

ZAHID EYES TEACHING HOSPITAL

Facility at Perak Royal College will 'boost medical training, ease hospital congestion'

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D EPUTY Prime Minister Datuk Seri Dr Ahmad Zahid Hamidi has expressed hope that a teaching hospital will be established at Universiti Kuala Lumpur Royal College of Medicine Perak (Royal College) here.

He said the proposed facility would boost medical education while directly benefiting the public by reducing hospital congestion and strengthening healthcare frontlines.

"Given the rapid progress of Royal College, I am confident that one day a teaching hospital will be built, becoming a new landmark of knowledge and service. It will contribute significantly to the well-being of the people and the nation."

Zahid said this in his speech at Royal College's Silver Jubilee celebration, which was attended by Sultan of Perak, Sultan Nazrin Muizzuddin Shah.

Also present were Higher Education Minister Datuk Seri Dr



Zambry Abd Kadir, Health Minister Datuk Seri Dr Dzulkefly Ahmad, Perak Menteri Besar Datuk Seri Saarani Mohamad and Royal College chairman Datuk Dr Afifi Al-Akiti.

To bolster the frontline healthcare capacity, Zahid proposed that the Higher Education Ministry consider increasing the intake for the Bachelor of Medicine and Bachelor of Surgery (MBBS) programme by at least 250 students.

"I hope the Higher Education Ministry, with the minister present here, will consider an additional intake of at least 250 students for the MBBS programme. The health minister is also pre-

sent, and this collaboration is witnessed personally by Your Majesty. I humbly appeal that both ministers be directed to assist Royal College in achieving this target," he said.

Currently, 150 students are enrolled in the programme each year.

Zahid said Royal College was established on Feb 18, 1999, with the vision and consent of the late Sultan Azlan Muhibbuddin Shah.

He described the institution as a testament to Mara's success in producing highly skilled individuals in medicine and health sciences.

Sultan of Perak Sultan Nazrin Muizzuddin Shah officiating at the Silver Jubilee celebration of the Royal College of Medicine Perak in Ipoh yesterday. With him are Deputy Prime Minister Datuk Seri Dr Ahmad Zahid Hamidi, Perak Menteri Besar Datuk Seri Saarani Mohamad (left), Higher Education Minister Datuk Seri Dr Zambry Abd Kadir (second from right) and Health Minister Datuk Seri Dr Dzulkefly Ahmad (right). NSTP PIC BY L. MANIMARAN

"The gracious presence of His Royal Highness today brings back precious memories, particularly as Royal College was originally inspired by the vision of Tuanku's late father. In 2004, the institution was elevated to Royal status, symbolising prestigious knowledge in Perak and Malaysia," he said.

The Royal College building, officially opened in 2007, has stood proud for 18 years, symbolising the Royal Institution of Perak's commitment to education, which is seen as vital for the people's well-being.

To date, 10,950 graduates have been produced.

KPT diminta tambah kuota pelajar perubatan UniKL RCMP

Usaha sokong hasrat kerajaan tingkatkan bilangan doktor, perkukuh sektor kesihatan

Ipoh: Timbalan Perdana Menteri, Datuk Seri Dr Ahmad Zahid Hamidi meminta Kementerian Pendidikan Tinggi (KPT) mempertimbang tambahan kuota pelajar bagi Ijazah Sarjana Muda Perubatan dan Sarjana Muda Pembedahan (MBBS) di UniKL Royal College of Medicine Perak (UniKL RCMP).

Ahmad Zahid yang juga Menteri Kemajuan Desa dan Wilayah berkata, langkah itu bagi menyokong hasrat kerajaan meningkatkan bilangan doktor serta memperkukuh barisan hadapan sektor kesihatan.

"Patik menaruh harapan agar KPT dapat mempertimbang tambahan kuota sekurang-kurangnya 250 pelajar lagi," katanya



Sultan Nazrin Muizzuddin Shah melihat buku pada majlis perasmian Sambutan Jubli Perak UniKL RCMP di Ipoh, semalam. Turut hadir Ahmad Zahid, Saarani, Zambry dan Dr Dzulkefly. (Foto L. Manimaran/BH)

dalam sembah ucapan pada Majlis Sambutan Jubli Perak UniKL RCMP di sini semalam.

