

AKHBAR : THE SUN
MUKA SURAT : 12
RUANGAN : HEALTH

Saving lives with AI breast cancer diagnostic tool

A breast cancer diagnostic technology powered by artificial intelligence (AI) has been adopted around the world in a global expansion, including in Malaysia.

UK tech startup Digistain's AI invention presents significant savings in healthcare with much lower acquisition costs, transportation fees and a reduced prescription of chemotherapy by as much as 30%.

Health Minister Datuk Seri Dzulkefly Ahmad recently visited Digistain's UK laboratory headquarters at Imperial College in London, alongside National Cancer Society Malaysia director Murallitharan Munisamy, signalling a large government-led push to spread adoption in the country.

"In Malaysia, we are leading the way with our adoption of innovative healthcare technologies to improve patients' health pathways and to



Dzulkefly (right) with Digistain founders (from left) Prof Chris Phillips and Amrania.



Murallitharan (left) with Amrania at Imperial College in London.

speed up processes. Digistain utilises AI tech in a brilliant way to help ease the burden of those living with cancer, reducing waiting times for results and the anxiety that goes alongside that. We are partnering with Digistain and know it will help to save lives in

Malaysia and beyond," said Murallitharan.

A recent independent health economic study, carried out by Health Tech Connect, commissioned and funded by the UK government, concluded Digistain would offer

massive cost reductions to organisations and could save the National Health Service £287 million (RM1.34 billion) if widely adopted.

"Using Digistain speeds up a traditional worldwide cancer diagnostics approach that is currently

too slow, in which time and swift action are precious and potentially life-saving commodities. We are seeing a huge global appetite for this innovation, which can ease pain, suffering and save lives.

"We want to democratise healthcare global and make sure Digistain is quickly available to all demographics and communities in all corners of the world," said Digistain founder and CEO Dr Hemmel Amrania.

Digistain has partnered with specialist healthcare distribution chains across Southeast Asia. Its mission is to reduce the inequality of healthcare globally and improve its provision in poorer nations across Asia and Africa.

It has passed clinical studies and peer review, gaining market clearance from the UK's Medicines & Healthcare Regulatory Agency.

FEATURES **Banking & Finance** **Education News/Health & Wellness** **ESG** **Property**

AKHBAR : SINAR HARIAN

MUKA SURAT : 13

RUANGAN : NASIONAL

HAND, foot and mouth disease (HFMD) is a common and highly contagious viral illness that primarily affects children under five years old, although it can occur in individuals of any age. HFMD is commonly caused by viruses from the enterovirus family, particularly Coxsackievirus A16, A6 and Enterovirus 71.

The illness usually presents with mild symptoms such as fever, sore throat and a characteristic blister – such as rash on the hands, feet and mouth and most children recover within a week. However, HFMD can lead to severe complications in certain cases, including neurological and cardiopulmonary issues.

In Malaysia, HFMD is a significant public health concern, with 35,043 cases reported in 2022 alone. The Health Ministry continues to monitor and address outbreaks, which tend to increase in frequency every other year. These figures highlight the importance of understanding the broader implications of HFMD and implementing preventive measures to reduce transmission.

Recurrent infections and immunity

One of the critical concerns surrounding HFMD is the possibility of recurrent infections. HFMD can be caused by different strains of viruses, meaning a child who recovers from one infection can be reinfected by another strain.

While recurrent infections are possible, there is no concrete evidence to suggest children who have had recurrent or repeated HFMD infections are more susceptible to other viral infections. Each infection helps the child's immune system develop antibodies to fight off future exposures but the risk of reinfection still exists due to the various viral strains involved.

To help strengthen a child's immune system after recovering from HFMD, parents are advised to ensure their child gets adequate rest, maintains a balanced diet rich in vitamins and minerals, and stays hydrated. A healthy lifestyle is key to supporting the immune system, especially after a viral illness.

