

AKHBAR : BERITA HARIAN
MUKA SURAT : 8
RUANGAN : NASIONAL

Kematian akibat tibi meningkat tahun lalu

Kuala Lumpur: Jumlah kematian akibat penyakit tibi di negara ini pada tahun 2022 adalah sebanyak 2,572 kes dengan kadar kematian 7.9 setiap 100,000 penduduk.

Jumlah itu meningkat sebanyak 284 kematian (12 peratus), berbanding 2,288 kematian dengan kadar kematian 6.9 setiap 100,000 penduduk pada tahun sebelumnya.

Menyatakan demikian, Menteri Kesihatan, Dr Zaliha Mustafa, berkata jumlah kes penyakit tibi dalam negara pada tempoh sama juga meningkat 3,664 kes berbanding tahun sebelumnya.

Katanya, sebanyak 25,391 kes (kadar notifikasi 77.8 bagi setiap 100,000 penduduk) pada tahun 2022.

Bagaimanapun, beliau berkata anggaran Pertubuhan Kesihatan Sedunia (WHO) jumlah kes tibi dalam negara lebih ren-

dah berbanding sasaran pertumbuhan berkenaan.

"WHO menganggarkan kadar insiden tibi bagi Malaysia adalah 97 setiap 100,000 penduduk," katanya menerusi kenyataan sempena sambutan Hari Tibi Sedunia semalam.

Penyakit tibi adalah penyakit berjangkit yang disebabkan oleh Mycobacterium tuberculosis dan merebak melalui udara.

Majoriti jangkitan tibi membabitkan paru-paru (tibi pulmonari), namun organ lain juga boleh mendapat jangkitan seperti otak (TB menigitis), tulang (TB spine), kelenjar limfa (TB lymph node), usus (TB gut) dan lain-lain organ badan.

Tema bagi Hari Tibi Sedunia pada tahun ini adalah *Yes! We Can End TB!*

Dr Zaliha berkata, tema ini memberi inspirasi dan harapan kepada negara dalam usaha dan

strategi menamatkan epidemik tibi menjelang tahun 2035 melalui pembabitan kepemimpinan peringkat tinggi bagi meningkatkan pelaburan dan bersama-sama menggembung seluruh usaha, tenaga, kepakaran dan inovasi.

Sehubungan itu, katanya usaha bagi meningkatkan kadar pengeasanan kes melalui saringan awal penyakit tibi perlu ditingkatkan.

Beliau berkata, bagi mengurangkan kematian individu yang mempunyai risiko tinggi dijangkiti penyakit tibi seperti kontak kepada kes tibi, pesakit HIV, penyakit buah pinggang kronik, penyakit pulmori kronik (jenis obstruktif) dan perok aktif dinasihatkan melakukan saringan penyakit tibi.

"Bagi mengurangkan komplikasi kematian, individu yang mempunyai tanda dan gejala pe-

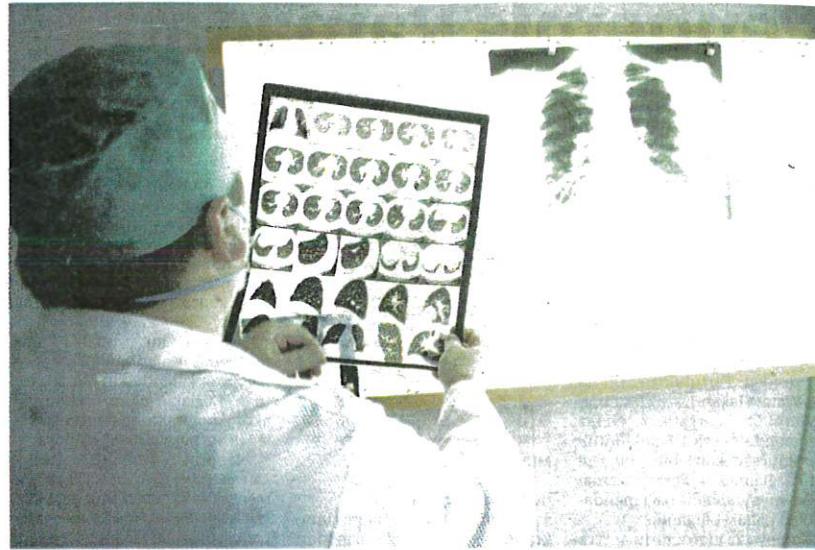
nyakit tibi seperti batuk yang berpanjangan melebihi dua minggu, demam, berpeluh pada waktu malam, kurang selera makan, susut berat badan dan batuk berdarah diminta menjalani pemeriksaan awal dan rawatan di klinik atau hospital berhampiran.