Sultan Perak, Sultan Nazrin Muizzuddin Shah menyempurnakan majlis berkenaan.

Turut hadir Menteri Besar Perak, Datuk Seri Saarani Mohamad, Menteri Pendidikan Ting-

gi, Datuk Seri Dr Zambry Abdul Kadir dan Menteri Kesihatan Datuk Seri Dr Dzulkefly Ahmad.

Sementara itu Ahmad Zahid berkata, UniKL RCMP terus mengekalkan mutu pengajaran, kurikulum bertaraf antarabangsa serta kekuatan tenaga akademik-nya.

Lahirkan 10,950 siswazah

Ahmad Zahid berkata, seramai 10,950 siswazah berjaya dilahirkan dan berbakti kepada tanah air, serta dalam masa yang sama mereka turut mengharumkan nama negara di persada antarabangsa.

Beliau berkata, sambutan

Jubli Perak UniKL RCMP ialah bukti kejayaan sebuah institusi pendidikan di bawah Majlis Amanah Rakyat (MARA) yang kekal relevan, serta terus unggul dalam melahirkan insan berilmu dalam bidang perubatan dan sains kesihatan.

BERNAMA

Sultan Nazrin graces silver jubilee celebration of Royal College of Medicine Perak

IPOH: The Sultan of Perak Sultan Nazrin Shah graced the silver jubilee celebration of the Royal College of Medicine Perak (RCMP) yesterday, marking 25 years since its establishment as Malaysia's only higher learning institution bestowed with royal status.

His Royal Highness was accompanied by Deputy Prime Minister Datuk Seri Dr Ahmad Zahid Hamidi and Perak Menteri Besar Datuk Seri Saarani Mohamad.

Also present were Higher Education Minister Datuk Seri Zambry Abdul Kadir, Health Minister Datuk

Seri Dr Dzulkefly Ahmad and Mara chairman Datuk Asyraf Wajdi Dusuki.

RCMP chairman Datuk Dr Afifi Al-Akiti highlighted the unique prestige carried by the institution due to its royal status, and reaffirmed the college's commitment to academic excellence and student development.

"Since its inception, the Royal College has played a vital role in producing professionals in the fields of medicine and allied health sciences."

Inspired and endorsed by the late Sultan Azlan Muhibbuddin Shah of Perak, the college was established on

Feb 18, 1999.

As part of the silver jubilee celebration, Sultan Nazrin launched the *Handbook of Rheumatoid Arthritis and Images in Rheumatology*, co-authored by Prof Datuk Dr Wahinuddin Sulaiman and Dr Ainon Mohd Mokhtar. – Bernama

'Low number of B40 individuals benefitted from free health screening'

KUALA LUMPUR: Only 1.6 million Malaysians from the B40 group have benefited from free health screenings under the Health Ministry's PeKa B40 scheme as of May 31.

Launched in 2019, the initiative provides comprehensive health checks to 6.9 million Sumbangan Tunai Rahmah recipients, including free basic screenings, physical examinations, blood and urine tests and two doctor consultations.

ProtectHealth Corporation head of Quality Assurance Dr Muhammed Anis Abd Wahab said the scheme is a national effort to protect Malaysians from a growing silent health crisis.

However, he noted that uptake remains low, reflecting a lack of preventive health culture, particularly among lower-income groups.

"Key factors include time constraints, work priorities, concerns over treatment costs and the perception that 'it's better not to know if you're ill'.

"During engagement sessions and outreach programmes, many recipients acknowledged they

understand the importance of health checks but prefer not to discover any serious illness and face treatment costs," he told Bernama recently.

He said most patients who eventually seek hospital treatment are already in critical condition, something that could have been avoided through early prevention and regular screenings.

Muhammed Anis added that non-communicable diseases (NCD) such as diabetes, hypertension and high cholesterol remain major causes of death and disability in Malaysia, with many patients only discovering their condition at an advanced stage.

Citing a joint study with the World Health Organisation in 2017, he stated that NCD result in an annual economic loss of RM100 billion to RM300 billion, with productivity losses from absenteeism alone estimated at RM12.8 billion per year.

"This is the reality. We are seeing a heavy economic burden and productivity loss from NCD, where individuals are unable to work or attend work but remain

unproductive due to poor health, a phenomenon known as absenteeism and presenteeism.

