NURUL HIDAYAH HAMED  
KUALA LUMPUR

IJN Foundation (IJNF) dengan kerjasama strategik Tenaga Nasional Berhad (TNB) terus memperkukuh komitmen sosial korporat melalui kemudahan *Better Brighter Dormitory*, yang memberi sinar harapan, ketenangan, dan sokongan bermakna kepada keluarga pesakit jantung di Institut Jantung Negara (IJN).

Timbalan Ketua Pegawai Eksekutif IJN merangkap Ahli Lembaga Pemegang Amanah IJNF, Datuk Akmal Arief Mohamed Fauzi berkata, kemudahan berkenaan menyediakan penginapan sementara yang selesa kepada waris atau penjaga pesakit yang sedang menerima rawatan di IJN.

"Fungsi utama *Better Brighter Dormitory* ialah menyediakan kemudahan penginapan sementara yang selesa kepada waris atau penjaga pesakit.

"Kemudahan ini memberi kelegaan, khususnya kepada mereka yang datang dari jauh agar dapat berada dekat dan menemani insan tersayang sepanjang tempoh rawatan tanpa perlu risau mengenai logistik serta kos penginapan," katanya kepada pembanta di IJN pada Khamis.

Menurutnya, kemudahan itu di sediakan khusus untuk keluarga pesakit

# TNB, IJNF perkukuh tanggungjawab sosial



Kakitangan IJN Foundation-Tenaga Nasional Berhad (TNB) sedang melayan Nurhan yang menginap di *Better Brighter Dormitory*.

IJN, dengan keutamaan diberikan kepada waris pesakit di wad kritikal, keluarga dari luar Lembah Klang serta golongan berpendapatan rendah (B40).

"Kadar penginapan yang dikenakan amat minimum, bergantung kepada jenis katil atau bilik keluarga yang dipilih.

"Bagi mereka yang tidak ber kemampuan, pengecualian caj turut diberikan, terutama bagi keluarga yang menginap dalam tempoh lama," katanya.

Akmal Arief menjelaskan, *Better Brighter Dormitory* dilengkapi pelbagai kemudahan bagi memastikan keselesaan

penghuni termasuk penyaman udara, ruang pantri, mesin basuh dan pengering pakaian serta ruang rehat dengan televisyen.

Dormitori itu mempunyai empat unit bilik keluarga, satu dorm lelaki dan dua dorm perempuan dengan kapasiti maksimum 56 penghuni pada satu masa serta purata 3,500 penghuni setiap tahun.

## Teraju amalan kelestarian dan ESG

Dalam pada itu, Akmal Arief berkata IJNF turut mengurus dormitori tersebut berasaskan prinsip alam sekitar, sosial dan tadbir urus (ESG) dengan menekankan tadbir urus baik, pengurusan sumber secara cekap serta amalan kelestarian tenaga.

"Penghuni digalakkan menjimatkan tenaga dengan menetapkan suhu penyaman udara pada 24°C, memakainya apabila tidak digunakan selain mengelakkan pembaziran air," jelasnya.

Beliau berkata, kemudahan itu bukan sekadar tempat penginapan tetapi turut berfungsi sebagai ruang sokongan sosial dan emosi kepada keluarga pesakit.

Menurutnya, sinergi bertamabah antara TNB dan IJNF mencerminkan keprihatinan kedua-dua pihak dalam memperkukuh kesejahteraan komuniti serta menyumbang kepada sistem kesihatan negara yang lebih mampan dan inklusif.

## REAKSI

“

Kami amat bersyukur dengan bantuan TNB dan IJN Foundation yang memahami keadaan keluarga kami. Inisiatif TNB dan IJN memberi peluang kepada keluarga pesakit luar bandar untuk berada dekat dengan insan tersayang tanpa beban kos tinggi.

- Nurhan Abdullah, 31

“

Kemudahan disediakan amat membantu sepanjang tempoh menjaga kakak saya. Setelah 45, yang menjalani pembedahan injap jantung di IJN. Penginapan di dormitori ini bukan sahaja memberi keselesaan, tetapi ia menjadi tempat sokongan moral dan emosi kepada keluarga pesakit.