Hand, foot, mouth disease in children

➤ Understanding long-term health effects, preventive measures

Psychosocial impact on families

HFMD is not only physically challenging for children but also emotionally taxing for children and their families. Children with HFMD may experience discomfort from the painful sores and confusion due to isolation during the recovery period.

Children who are quarantined due to HFMD outbreaks often struggle with feelings of loneliness, frustration or anxiety, especially if they do not fully understand why they must be separated from their friends and normal routines.

For parents, managing work and caregiving during an HFMD outbreak can be overwhelming. Parents can take steps to care for their own well-being during this time, suggesting they get enough rest, eat well and seek support from family members or friends who can take turn to care for their ill child.

Parents can help ease their child's emotional distress by offering comfort, explaining the situation in simple terms and providing distractions such as favourite books or games.

Nutritional challenges and hydration

One of the main complications of HFMD is dehydration as the painful mouth sores can make it difficult for children to eat and drink. It is important to keep children well-hydrated to aid recovery and avoid complications.



Rash on the hands is a symptom of HFMD. – 123RF/PIC

Dehydration is a common issue with HFMD as children may refuse to eat or drink due to the discomfort caused by the mouth sores.

Parents can offer cold or lukewarm liquids, which may be more soothing for children. Soft foods that do not require much chewing, such as puddings, jellies, and even ice cream, are often recommended. Saltwater gargling or numbing sprays may also help older children manage the pain from mouth ulcers. Avoid spicy or acidic foods as they can make mouth sores more painful.

Parents should be creative in encouraging their child to drink fluids, whether by using fun cups or offering ice pops.

Preventive measures and outbreak management

Preventing the spread of HFMD requires strict hygiene practices, especially in homes, schools and daycare centres. Since HFMD is highly contagious and can spread through contact with saliva, stools or blisters, it is important to implement hygiene measures even after recovery. The virus can still be

shed in a child's stools for several weeks after recovery, so maintaining hygiene is critical to prevent further spread.

At home, parents should ensure regular handwashing with soap for at least 20 seconds, especially after using the toilet, changing diapers, or blowing noses. Shared items such as toys and utensils and towels should be washed or changed frequently. Children with HFMD should be kept away from school or daycare until they have fully recovered, typically within five to seven days, to minimise the risk of transmitting the virus to others. Schools and daycare centres must also implement strict hygiene protocols, regularly cleaning high-touch surfaces and ensuring affected children remain in quarantine.

Raising public awareness about HFMD is crucial in preventing its spread. Parents are encouraged to educate their communities about the importance of hygiene practices and to remain vigilant for the symptoms of HFMD, such as fever, rash and mouth sores.

Parents can help ease their child's emotional distress by offering comfort, explaining the situation in simple terms and providing distractions such as favourite books or games.

HFMD continues to be a major concern for parents and healthcare providers, particularly with the rise in cases across Malaysia. While HFMD is generally a mild illness, its potential for complications and recurrent infections highlights the need for preventive measures and public education.

*This article is contributed by
Bukit Tinggi Medical Centre
consultant paediatrician
Dr Wong Weng Keong.*

AKHBAR : THE STAR
MUKA SURAT : 5
RUANGAN : JOHOR

JOHOR

More ambulances, new clinics for Johor in 2025

By VENESA DEVI
venesa@thestar.com.my

JOHOR is expected to receive a total of 28 new ambulances by the end of 2025, says state health and environment committee chairman Ling Tian Soon.

That number includes four worth RM2mil for Tangkak, Mersing, Batu Pahat and Kota Tinggi, which was previously announced by Johor Menteri Besar Datuk Onn Hafiz Ghazi during the tabling of Johor Budget 2025.

Ling said the remaining 21 ambulances would be allotted to various health clinics across the state to improve healthcare services for the people.

In addition, he said the state had secured funding for three ambulances for health clinics in Majidee, Gelang Patah and Tebrau.

"The ambulances are expected to arrive next year," he said in his winding-up speech during the Johor State Assembly sitting.

Ling, who is also Yong Peng assemblyman, said the lack of ambulances was a major problem, even in his own constituency.