"This situation is estimated to cost the national economy RM12.8 billion annually, funds that could otherwise contribute positively to economic growth," he said.

He added that ProtectHealth is adopting various community-level approaches, working with NGOs, private clinics and local leaders to expand access to healthcare, particularly for high-risk groups such as those who are overweight or physically inactive.

Eligible participants under PeKa B40 can also access medical device assistance, cancer treatment support and transport subsidies.

ProtectHealth Corporation Sdn Bhd, a wholly owned subsidiary of ProtectHealth Malaysia under the ministry, was established on Dec 19, 2016.

It is responsible for coordinating, administering and managing various healthcare financing initiatives entrusted by the ministry, including PeKa B40, the Madani Medical Scheme and the Hospital Services Outsourcing programme.

Medical officer loses RM2.6m in scam

JOHOR BAHRU: A medical officer in Johor has lost RM2.6 million to a bogus online investment scheme.

Johor police chief Datuk Ab Rahaman Arsad said the 45-year-old victim responded to a stock investment advertisement on social media on May 25.

"He clicked on a WhatsApp link and contacted an individual, who offered an investment with an overseas company, promising returns of between five and 15%.

"The victim was also asked to download an app on his mobile phone, supposedly to enable him to monitor his investments," he said in a statement.

He added that the victim made 56 money transfers totalling RM2,603,900 into eight bank accounts as directed by the individual between May 25 and Aug 8.

"The victim suspected he had been cheated when he failed to withdraw the investment funds via the app. He lodged a police report on Wednesday."

Ab Rahaman said the case is being investigated as cheating under Section 420 of the Penal Code, which carries a jail term of between one and 10 years, with whipping and a possible fine.

He urged the public to be cautious about investments promising risk-free profits or "guaranteed returns", and to check with Bank Negara Malaysia or the Securities Commission when in doubt.

"The public can also follow the Commercial Crime Investigation Department social media pages on Facebook, Instagram and TikTok to learn about the latest commercial crime *modus operandi*."

He advised victims to immediately contact the National Scam Response Centre via the 997 hotline to block the outflow of funds. – Bernama

Caj insurans kesihatan melonjak

Pelaksanaan SST pada kadar 8.0 peratus dorong kenaikan

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Caj perkhidmatan insurans kesihatan negara mencatatkan kenaikan mendadak pada Julai, kesan

langsung daripada pelaksanaan Cukai Jualan dan Perkhidmatan (SST) yang diperluaskan, walaupun kadar inflasi keseluruhan negara kekal stabil dan terkawal pada 1.2 peratus.

Menurut nota penyelidikan oleh TA Securities, data terkini menunjukkan subkomponen Insurans Berkaitan Kesihatan melonjak secara ketara sebanyak 14.2 peratus dalam tempoh sebulan.

Kenaikan ini berpunca daripada pengenalan cukai SST pada kadar 8.0 peratus ke atas caj berasaskan fi dan komisen bagi perkhidmatan

insurans dan kewangan yang berkuat kuasa pada 1 Julai 2025.

Kadar inflasi terkawal

Walaupun lonjakan kos insurans ini memberi impak besar kepada pemegang polisi, TA Securities menjelaskan bahawa kesannya terhadap kadar inflasi umum adalah terkawal.

Ini kerana kategori insurans hanya mewakili 1.3 peratus daripada keseluruhan bakul Indeks Harga Pengguna (IHP).

Dalam pada itu, rakyat boleh menarik nafas lega apabila bebe-

rapa kos sara hidup utama menunjukkan trend penurunan.

Harga barangan 'makanan di rumah' atau barangan dapur mencatatkan penurunan sebanyak 0.3 peratus berbanding tahun sebelumnya.

Harga runcit bahan api seperti diesel dan RON97 juga lebih rendah berbanding Julai 2024.

Secara keseluruhan, TA Securities menyifatkan tekanan inflasi di Malaysia sebagai 'benign' atau terkawal, dengan purata setakat ini pada 1.4 peratus.

Penganalisis melihat risiko ke-

naikan inflasi pada masa hadapan adalah minimal, terutama selepas Perdana Menteri mengesahkan bahawa harga petrol RON95 akan kekal dihadkan.

