

AKHBAR : BERITA HARIAN

MUKA SURAT : 73

RUANGAN : WANITA

# Wanita hamil tak sedar hidap diabetes

• Ibu di Malaysia paling ramai tidak tahu risiko dapat penyakit

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Tiga puluh peratus wanita Asia yang mengandung dalam tempoh tiga tahun lalu, tidak menyedari kemungkinan mereka bakal menghidap diabetes 'gestational'.

The Sun Life Financial Asia Diabetes Awareness, sebuah pertubuhan kesihatan, dalam tinjauannya baru-baru ini, menunjukkan wujudnya jurang pengetahuan membimbangkan mengenai diabetes yang menjelaskan satu dalam setiap tujuh kelahiran di Asia.

"Malaysia mendahului dengan peratus tertinggi, iaitu 17.9 peratus, diikuti Hong Kong dan Filipina, masing-masing 9.6 dan 6.9

peratus," katanya dalam satu kenyataan, hari ini.

BERNAMA melaporkan, tinjauan itu juga mendedahkan 31 peratus daripada responden di Asia tidak tahu terdapat lebih daripada satu jenis diabetes dan 42 peratus daripada mereka tidak menyedari hakikat wanita mengandung menghadapi risiko mendapat penyakit itu.

#### Risiko jangka panjang

Tinjauan itu turut menunjukkan 45 peratus daripada responden berpendapat diabetes akan menyebabkan beban kewangan, terutama terhadap sistem penjagaan kesihatan awam.

Ketua Pegawai Eksekutif yang juga Presiden dan Ketua Negara Sun Life, Raymond Lew, berkata Sun Life bekerjasama dengan Diabetes Malaysia untuk menyediakan bantuan kewangan bagi membeli bekalan pengesan diabetes untuk kanak-kanak dan keluarga tidak berkemampuan.

Sementara itu, Pakar Perunding Endokrin Hospital Putrajaya, Dr Nurain Mohd Noor, berkata walaupun umum menganggap diabetes ketika hamil (GDM) beratif semestara, ia sebenarnya



Wanita perlu mendapatkan pandangan pakar sekiranya mereka bercadang untuk hamil lagi, bagi memastikan mendapat bimbingan betul menguruskan paras gula dalam darah, khususnya bagi yang ada sejarah diabetes."

**Nurain Mohd Noor,**  
Pakar Perunding Endokrin  
Hospital Putrajaya

membawa risiko jangka panjang untuk ibu dan anak menghadap diabetes jenis II.

Katanya, kesedaran GDM dalam kalangan wanita dan suami, amat mustahak bagi memastikan pengesanan dan pengurusan awal diabetes dengan baik.

"Wanita perlu mendapatkan pandangan pakar sekiranya mereka bercadang untuk hamil lagi, bagi memastikan mendapat bimbingan betul menguruskan paras gula dalam darah, khususnya bagi yang ada sejarah diabetes," katanya.

Beliau berkata demikian dalam satu kenyataan sempena Sambutan Hari Diabetes anjuran Novo Nordisk dengan kerjasama Hospital Putrajaya, semalam.

#### Jejas kualiti hidup

GDM berisiko pada wanita yang hamil lewat, obesiti, ada sejarah diabetes dalam keluarga, termasuk pernah mendapat GDM sewaktu kehamilan terdahulu, sejarah kematian bayi sewaktu lahir atau melahirkan bayi dengan kecacatan kongenital.

Dr Nurain yang juga Setiausaha Persatuan Endokrin dan Metabolik Malaysia, berkata diabetes bukan sahaja memberi kemudara-

tan kepada kesihatan global yang kian meningkat, tetapi lebih daripada itu, menjadikan kualiti hidup.

Katanya, Persekutuan Diabetes Antarabangsa (IDF) dalam Edisi Ke-8 Atlas Diabetes IDF yang diterbitkan baru-baru ini, menganggarkan seramai 425 juta penghidap diabetes di seluruh dunia dengan anggaran seorang daripada setiap 11 dewasa, ada diabetes.