"Rawatan bagi penyakit tibi paru-paru adalah kombinasi ubatan antibiotik antitibi yang perlu diambil setiap hari selama enam bulan.

"Individu yang dijangkiti tibi boleh sembuh dengan mengambil rawatan yang diberikan," katanya.

Dr Zaliha berkata, pesakit yang berhenti mengambil rawatan dan enggan meneruskan rawatan boleh dikemakan tindakan perundungan di bawah Akta Pencegahan dan Pengawalan Penyakit Berjangkit 1988 (Akta 342).

AKHBAR : KOSMO
MUKA SURAT : 5
RUANGAN : NEGARA



KEMATIAN akibat penyakit tibi menunjukkan trend peningkatan di negara ini apabila seramai 2,572 dilaporkan meninggal dunia akibat masalah kesihatan itu. — GAMBAR HIASAN

Malaysia catat 2,572 kes pada 2022

Kematian akibat tibi meningkat 12 peratus *

Oleh MOHD. HUSNI MOHD. NOOR

PUTRAJAYA — Jumlah kematian akibat penyakit tibi di Malaysia pada tahun lalu meningkat 12 peratus iaitu sebanyak 2,572 bersamaan 7.9 orang bagi setiap 100,000 penduduk.

Menteri Kesihatan, Dr. Zaliha Mustafa berkata, angka itu menunjukkan peningkatan sebanyak 284 kematian berbanding 2,288 kematian pada tahun 2021.

Beliau berkata, Pertubuhan Kesihatan Sedunia menganggarkan kadar insiden tibi bagi Malaysia adalah 97 bagi setiap 100,000 penduduk, namun kadar insiden dilaporkan di negara ini adalah lebih rendah berbanding sasaran itu.

"Bagi Malaysia, jumlah kes yang dilaporkan pada tahun 2022 adalah 25,391 kes (kadar notifikasi 77.8 bagi setiap 100,000 penduduk).

"Ia dengan peningkatan sebanyak 3,664 kes (17 peratus) berbanding 21,727 kes (kadar notifikasi 63.5 bagi setiap 100,000 penduduk) pada tahun 2021," katanya dalam satu kenyataan Sempena Hari Tibi Sedunia di sini semalam.

Dalam pada itu, Dr. Zaliha berkata, bagi mengurangkan komplikasi kematian, individu yang mempunyai tanda dan gejala penyakit tibi berpanjangan perlu menjalani pemeriksaan awal.

Tambahnya, antara gejala awal

termasuk batuk berpanjangan melebihi dua minggu, demam, berpeluh waktu malam, kurang selera makan, susut berat badan dan batuk berdarah.

"Rawatan bagi penyakit tibi paru-paru adalah kombinasi ubatan antibiotik anti-tibi yang perlu diambil setiap hari selama enam bulan dan individu yang dijangkiti tibi boleh sembah dengan mengambil rawatan yang telah diberikan.

"Pesakit yang berhenti mengambil rawatan dan enggan meneruskan rawatan boleh dikenakan tindakan perundangan di bawah Akta Pencegahan dan Pengawalan Penyakit Berjangkit 1988 [Akta 342]," tegasnya.

AKHBAR : SINAR HARIAN
MUKA SURAT : 9
RUANGAN : NASIONAL

Pesakit tibi boleh dikenakan tindakan

Jika enggan ambil
atau teruskan
rawatan

Oleh NURHIDAYAH HAIROM
SHAH ALAM

Pesakit tibi yang berhenti dan enggan menerima rawatan boleh dikenakan tindakan perundangan di bawah Akta Pencegahan dan Pengawalan Penyakit Berjangkit 1988 (Akta 342).

Menteri Kesihatan, Dr Zalihah Mustafa berkata, negara merekodkan sejumlah 2,572 kematian akibat tibi pada tahun lalu iaitu meningkat sebanyak 284 berbanding 2,288 kematian pada tahun 2021.

Menurutnya, bagi me-



DR ZALIHA

ngurangkan komplikasi kematian, individu yang mempunyai tanda dan gejala penyakit tibi seperti batuk yang berpanjangan melebihi dua minggu, demam, berpeluh waktu malam, kurang selera makan, susut berat badan dan batuk berdarah diminta menjalani pemeriksaan awal dan rawatan di klinik-klinik kesihatan dan hospital berhampiran.