Dengan keadaan inflasi yang stabil, Bank Negara Malaysia (BNM) dijangka mengekalkan Kadar Dasar Semalaman (OPR) pada 2.75 peratus sehingga akhir tahun.

Ini bermakna kadar faedah bagi pinjaman perumahan dan kenderaan dijangka tidak akan berubah, memberikan kelegaan kepada peminjam.

Bernama

ANTARA FAKTOR HANYA 1.6J GOLONGAN B40 MANFAAT SKIM PEKA B40

Kuala Lumpur

Berdasarkan kajian bersama Pertubuhan Kesihatan Sedunia (WHO) pada 2017, penyakit tidak berjangkit (NCD) seperti diabetes, hipertensi mengakibatkan kerugian kepada ekonomi negara antara RM100 hingga RM300 bilion setahun.

Namun hanya 1.6 juta rakyat Malaysia daripada kumpulan B40 memanfaatkan saringan kesihatan percuma di bawah Skim Peduli Kesihatan (PeKa B40) setakat 31 Mei lalu.

Skim yang diperkenalkan sejak 2019 itu menawarkan pemeriksaan kesihatan menyeluruh kepada 6.9 juta penerima Sumbangan Tunai Rahmah (STR), dengan komitmen berterusan untuk meningkatkan kesedaran tentang kepentingan pencegahan awal dalam kalangan masyarakat.

Ketua Jabatan Jaminan Kualiti ProtectHealth Corporation Dr Muhammed Anis Abd Wahab berkata PeKa B40 menawarkan saringan asas percuma termasuk pemeriksaan fizikal, ujian darah dan air kencing

Persepsi lebih baik tak tahu ada penyakit

serta dua sesi konsultasi dengan doktor.

Beliau berkata kadar penggunaan yang rendah itu menunjukkan budaya pencegahan belum diamalkan majoriti rakyat Malaysia terutamanya dalam kalangan kelompok berpendapatan rendah.

"Antara faktor yang dikenal pasti menyebabkan keadaan ini seperti keangasan masa, keutamaan terhadap pekerjaan harian, kebimbangan terhadap kos rawatan serta persepsi 'lebih baik tidak tahu daripada tahu diri sedang sakit'."

"Semasa sesi libat urus dan program *outreach*, ramai penerima mengakui mereka sedar kepentingan pemeriksaan kesihatan, tetapi lebih memilih untuk tidak tahu status kesihatan sendiri kerana bimbang menghadapi penyakit seri-



KEBANYAKAN pesakit NCD hanya menyedari penyakit mereka apabila sudah berada pada peringkat serius.

us dan terpaksa menanggung kos rawatan," katanya.

Beliau berkata kebanya-

kan pesakit yang akhirnya mendapatkan rawatan di hospital sudah berada pada tahap kritikal, sedangkan

keadaan itu boleh dielakkan melalui pencegahan awal termasuk pemeriksaan kesihatan berkala.

Dr Muhammed Anis berkata penyakit tidak berjangkit (NCD) seperti kencing manis, darah tinggi dan kolesterol tinggi adalah antara penyumbang utama kematian dan ketidakupayaan di Malaysia, namun kebanyakan pesakit hanya menyedari penyakit mereka apabila sudah berada pada peringkat serius.

"Hakikatnya di sinilah kita lihat beban terhadap ekonomi, kita kehilangan produktiviti akibat penyakit NCD, individu terbahit tidak dapat hadir bekerja, atau hadir tetapi tidak produktif disebabkan keadaan kesihatan yang lemah, situasi yang dikenali sebagai 'absenteeism' dan 'presenteeism'."

"Situasi ini dianggarkan menyumbang kepada kerugian sebanyak RM12.8 bilion kepada ekonomi negara, sedangkan jumlah itu sepatutnya boleh menyumbang secara positif kepada pertumbuhan ekonomi," katanya.

Beliau berkata PeKa B40 bukan sekadar program kerajaan tetapi satu usaha nasional untuk menyelamatkan rakyat Malaysia daripada krisis kesihatan senyap yang kian membarah.

THROUGH APPLICATION

Doctor loses RM2.6 million to online investment scam

JOHOR BARU: A 45-year-old medical officer lost RM2.6 million to a bogus online investment scheme that promised high returns.

