

AKHBAR : KOSMO
 MUKA SURAT : 5
 RUANGAN : NEGARA



KES jangkitan Covid-19 masih ada dalam komuniti setempat masyarakat. - GAMBAR HIASAN

Empat kematian akibat Covid-19

PETALING JAYA – Angka jangkitan Covid-19 di negara mencatatkan sebanyak 1,630 kes kelmarin termasuk tiga kes import dengan empat kematian kelmarin.

Setakat kelmarin, jumlah keseluruhan sebanyak 4,928,878 setakat ini.

Empat yang dicatatkan itu dua daripadanya adalah kematian di luar hospital.

Menerusi data pada laman web *KKMNow*, sejumlah 1,989 kes sembuh direkodkan dengan jumlah keseluruhan pulih daripada Covid-19 seramai 4,903,906 orang.

Kata laman web itu, sebanyak 26,798 kes aktif Covid-19 dilaporkan dan daripada jumlah itu seramai 24,847 menjalani kuarantin di rumah, manakala 1,857 di hospital.

“Sebanyak empat kematian baharu dilaporkan menjadikan jumlah kematian sebanyak 36,595 kes.

“Daripada jumlah itu sebanyak 7,783 kes kematian di luar hospital atau *brought in dead* (BID) dilaporkan,” ujar KKM-Now.

Sementara itu, bagi kes harian pula, Selangor mencatatkan kes harian paling tinggi semalam sebanyak 562 kes diikuti, Pulau Pinang (148), Sabah (133), Wilayah Persekutuan Kuala Lumpur (131) dan Melaka (124) kes.

Menurut laman web itu lagi, setakat kelmarin sebanyak 38,421 kes import dilaporkan.

Sebelum ini Kementerian Kesihatan kini sedang memantau penularan subvarian Omicron XBB yang juga dikenali sebagai Gryphon di negara jiran, Singapura.

Menterinya, Khairy Jamaluddin Abu Bakar menyatakan pemantauan turut melibatkan laluan masuk ke negara ini di Tambak Johor dan Jambatan Kedua setiap hari.

AKHBAR : THE STAR
MUKA SURAT : 3
RUANGAN : YOUR HEALTH

A SERIOUS conversation about nicotine addiction has always been difficult, especially when persuading a smoker to quit. The topic is rarely brought up despite nicotine being the most abused but legally addictive substance. Social normalisation would have certainly contributed to the relatively constant rate of nicotine product use despite abundant evidence of the negative consequences.

Understanding the history of nicotine product use helps us better understand why nicotine addiction is a continuous global challenge. Tobacco use has been documented for over 8,000 years, which led to its cultivation in 5,000 BC in Central Mexico.

Originally used in religious ceremonies and for medical purposes, it was regarded as a valuable item and was used as gifts.

In 1760, Pierre Lorillard established the first company in the US that processed tobacco to make cigars and snuff. Less than two centuries later, many tobacco companies were established, creating a powerful and profitable

Stubbing out an unhealthy habit

industry.

Over the past 20 years, tobacco products have changed in both content and presentation in an effort by the tobacco industry to increase the demand among new and diverse populations including children.

Claims have been made about the more medically disastrous nature of the newer generations of products due to the "fortification" of ingredients to modify the flavour or to change the nature of the tobacco from leaves to vape juices.

The benefits of quitting tobacco products

Here are some major reasons smokers should quit:

1. Break the cycle of addiction

Leaving one unsatisfied is an anecdote portraying the addictive

nature of nicotine. Nicotine leads to tolerance and withdrawal (the development of edgy symptoms upon cessation) which illustrates a continuous cycle that in time will become harder to break.

2. Reduce the risk of getting cardiovascular diseases

Smoking is a modifiable major risk factor of cardiovascular diseases, which are one of the main causes of death in Malaysia. This includes coronary heart disease and stroke. When a person stops smoking, the benefits start almost immediately with the risk of heart attacks and stroke returning to the level of non-smokers after 15 years. Smoking cessation also reduces blood pressure which is another important risk factor for cardiovascular disease.

3. Improve the functions of

the lungs

Tobacco product use affects the lungs directly during inhalation and indirectly through toxins circulating in the blood. The use is well known to cause impairment of lung function and cancers. Quitting has been shown to improve the lungs' function and reduce the risk of lung cancer at a rate similar to that of non-smokers after 10 years.

4. Improved immune system

Our immune system protects us from infections. It is activated when our body is invaded by a virus, bacteria, or any other foreign body. This activation is impaired by toxins in cigarette products, making us susceptible to infection. An optimum immune system also plays a significant role in protecting us against cancers.

5. Reduce the ageing process

Ageing is a natural process. However, using tobacco products speeds up the ageing process due to the cells' inability to regenerate healthily in the presence of toxins. Thus, quitting smoking would allow our bodies to recover better and improve in vitality.

6. Join the "new norm"

Community studies have shown an increasing trend of smokers wanting to quit with health concerns being the most popular reason, followed by the health of loved ones and other sociodemographic factors. Hence, quitting tobacco product use is a norm smokers should be comfortable with.



Dr Faridah Mohd Zin.

Family medicine and wellness consultant at MSU Medical Centre, Dr Faridah Mohd Zin explains the cold turkey method remains the most popular method chosen by smokers to quit using tobacco products. However, this method has been shown to have the highest failure rate in the short and long term, primarily due to the resulting unpleasant withdrawal symptoms, as opposed to gradual reduction over time or by using replacement medication.

Scientifically proven replacement medications are safe and effective if used under supervision by certified professionals. Although the decision to continue smoking depends entirely on smokers, the right to clean air remains the right of everyone.

If you quit smoking today...

20 mins	8 hours	24 hours	48 hours	2 weeks to 3 months	1 to 9 months	1 year	5 years	10 years	15 years
Reduced blood pressure, pulse rate and body temperature	Carbon monoxide (toxic gas) is reduced by half and oxygen levels are normalised	Risk of heart attack decreases	Nerve endings start regrowing. Your ability to smell and taste is enhanced.	Lung function improves by 30%	Lung function improves and overall energy increases.	The excess risk of coronary heart disease is halved compared to a smoker.	The risk of stroke is reduced compared to a non-smoker. The lung cancer death rate is also halved.	Lung cancer death rate is reduced to the same level as that of a non-smoker.	The risk of coronary heart disease is reduced to the same level as that of a non-smoker.

Quitting smoking improves your health to that of non-smokers in 15 years.