"Rawatan bagi penyakit tibi paru-paru adalah kombinasi ubatan antibiotik anti-tibi yang perlu diambil setiap hari selama enam bulan. Individu yang dijangkiti tibi boleh sembuh dengan mengambil rawatan yang telah diberikan.

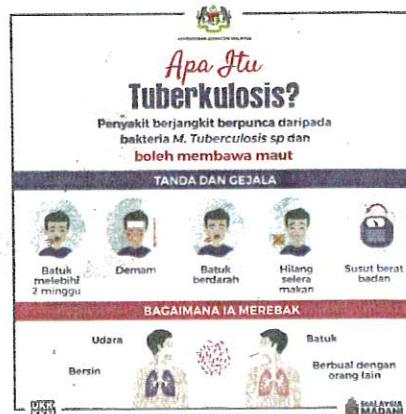
"KKM menyarankan agar semua pesakit sentiasa mematuhi jadual rawatan yang telah ditetapkan dan berbincang dengan penyelia rawatan jika menghadapi sebarang masalah atau kesan sampingan ubatan.

"Sokongan ahli keluarga, majikan, rakan sekerja dan masyarakat memainkan peranan penting bagi memastikan pesakit tidak terhenti rawatan," katanya dalam satu kenyataan sempena Sambutan Hari Tibi Sedunia 2023, pada Jumaat.

Beliau berkata, Malaysia juga mencatatkan 25,391 kes pesakit tibi pada tahun lalu dengan peningkatan sebanyak 3,664 kes (17 peratus) berbanding 21,727 kes.

Katanya, stigma terhadap pesakit dan keluarga juga perlu dihilangkan.

"Komitmen yang tinggi dari para anggota kesihatan di samping kerjasama erat dari semua agensi kerajaan, swasta dan pertubuhan bukan kerajaan (NGO) adalah amat diperlukan bagi



mencapai hasrat Malaysia menamatkan tibi menjelang tahun 2035 menjadi kenyataan.

"Individu yang mempunyai risiko tinggi dijangkiti penyakit tibi seperti kontak kepada kes tibi, pesakit HIV, penyakit buah pinggang kronik, penyakit pul-

mori kronik (jenis obstruktif) dan perokok aktif adalah dinasihatkan' melakukan saringan penyakit tibi," katanya.

Penyakit tibi adalah penyakit berjangkit yang disebabkan *Mycobacterium tuberculosis* dan me-rebak melalui udara.

Majoriti jangkitan tibi melibatkan paru-paru (tibi pulmonari), namun organ lain juga boleh mendapat jangkitan seperti otak (TB meningitis), tulang (TB spine), kelenjar limfa (TB lymph node), usus (TB gut) dan lain-lain organ badan.

Tema bagi Hari Tibi Sedunia pada tahun ini adalah "Yes! We Can End TB!" yang memberi inspirasi dan harapan kepada negara dalam usaha dan strategi menamatkan epidemik tibi menjelang tahun 2035.

AKHBAR : UTUSAN MALAYSIA

MUKA SURAT : 13

RUANGAN : DALAM NEGERI

Jumlah kematian akibat tibi meningkat 12 peratus

PUTRAJAYA: Jumlah mereka yang meninggal dunia akibat tibi di negara ini tahun lalu meningkat 12 peratus iaitu sebanyak 2,572 kematian.

Ia menunjukkan kadar kematian adalah 7.9 bagi setiap 100,000 penduduk.

Menteri Kesihatan, Dr. Zaliha Mustafa berkata, berlaku peningkatan sebanyak 284 kematian berbanding 2,288 dicatatkan pada 2021 (kadar kematian 6.9 setiap 100,000 penduduk).

Jelasnya, Pertubuhan Kesihatan Sedunia (WHO) menganggarkan kadar insiden tibi bagi Malaysia adalah 97 setiap 100,000 penduduk, namun kadar insiden yang dilaporkan di negara ini adalah lebih rendah berbanding sasaran itu.

“Bagi Malaysia, jumlah kes yang dilaporkan pada 2022 adalah 25,391 kes (kadar notifikasi 77.8 bagi setiap 100,000 penduduk).

“Ia dengan peningkatan 3,664 kes (17 peratus) berbanding 21,727 kes (kadar notifikasi 63.5 setiap 100,000 penduduk) pada 2021,” katanya sempena Hari Tibi Sedunia semalam.