Memburukkan keadaan apabila daripada jumlah itu, satu daripada dua penghidapnya, langsung tidak menyedari menghidap diabetes.

Perunding Perubatan Kesihatan Awam Kementerian Kesihatan, Dr Feisal Idzwan, berkata semua pihak perlu lebih agresif dalam usaha menangani diabetes dengan fokus kepada langkah pencegahan, pemeriksaan risiko awal dan pengurusan penyakit.

"Diabetes menjelaskan kesihatan individu. Malah ia adalah cabaran baharu perlu dihadapi negara. Saya berharap Hari Diabetes Sedunia boleh menjadi platform untuk meningkatkan kesedaran dan memupuk kerjasama menangani diabetes," katanya.

**AKHBAR : UTUSAN MALAYSIA**  
**MUKA SURAT : 29**  
**RUANGAN : DALAM NEGERI**

## Jangan desak doktor beri antibiotik

**PUTRAJAYA 15 Nov.** - Jangan desak doktor untuk diberikan antibiotik ke atas semua jenis jangkitan kerana kebanyakannya jangkitan seperti batuk dan selesma disebabkan oleh virus.

Ketua Pengarah Kesihatan, Datuk Dr. Noor Hisham Abdullah memberikan peringatan itu kerana antibiotik tidak mempunyai kesan terhadap virus dan penggunaan antibiotik yang betul amat penting agar kesihatan terus terpelihara.

"Sekiranya pesakit sangat memerlukan rawatan antibiotik, mereka mesti mematuhi nasihat ahli profesional kesihatan tentang cara pengambilan antibiotik yang betul termasuk dos dan tempoh rawatan yang diperlukan serta tidak berkongsi antibiotik dengan orang lain," katanya dalam satu kenyataan di sini hari ini.

Jelas Noor Hisham, antibiotik merupakan sumber berharga yang perlu digunakan dengan berhati-hati bagi memastikan ia kekal berkesan untuk seberapa lama yang boleh.



**NOOR HISHAM ABDULLAH**

Kementerian Kesihatan hari ini melancarkan Kempen Kesedaran Antibiotik Sedunia Peringkat Kebangsaan bagi meningkatkan kesedaran awam dan para profesional kesihatan supaya menggunakan antibiotik secara rasional dan bertanggungjawab bagi mengawal rintangan antibiotik.

Noor Hisham berkata, kerintangan antibiotik menyebabkan antibiotik yang biasa digunakan tidak lagi berkesan, kos penjagaan kesihatan akan meningkat kerana jangkitan menjadi teruk serta memerlukan rawatan intensif untuk tempoh lebih lama selain boleh menyebabkan risiko kematian.

Sehubungan itu, katanya, adalah penting masyarakat mendapatkan nasihat yang tepat sebelum mengambilnya bagi memastikan mereka mendapat rawatan yang terbaik.

"Masyarakat digesa untuk turut memainkan peranan dalam memerangi kerintangan antibiotik dengan mengamalkan langkah-langkah pencegahan jangkitan seperti mengambil vaksin mengikut jadual serta menjaga kebersihan diri dan makanan supaya pengambilan antibiotik dapat dielakkan," katanya.

Beliau menambah, antibiotik adalah sejenis ubat dikawal di bawah akta sedia ada yang mana ia hanya boleh dibekalkan oleh pengamal perubatan dan veterinar berdaftar serta ahli farmasi berlesen dengan preskripsi yang sah.

Penjualan antibiotik secara dalam talian juga dilarang di bawah akta yang sama.

AKHBAR : MALAY MAIL

MUKA SURAT : 25

RUANGAN : HEALTH



# Diabetes during pregnancy

Gestational diabetes has become one of the most common pregnancy complications in recent years.