State police chief Datuk Ab Rahaman Arsad said the victim, who lodged a report on Wednesday, had in May clicked on an advertisement on social media promoting the investment run by a foreign company.

He said the scheme promised returns of up to 15 per cent.

"The victim was instructed to download a mobile application to monitor his 'investments'," Rahaman said in a statement yesterday.

Between May 25 and Aug 8, the victim made 56 online transfers totalling RM2.6 million to eight bank accounts as directed by the suspect.

"The victim realised he had been cheated after failing to withdraw his money from the application," he said.

The case is being investigated under Section 420 of the Penal Code for cheating. Those found guilty face a jail term of between one and 10 years, whipping and a fine.

Rahaman reminded the public not to fall for schemes promising guaranteed profits and to verify companies or individuals with Bank Negara

Malaysia or the Securities Commission.

The public can check suspicious accounts and phone numbers through the Semak Mule portal or contact the National Scam Response Centre at 997 for help.



*Datuk Ab Rahaman
Arsad*



BUAH KIWI merupakan sejenis buah yang semakin mendapat tempat dalam kalangan masyarakat kerana khasiatnya yang tinggi serta rasanya yang unik. Buah ini berasal dari New Zealand, namun kini boleh didapati dengan mudah di pasaran tempatan. Selain berwarna hijau yang menarik dengan biji hitam kecil, buah kiwi kaya dengan pelbagai nutrien yang memberikan manfaat kepada kesihatan manusia.

Salah satu kebaikan utama buah kiwi ialah kandungan vitamin C yang sangat tinggi. Malah, kandungan vitamin C dalam sebiji buah kiwi

sudah cukup untuk memenuhi keperluan vitamin C harian. Vitamin C amat penting untuk meningkatkan sistem imunisasi badan, membantu dalam pembaikan tisu, serta bertindak sebagai antioksidan yang melindungi sel-sel badan daripada kerosakan. Oleh itu, pengambilan buah kiwi secara berkala mampu membantu badan melawan jangkitan dan penyakit seperti selsema dan demam.

Selain itu, buah kiwi juga kaya dengan serat makanan. Serat sangat penting dalam membantu sistem penghadaman manusia berfungsi dengan baik. Ia membantu melancarkan proses pencernaan dan mencegah masalah sembelit. Serat juga berperanan dalam mengawal paras kolesterol dalam darah dan mengurangkan risiko penyakit jantung. Dengan mengamalkan pengambilan buah kiwi dalam diet harian, seseorang dapat mengekalkan kesihatan usus yang baik dan menjadikan sistem penghadaman lebih sihat.

Buah kiwi juga membantu dalam mengekalkan tekanan darah yang sihat. Kandungan kalium dalam buah ini membantu mengimbangi kesan natrium dalam badan, seterusnya mengawal tekanan darah agar kekal stabil. Ini sangat penting dalam mencegah masalah tekanan darah tinggi yang boleh membawa

kepada pelbagai komplikasi lain seperti strok dan serangan jantung. Tambahan pula, buah kiwi juga rendah kandungan natrium, menjadikannya sesuai untuk penghidap darah tinggi.

Dari segi kecantikan, buah kiwi sering dijadikan ramuan dalam produk penjagaan kulit kerana kaya dengan vitamin E dan C yang membantu dalam mengekalkan kulit yang sihat dan berseri. Antioksidan dalam buah ini membantu melawan radikal bebas yang menyebabkan penuaan kulit. Pengambilan buah kiwi secara konsisten juga dapat membantu mencerahkan kulit, mengurangkan jerawat, dan mempercepatkan proses penyembuhan luka.

Buah kiwi merupakan antara buah yang sangat berkhasiat dan bermanfaat untuk kesihatan manusia. Kandungan vitamin, mineral, serat dan antioksidan di dalamnya menjadikan buah ini bukan sahaja membantu mencegah pelbagai penyakit, malah turut menyumbang kepada kecergasan tubuh badan dan kesihatan kulit. Oleh itu, kita semua disarankan untuk mengamalkan pemakanan seimbang yang merangkumi buah-buahan seperti kiwi dalam diet harian.

Buah Kiwi

Buah Kecil, Khasiat besar