Jelasnya, tema Hari Tibi Sedunia pada tahun ini adalah ‘Yes! We Can End TB’ iaitu memberi inspirasi dan harapan kepada negara menamatkan epidemik tibi menjelang 2035.

Dalam pada itu, Dr. Zaliha berkata, bagi mengurangkan komplikasi kematian, individu yang mempunyai tanda dan gejala penyakit tibi berpanjangan perlu menjalani pemeriksaan awal.

Menurutnya, antara gejala awal termasuk batuk berpanjangan melebihi dua minggu, demam, berpeluh waktu malam, kurang selera makan, susut berat badan dan batuk berdarah.

AKHBAR : THE STAR
MUKA SURAT : 5
RUANGAN : NATION

Docs: No pholcodine, no problem

Alternatives aplenty despite recall of cough syrups, lozenges containing the compound

By RAGANANTHINI VETHASALAM
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PETALING JAYA: Despite the sudden withdrawal of cough syrups and lozenges containing pholcodine, private pharmacies and health practitioners say there are enough alternatives available.

The cough syrups and lozenges have been pulled off shelves following a notice from the Health Ministry.

Medicines containing the opioid cough suppressant have been taken off shelves and placed under quarantine before being returned to their suppliers.

Several other countries have also pulled the medication over allergy fears.

Local doctors were left surprised by the recall.

Many general practitioners (GPs) have been prescribing pholcodine-based medications for many years without any problems, said Dr Raj Kumar Maharajah, president of Medical Practitioners Coalition Association of Malaysia.

He added that GPs were required to keep

records when pholcodine was prescribed.

"It was a cough mixture which we found to be effective. We hardly hear of complications. So we are also shocked that this has come up suddenly."

"We would like to know how many cases with side effects were seen in Malaysia as we have been giving this (medication) for several years without a problem," he said.

However, he said the availability of other cough syrups and lozenges had improved.

Certain medication such as Benadryl and herbal-based cough syrups are some of the alternatives available.

"We have been prescribing herbal syrups. Benadryl just returned to the market about a month ago," he said.

Benadryl had not been available for more than six months due to raw material issues in China.

Dr Steven Chow, president of Federation of Private Medical Practitioners Associations Malaysia, said pholcodine was mainly used as a suppressant for dry coughs.

"Alternatively, dextromethorphan is available. Some brands of dextromethorphan are

available, while some brands may be out of stock," he said, adding that the shortage of cough syrup had been a problem since 2022.

"This is mainly due to the shortage of raw materials," he said.

While the withdrawal of pholcodine could have some negative effects, he said the bigger problem was the supply.

Association of Private Hospitals Malaysia president Datuk Dr Kuljit Singh said private hospitals usually bought original and generic medicines of various brands and types, therefore alternatives would be available.

"We must remember that not every medication works well with all patients, so we always keep different types. So, there is no issue if one medication is not available," he said.

Dr Kuljit, however, stressed that patient safety was the priority of private hospitals, and the medication had been withdrawn in line with the ministry's circular.

Asked about the cost incurred, he said hospitals might have to absorb the loss.

"In this sector, there is no such thing as compensation. We have to absorb the loss. If

the company is willing to take up the stock and reimburse, it is something we can negotiate," he said.

"If not, we have no choice but to accept the loss."

Malaysian Community Pharmacy Guild president Foon Hwei Foong said pharmacies had a wide range of products available.

"We stopped selling the products once we received the notice from both suppliers and the National Pharmaceutical Regulatory Agency (NPRA)," she said.

"Pharmacies, however, will not suffer losses as supplier will pay compensation."

Health Minister Dr Zaliha Mustafa said on Wednesday that the Drug Control Authority had issued an order for products containing pholcodine to be recalled.

She urged those taking cough medication with pholcodine to stop consuming it and consult a doctor for an alternative treatment.

Among the recalled products are the Duro-Tuss cough syrups, Difflam lozenges, Russedyl compound linctus and Pholcodine syrup.

Dr Zaliha said the NPRA had received 12 reports of 17 people suffering adverse effects.

'Sugar baiting' female mozzies to reduce dengue cases

By IMRAN HILMY
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GEORGE TOWN: Baiting female Aedes mosquitoes with sugar could be the key to reducing dengue cases, which have infected over 23,000 people and killed 16 in the first 11 weeks of the year.

The "sugar bait technology" is a mimic of flower nectar laced with toxins that will end the Aedes mosquito's life cycle at every stage.