**DIABETES** is a growing global health emergency impacting the lives of a vast majority of people every day. The eighth edition of Diabetes Atlas by International Diabetes Federation (IDF) reveals that 425 million people suffer from diabetes worldwide.

The same report estimates the number will increase to 629 million by the year 2045, with an associated health expenditure exceeding US\$776 billion (RM3.25 trillion).

Besides the widely recognised Type 1 and 2 diabetes, gestational diabetes, or high blood sugar during pregnancy, has become one of the most common pregnancy complications in recent years.

Some data has shown that gestational diabetes prevalence used to be relatively rare, occurring in about three to four per cent of pregnancies. But in recent years, the rate has seen a rapid increase. The condition does not only lead to adverse consequences on infants but also contributes to the current pattern of increasing diabetes and obesity in children.

According to the latest report from the National Obstetrics Registry (2010), the local incidence rate of diabetes in pregnancy stood at 9.9 per cent.

Recognising the threatening health complications moms-to-be and infants could face, healthcare company Novo Nordisk, together with Hospital Putrajaya, have joined hands to educate Malaysians on this prenatal complication.

Malaysian Endocrine and Metabolic Society secretary and Hospital Putrajaya consultant endocrinologist Dr Nurain Mohd Noor said gestational diabetes is a temporary condition, but carries significant long-term risk of Type 2 diabetes for both the mother and child.

"Some of the primary risk factors include older antenatal age, obesity, family history of diabetes, gestational

diabetes during previous pregnancy, a history of stillbirth or giving birth to an infant with congenital abnormality," she said.

Nurain pointed out that raising awareness of gestational diabetes among women and their partners is integral to ensure early detection and management.

"Women who are vulnerable to the risk factors of gestational diabetes should consult their doctor if they are planning on getting pregnant to ensure they receive guidance and support in managing their blood sugar."

Meanwhile, Novo Nordisk corporate vice president (Business Area Southeast Asia and Oceania) Sebnem Avsar Tuna said the new IDF figures underscore the fact that the diabetes pandemic continues to grow not only in Malaysia, but is also reaching critical levels globally.

"In commemoration of the 10th anniversary of World Diabetes Day (on Nov 14) being declared an official United Nation's day, it is important to remind ourselves that we need to continuously work together to prevent, diagnose and effectively manage diabetes.

"We are delighted to support Hospital Putrajaya in this year's World Diabetes Day initiatives, which includes a public awareness feature booth to educate individuals on the risks of diabetes and how to prevent its development, especially if you belong in one or more of the risk categories," said Tuna.

The collaboration is the latest in Novo Nordisk's campaign to raise awareness about gestational diabetes, which also includes a unique pre-pregnancy intervention project called *Jom Mama* — a public-private partnership initiative with the Health Ministry and international research institutions such as the University of Southampton, United Kingdom; the University of Witwatersrand, South Africa; and Steno

Diabetes Centre, Denmark.

"*Jom Mama* focuses on prevention to see if early interventions can be beneficial in giving a healthy start to both mother and child," explained Tuna. "This project engages young couples in an intervention to improve pre-pregnancy well-being to decrease the danger of gestational diabetes in mothers and Type 2 diabetes in the next generation."

Emphasising on the importance of prevention, Health Ministry Disease Control Division (Non-communicable Disease Unit) public health physician consultant and head Dr Feisal Idzwan Mustapha said, "With the rising incidence of diabetes in Malaysia, we must accelerate efforts at prevention, early risk screening and appropriate management of the disease."

"Diabetes affects people throughout our society and is a significant long-term healthcare challenge and burden."

In Malaysia, 1.8 million people are living with undiagnosed diabetes and World Diabetes Day is an important platform for the relevant parties to work together so as to ensure that people have access to healthcare.

Members of the public can learn more about gestational diabetes by visiting the Hospital Putrajaya disease awareness booth located at Alamanda Mall, Putrajaya on Nov 18. In addition to providing information about gestational diabetes, there will be free diabetes screenings and health education activities for participants.