- Bina Helen Anas Fardus Ain (KAFIA),  
Suhaida Abu Samat, 41

“

Saya bersyukur apabila anak saya, Irwin Scott, selesai Atrial septal punction selepas rawatan di IJN. Kemudahan ini amat praktikal dan selesa. Sepanjang menginap di sini, kami seperti berada di rumah sendiri serta dapat berhubung dengan pengurusan bersama penghuni lain dalam suasana yang menyenangkan.

- Bina Shara Wan, 40



Seorang pekerja sedang mengemas katil yang disediakan untuk kemudahan keluarga yang menginap dorm penginapan sementara IJN.



Beberapa waris pesakit menikmati hidangan sambil berbual mesra di ruang makan *Better Brighter Dormitory* yang selesa dan lengkap dengan pelbagai kemudahan bagi memenuhi keperluan harian penghuni.



Shona Wan meluangkan masa menonton televisyen di ruang rehat *Better Brighter Dormitory* yang dilengkapi penyaman udara dan perabot selesa, memberi ketenangan kepada waris pesakit yang menemani insan tersayang sepanjang tempoh rawatan.

## Better Brighter Dormitory IJNF - TNB

- Menyediakan penginapan sementara kepada keluarga pesakit IJN.
- Keutamaan: Waris pesakit wad kritikal, keluarga luar Lembah Klang, dan golongan B40.
- Kapasiti: 56 penghuni pada satu masa; purata tahunan sekitar 3,500 penghuni.
- Fasilitas: Empat bilik keluarga, satu dorm lelaki, dua dorm perempuan, pantri, penyaman udara, mesin basuh/pengering, dan ruang rehat TV.

## Inisiatif *Better Brighter* Anjur Kasih (YKN-TNB)

- Sumbangan TNB: Sejak 2017, TNB telah menyalurkan lebih RM5.4 juta bagi menampung kos naklart, kelengkapan, penyelenggaraan dan operasi di IJN: Hospital Serdang, Hospital Melaka, Hospital Raja Perempuan Zainab II (Kota Bharu) serta Hospital Sultanah Nur Zahirah (Kuala Terengganu).
- Manfaat: Lebih 6,000 keluarga setahun mendapat manfaat melalui program *Better Brighter Shelter*, hasil kerjasama TNB-Yayasan Kebajikan Negara (YKN)-Kemajuan Pembangunan Taniha, Keluarga dan Masyarakat (KPWKMI).



# Conference to raise awareness on mental health challenges

By R. KIRUBASHINI

**PETALING JAYA:** Athletes face various challenges as they navigate the high pressure environment of elite sports.

And the mental health of athletes is one of the less talked about but no less important aspects that cannot be ignored when playing sports at the highest level.

With this in mind, the Penang state government and Penang Sports Council are collaborating with Global Edge Consultancy to organise a mental fitness sports conference which starts today and runs until tomorrow at the Bayview Hotel in Georgetown, Penang.

Among the prominent speakers in this conference will be Road to Gold (RTG) Olympic programme committee member and former head of National Sports Institute (NSI) Datuk Dr Ramlan Abdul Aziz, RTG sports psychologist Dr Rebecca Wong, Director of Digital Health in the Ministry of Health Dr Mahesh Appannan and Harvard University squash head coach Mike Way.

Former national hockey player Atul Kumar, who is the founder of Global Edge Consultancy said the main objective of the conference – which is the first of its kind in Malaysia – is to raise awareness on mental health challenges such as anxiety and depression among athletes and guide athletes on ways to overcome setbacks and build resilience.

“We are organising this conference to raise awareness on mental health challenges such as anxiety, depression, burnout, perfectionism, and body image concerns in youth and professional athletes,” said Atul.

“We want to break the stigma and normalise open conversations about mental health in sports by amplifying athlete stories and expert insights, showing that seeking help is a sign of strength, not weakness.

“We also want to equip athletes and coaches with strategies that build resilience, positive self-talk, and balanced approaches to training and competition.”

About 150 athletes and coaches are expected to attend the conference.

SUBANG JAYA City Council (MBSJ) marked its fifth anniversary with a festival that served as a reminder of what makes the Selangor city special.

Subang Jaya Festival 2025, held at two malls in the area, was more than just an anniversary event – it was a reminder of the city's sense of togetherness.

Filled with energy, community spirit and a shared sense of pride among residents, the festival was also a heartfelt appreciation for the community.