"When the mosquitoes feed on the bait, even the insects' legs will come into contact with the toxins.

"As a result, the toxins will contaminate the water in their breeding sites, affecting even their eggs and larvae," said Assoc Prof Dr Nur Faiez Abu Kassim, a medical entomologist at Universiti Sains Malaysia (USM).

Female mosquitoes suck on human blood to get the protein and fat needed to make eggs, while male mosquitoes are content with only plant juices.

Yet, when a glucose-rich food source is available, even the females will join the males in feasting on this energy source.

Between January and March 19 this year, dengue has infected 23,793 people and caused 16 deaths.

This strategy is Penang's latest focus, with the state having seen 183 cases between March 12 and 18, according to statistics released by the Penang Health Department.

"Existing methods like fogging do not eliminate them fast enough," said state health committee chairman Dr Norlela Ariffin, adding that authorities should now adopt the sugar bait technology.



Curbing Aedes breeding: DBKL workers fogging a housing area in Brickfields, Kuala Lumpur.
 — SS KANESAN/The Star

USM virologist Dr Kumita Thева Das said the best preventive method for dengue was to eliminate mosquito egg-laying sites.

"In every household, items used to store water or which may collect rainwater should be properly covered, discarded, or cleaned at least once a week to ensure there are no eggs or larvae."

"We can also protect ourselves on a daily basis by using window screens, mosquito nets, mosquito coils and repellents."

The public can also explore the iDengue portal to learn important information

about dengue to best protect themselves," she said.

A spike in the Aedes mosquito population can be expected during the Qing Ming Festival, during which many in the Chinese community will visit the graves of their ancestors.

When relatives make their offerings, receptacles for joss sticks and candles are usually placed in front of the tombstones; however, some are left behind and become prime mosquito breeding grounds after it rains.

State environment committee chairman

Phee Boon Poh said the management of cemeteries in Penang had been instructed to be diligent about cleaning the cemeteries during Qing Ming.

"We have asked them to put more trash bins there so that families who visit their ancestors' graves can conveniently discard their rubbish," he said.

Since a spike in dengue cases is historically observed shortly after Qing Ming, Phee has appealed to the public to avoid leaving any sort of container behind after performing their rites.

TB detection stepped up as deaths, cases rise

PETALING JAYA: Health authorities in Malaysia will be stepping up efforts to detect tuberculosis (TB) as the number of deaths and cases has risen in the country.

Last year, there were 25,391 TB cases (with a notification rate of 77.8 cases per 100,000 people), an increase of 3,664 cases (17%) compared with 2021, which had 21,727 cases (a notification rate of 63.5 cases per 100,000).

"Malaysia also recorded 2,572 TB deaths in 2022, an increase of 284 deaths (12%) compared with 2021, which saw 2,288 deaths," said Health Minister Dr Zaliha Mustafa in a statement yesterday.

She said in 2022, the World Health Organisation (WHO) had estimated there

were 10.6 million TB cases around the world, involving six million men, 3.4 million women and 1.2 million children.

"WHO estimated that the TB incidence for Malaysia should be 97 per 100,000 population. However, the incident rate reported in the country is lower than WHO's estimation."

"So efforts to increase the detection rate through early screening for TB have to be stepped up," she said.

In conjunction with World Tuberculosis Day yesterday, Dr Zaliha said the government aimed to raise awareness of the disease as well as increase efforts to control it with the help of relevant parties.

"We ask for health personnel, government

agencies, private and non-governmental organisations (NGOs) to work together and help achieve Malaysia's goal of ending TB by 2035," she added.

The theme for World TB Day this year is "Yes! We can end TB!"

TB is an infectious disease caused by Mycobacterium tuberculosis and is spread through the air. While most of the infections involve lungs, other organs can also be infected such as the brain, spine, lymph nodes and guts.

The treatment for TB is a combination of antibiotics that have to be consumed daily for six months.

"People who are in close contact with a TB patient, an HIV patient, or suffer from chronic

hip issues, lungs, or smoke tobacco heavily are encouraged to go for health screenings to detect this disease early," said Dr Zaliha.

She added that patients who stop their treatment and refuse to be treated could have action taken against them under the Prevention and Control of Infectious Diseases Act.

The Health Ministry advises all patients to always follow the fixed schedule and to discuss it with their treatment supervisors if they face any problems or suffer negative side effects.

"The support of family, employers, colleagues and community play an important role in ensuring patients continue their treatment," she said.