Tuna says the new IDF figures highlight the diabetes pandemic continues to grow not only in Malaysia, but is also reaching critical levels globally.

AKHBAR : MALAY MAIL

MUKA SURAT : 24

RUANGAN : HEALTH

DIABETIC ESSENTIAL LAUNCH

3 NOVEMBER 2017



(From left) — Gross, Advance Medical Asia Pacific managing director Myra Yu and Allianz Life Insurance Malaysia chief strategy and product officer Yeoh Eng Hun break a giant sugar cube to officiate the launch of the Allianz Diabetic Essential medical plan.

# Designed to protect diabetics

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IT is a well-known fact that diabetes is prevalent in Malaysia. Based on a study by the Consumers Association of Penang, Malaysians consume 26 teaspoons of sugar per day, making us one of the highest sugar consuming nations in the world.

As the result, last year, the Health Ministry revealed that 3.5 million or 17.5 per cent Malaysians over the age of 18 suffer from diabetes. This year, it was reported that almost one in five Malaysians are diabetic.

The disease occurs when one's blood glucose, also called blood sugar — which is your main source of energy and comes from the food you eat — is too high. Normally after a meal, the body will break down sugars from the food and uses them for energy. To accomplish this, the pancreas needs to produce a hormone called insulin to ease the process of extracting sugar from the blood and putting it in the cells for use.

But for diabetics, the pancreas either produces too little insulin or none at all. As such, the insulin can't be used effectively, resulting in the blood glucose level to rise.

Although managing a well-balanced blood sugar level might be an uphill battle, diabetes can be effectively managed when caught early. However, when left untreated, it can lead to potential complications that include heart disease, stroke, kidney failure, blindness, nerve damage and amputation.



Although maintaining a well-balanced blood sugar level might be a difficult and tiresome task, diabetes can be effectively managed with proper planning and discipline.

Surprisingly though, most people with diabetes either have insurance that doesn't offer coverage for their needs or have no insurance at all.

In its quest to help people with Type 2 diabetes, Allianz Life Insurance Malaysia Berhad has come up with a new medical insurance plan. It recently unveiled the Allianz Diabetic Essential plan that is specifically designed for this group.

The package offers comprehensive medical coverage, out-patient treatment benefits, health screening and premium discounts. Besides that, it also provides health screening benefits with an annual HbA1c

(glycated hemoglobin) blood test, kidney function test, lipid profile as well as medical and full urine examination.

Speaking at the launch, Allianz Life Insurance Malaysia chief executive officer Joseph Gross said Allianz Diabetic Essential is the company's product to provide customers with the best protection from A to Z.

"It offers comprehensive medical coverage with a choice of four medical plans that will help cover the cost of hospitalisation and surgery, intensive care unit, obtaining second medical opinion and more," he explained.

For those seeking medical care beyond hospitalisation, the plan provides access to outpatient treatments for cancer, kidney dialysis, dengue and enteric fever as well as emergency accidental outpatient treatment.

Gross also explained that the plan is far more than just a new product for diabetics. "We are taking it one step further by teaming up with Advance Medical to spearhead a Diabetes Care Programme for our customers.

"It is where a licensed physician will be assigned to our customers as their personal health adviser. They will evaluate our customers' condition and customise a comprehensive Diabetes Management Plan to meet their needs," he explained.

As part of the plan, Gross said a licensed nurse would then follow up with customers to guide them in achieving their health goals.

To further encourage the fight against diabetes, the plan offers up to 40 per cent off on premiums when customers sign up, depending on their medical report.

"If they stay the course and continue to be healthy, they will continue to enjoy a year's discount," said Gross.

By simply submitting their medical report to the insurer, customers would be entitled to a 10 per cent discount on premiums.

Gross also said this is the company's first step into the market for diabetics, and a programme like this needs to grow over time. "We especially want to address the people who want to make a change in their lives because everyone deserves to have better medical coverage."