For the first time, MBSJ partnered with Malaysian Federation of the Deaf (MFD), encouraging participation from persons with disabilities in various activities.

This collaboration highlighted MBSJ's vision of creating an inclusive city where everyone, regardless of ability, has a space to take part and belong.

## Festival brings Subang Jaya community together



Subang Jaya Festival 2025 included a variety of activities including fun run (above) and e-sports (right).

The crowd, made up of Subang Jaya folk of all ages, was kept entertained with a variety of activities throughout the day,

from a 4.3km fun run and aerobics session to e-sports tournaments, darts and netball shoot-outs, and push bike challenge.



Families enjoyed the colouring contest and free health screenings, while others relaxed at the food bazaar and busking area.

The eco-free market and plant donation drive also drew attention from nature lovers. — By **M. JIWA PRIYAA**



# Honing skills for medical excellence

PICTURE this: final examinations are around the corner and everyone keeps asking, "So, what are you going to study?"

For some, the answer comes easily – medicine, healthcare, making a difference. But the real uncertainty begins with the follow-up questions: Which university? Local or overseas? What if you're interested in healthcare but not entirely sure about becoming a doctor? What if you want a world-class education but don't want to be away for five years?

Choosing your path in healthcare shouldn't feel overwhelming. It should open possibilities, not limit them. That's exactly what studying at RUMC (RCSI & UCD Malaysia campus) is designed to offer – options that fit different ambitions, strengths and future goals.



RUMC medical students gain hands-on experience during their clinical training in real hospital settings, allowing them to apply their knowledge and build confidence as future doctors.

For students who know they want to study medicine but need a strong academic start, the Pre-Medical Foundation Year provides the grounding necessary to step

confidently into medical school.

For those who love science but are still exploring the many careers within healthcare, the Foundation in Science offers a flexible and supportive beginning.

In RUMC's fully equipped laboratories, students develop essential scientific thinking, attention to detail and problem-solving skills – abilities that will serve them across any healthcare pathway.

For many, the dream is still to become a doctor. RUMC's medicine programme offers the best of both worlds. Students spend their first two and a half years at RCSI or UCD in Ireland, building a pre-clinical foundation alongside peers from across the globe.

They then return to Penang for their clinical years, where theory becomes practice in four exclusive training hospitals.

Students learn in the context where they may eventually practice, understanding regional healthcare needs while maintaining the international

standards established in Ireland.

For those whose passion lies at the intersection of medicine and technology, the Bachelor of Science in Medical Informatics prepares students for the future in artificial intelligence, big data and digital health systems. It equips them to redesign healthcare systems and develop data-driven tools, making them essential in an increasingly digital field.

At RUMC, students do not navigate their journey alone. They learn from practising clinicians, receive support from future colleagues and have access to facilities that make learning feel like a discovery.

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### POSTGRADUATE

#### School of Alternative and Complementary Medicine

##### Master of Science in Acupuncture

KPT/PT/RI/T21/17/007103/2027  
MQA/PSA11387  
MAR, SEP

##### Master of Science in Analytical and Pharmaceutical Chemistry\*

KPT/PT/R2/CDL/442/17/000101/2027  
MQA/FA1191  
KPT/PT/N-DL/442/17/002202/2026  
MQA/PSA11387  
MAR, SEP

##### Master of Science in Molecular Medicine\*



Foto: MIRA DE SILVA DAN PICTO

TREND kulit cegah dan putih adalah lonjak  
kecantikan masih kuat dalam memperkasi  
khususnya golongan wanita muda.

# CANTIK BAWA DERITA

Ghairah mahu wajah menawan dorong wanita dapatkan produk kecantikan mengandungi bahan beracun yang boleh rosakkan kulit

## FOKUS

**Dikah Suraya Reduan**  
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Cantik, satu perkataan yang cukup dekat dengan dunia wanita. Tidak kira usia, status atau latar belakang, hampir setiap wanita ingin tampil yakin dengan wajah

yang bercahaya.

Namun, dalam keteguhan mengejar kecantikan segera, ramai yang terjebak dengan kosmetik beracun yang tersebar luas di pasaran terutamanya di media sosial.

Lebih membinasakan, trend ini tidak memunculkan tawar media.

Produk kosmetik tidak berdaftar, pemutih segera,

krim pengelapasan ekstrem dan serum ajaib yang menjanjikan perubahan drastik dalam masa singkat terus mendapat sambutan tinggi dengan majoriti mangsa adalah wanita.

Ibu kosmetik beracun di negara ini semakin membinasakan apabila Bahagian Regulatori Farmasi Negara (NRF), terus mengesan dan membatalkan notifikasi

produk mengandungi racun berdaftar seperti merkuri, hidrokuinon, steroid dan tretinoin.

Penasarakan Nanan Ismail, Sains dan Teknologi, Universiti Kebangsaan Malaysia (UKM), Dr Suria Ramli berkata, masalah ini tidak memunculkan tanda mereda kerana tidak penjual semakin banyak. "Ia termasuk menjual

produk 'kitar semula' menggunakan nama baharu dan memperkenalkan sedikit perubahan pada kandungan bagi mengelusi pengguna," katanya.

**Produk pencerah paling banyak dikesan beracun**

Memor Ue Suria, bahan paling kerap ditemui dalam produk tersebut atau tidak berdaftar ialah merkuri, dikasi klorinasi

hidrokuinon, tretinoin dan steroid kuat.

"Kebanyakan produk kecantikan ini dipasarkan sebagai krim pemutih atau krim pencerah segera."

Selain itu, beberapa produk turut dikesan mengandungi bahan aktif lain seperti chloramphenicol, miconazole, gentamicin dan beberapa antibiotik yang langsung tidak



separatnya berada dalam kosmetik," katanya.

#### Bahaya jangka pendek dan panjang

##### Merkuri

•Jangka pendek: Iritasi, kulit kemerahan, kering dan gatal-gatal.

•Jangka panjang: Bisa menyerap ke dalam tubuh, memusnahkan buah pinggang, sistem saraf dan perkembangan otak kanak-kanak serta bayi dalam kandungan.

##### Hidrokuinon

•Jangka pendek: Iritasi, kemerahan, kulit hipersensitif dan perubahan warna tidak sekata.

•Jangka panjang: Menghalang pigmentasi semula jadi, meningkatkan risiko kanser kulit dan menyebabkan pigmentasi gelap yang sukar dipulihkan.

##### Steroid kuat

•Jangka pendek: Kulit menjadi nipis, kemerahan dan gatal-gatal serta bengkak.

•Jangka panjang: Menghalang pigmentasi kulit, melemahkan lapisan kulit dan risiko penyerapan ke dalam darah yang membawa kesan sistemik.

##### Testosteron

•Menyebabkan kulit merah, pedih, menggegas dan sangat sensitif terhadap cahaya matahari.

Jelasnya, tanda awal seseorang menggunakan produk beracun yang perlu diberi perhatian termasuk kulit semakin merah, pedih atau panas, pengelupasan ketara, gatal-gatal atau timbul wabang sebelum ini tidak bermasalah. Tempok gelap atau pigmentasi tidak sekata.

Selain itu, kulit jadi putih terlalu cepat dalam masa singkat dan rasa kebas (boleh berlaku akibat penfedahan merkuri).

"Jika berlaku, pengguna perlu menghentikan produk serta-merta dan membuat laporan kepada NPRA," katanya.

#### Kenapa produk berbahaya beri kesan 'putih segera'?

Dr Suria berkata, bahan seperti merkuri dan steroid menghalang penghasilan melanin secara agresif manakala hidrokuinon menghalang enzim melanogenesis tyrosinase.

"Gabungan bahan ini memang menjadikan kulit putih cepat tetapi memusnahkan struktur kulit dan boleh memberi

kesan toksik pada tubuh," katanya.

#### Wanita muda paling mudah terjebak

Menurut Dr Suria, trend kulit cerah masih menjadi simbol kecantikan dalam masyarakat, ditambah dengan pengaruh pengedaran media sosial, testimoni sebelum-selepas yang mengilhamkan, harga murah dan janji 'hasil segera'.

"Ternyata ramai pengguna muda terpengaruh dalam pemasaran berisiko ini," katanya.

Kata Dr Suria, mitos kecantikan yang paling bahaya masih dipercayai antaranya: 'lagi cepat putih, lagi bagus', 'produk import mesti selamat', 'campur-campur beberapa krim cepat beri kesan', 'ramai guna, pasti selamat'.

"Hakikatnya, ramai tidak tahu bahan terlarang boleh disebarkan dalam produk tanpa label jelas," katanya.

#### Bahaya 'mix & match' tanpa ilmu

Katanya, menggabungkan beberapa produk secara rawak boleh meningkatkan interaksi bahan-bahan berbahaya.

"Contoh, mencampur hidrokuinon dengan bahan penggegasan lain boleh menyebabkan kulit terbakar, manakala steroid dalam campuran mempercepatkan penipisan kulit," katanya.

#### Influencer dan media sosial jadi penggerak utama

Menurutnya, pengedaran media sosial tanpa pengetahuan kecantikan mempromosi produk dengan hasil drastik, sering tanpa menyebut risiko atau status notifikasi NPRA.

"Media sosial pula menjadikan produk tiruan lebih mudah disebarkan tanpa kawalan."

#### Produk murah tapi kesan segera? Realiti atau bahaya?

Dr Suria berkata, produk murah yang menjanjikan hasil pantas biasanya membawa risiko tinggi.

"Ketidakefektifan cepat selalunya datang daripada penggunaan bahan aktif kuat atau bahan terlarang."

"Produk selamat memerlukan ujian dan proses formulasi yang ketat, ia tidak boleh memberi hasil dalam beberapa hari," jelasnya.

Katanya, setelah tiba masanya orang ramai mula menyedari status produk dengan mudah di laman web NPRA, atau aplikasi rasmi 'NPRA Product Status'

"Jika nombor tidak sah, pengguna dinasihatkan tidak menggunakan produk berkenaan," katanya.

#### Produk luar negara, selamat atau tidak?

Akunya, tidak semua produk luar negara berstatus selamat, banyak produk dari luar negara dijual dalam talian tanpa notifikasi NPRA.

"Tanpa kawalan kualiti tempatan, risiko mengandung merkuri, hidrokuinon dan steroid

lebih tinggi.

"Malah, terdapat beberapa produk luar negara yang dijual dalam pasaran atas talian dikesan mengandungi merkuri, hidrokuinon atau steroid," katanya.

#### Kulit putih bukan tanda sihat, keselamatan lebih utama

Dr Suria menegaskan bahawa pengguna harus mengutamakan keselamatan, bukan kesan segera.



Misi NPRA adalah menjamin keselamatan rakyat melalui kawalan regulasi ubat-ubatan dan kosmetik berlandaskan kecermerlangan saintifik.

DAFTAR PRODUK RASMI EKSAMAS

SEMAK nombor NOT NPRA di label dan pedoman di laman NPRA.



PRODUK pencantik paling banyak dikesan beracun.



Pengaruh media sosial tanpa pengetahuan kecantikan mempromosi produk dengan hasil drastik, sering tanpa menyebut risiko atau status notifikasi NPRA

DR SURIA  
RAMLI

"Kulit boleh sembuh, tetapi kemunculan organ akibat merkuri atau steroid tidak boleh dipulihkan semudah itu. Cantik separangnya tidak memudakan."

"Trend kulit cerah dan putih adalah lambang kecantikan masih kuat dalam masyarakat kita khususnya golongan wanita muda."

"Ini ditambah oleh iklan produk di media masa dan sosial yang menunjukkan hasil serta-merta bersama testimoni sebelum dan selepas, pengaruh rakan dan pengedaran media sosial," katanya.

Beberapa lama masa sebentar untuk lihat hasil produk selamat?

Produk selamat mengambil masa minit-minit:

•Retinoid: 6-12 minggu

•Hidrokuinon: sekurang-kurangnya 4-12 minggu

•Rutin atau epikatekin & vitamin C: hasil jangka panjang

Produk yang menjanjikan hasil drastik dalam 1-2 minggu biasanya perlu dibayangi.

#### Cara kenal pasti produk berbahaya

1. Semak nombor NOT NPRA di label dan pedoman di laman NPRA.
2. Elakkan produk tanpa senarai bahan lengkap.
3. Waspadakan dengan janji 'putih 1 malam', 'kesan 24 jam'.
4. Teliti testimoni yang terlalu sempurna.
5. Pilih jenama berdaftar sahaja.
6. Laporkan produk mencurigakan kepada NPRA.