"The ambulance issue was raised by several assemblymen throughout the state assembly sitting.

"Sometimes, it takes as long as two to four hours for an ambulance to respond to an emergency, which could lead to all kinds of unwanted consequences.

"As such, we have worked towards getting additional ambulances," he said.

On a separate matter, Ling said the construction of several health clinics in Johor had been expedited.

He said these new facilities included Taman Cendana health clinic in Pasir Gudang which was expected to be completed

Exco member: Investments will improve healthcare services for people in the state



Ling (right) visiting the site of Taman Cendana health clinic in Pasir Gudang which is expected to be completed by March 2025. — Filepic

"Sometimes, it takes as long as two to four hours for an ambulance to respond to an emergency, which could lead to all kinds of unwanted consequences."

Ling Tang Soon

by March next year at a cost of RM35.3mil.

In Segamat, a health clinic costing RM26.1mil is expected to be completed by around the same period.

The Bandar Kota Tinggi health clinic was scheduled to be completed in February next year at a cost of RM24.6mil.

Ling said the Taman Cendana and Segamat health clinics

could accommodate between 500 and 800 patients per day, while the Bandar Kota Tinggi health clinic could accommodate between 300 and 500 patients.

He said two other health clinics expected to be built in Parit Raja and Bandar Kluang were in the tender process.

"These clinics will be able to accommodate 300 to 500 patients and 500 to 800 patients daily respectively," he said.

He revealed that Hospital Pasir Gudang was also scheduled to open next March.

"This will help reduce overcrowding at Hospital Sultanah Aminah and Hospital Sultan Ismail," he said.

AKHBAR : UTUSAN MALAYSIA
MUKA SURAT : 4
RUANGAN : DALAM NEGERI

'Hospital ada hak, tetapi pilih hormati keluarga si mati'

PETALING JAYA: Persoalan sama ada hospital atau pusat kesihatan berhak meneruskan prosedur pendermaan organ tanpa persetujuan keluarga meskipun pengikrar telah memberi persetujuan menjadi penderma organ terus menjadi perdebatan.

Menurut Pakar Kesihatan Komuniti Universiti Kebangsaan Malaysia (UKM), Prof. Dr. Sharifa Ezat Wan Puteh, undang-undang sedia ada memberi hak kepada hospital meneruskan prosedur jika dokumen persetujuan pendermaan telah ditandatangani oleh individu tersebut semasa hayatnya.

"Namun realitinya, banyak hospital memilih pendekatan berhemah dengan mengambil kira sensitiviti dan kehendak keluarga si mati walaupun mereka tidak mempunyai kuasa untuk membatalkan pendermaan tersebut secara undang-undang," katanya ketika dihubungi *Utusan Malaysia*.

Terdahulu, akhbar ini melaporkan hanya 0.2 peratus atau 948 daripada 393,951 penuhi ikrar penderma organ sejak tahun 1976 sedangkan jumlah pesakit menunggu cecah 10,297 orang yang disebabkan apabila tiba masanya ada keluarga yang tidak bersetuju.

Malah, lebih menyedihkan katanya, ramai di antara pesakit yang sudah menunggu sehingga lebih 10 tahun meninggal dunia kerana gagal mendapatkan organ baharu dalam tempoh yang diperlukan.

Jelas Dr. Sharifa Ezat, bagi kes melibatkan kanak-kanak di bawah umur, persetujuan ibu bapa atau penjaga sah diperlukan sebelum sebarang prosedur pendermaan organ boleh dilaksanakan.

Namun, bagi individu dewasa, keputusan pendermaan organ berdasarkan dokumen persetujuan penderma adalah muktamad.

Tambah beliau, kebanyakan doktor masih mengambil pendekatan bertolak ansur untuk menghormati perasaan keluarga si mati, terutamanya jika wujud bantahan tegas.

AKHBAR : KOSMO
MUKA SURAT : 22
RUANGAN : K2



SEORANG pelari menunjukkan aksinya ketika menamatkan larian fun run 3 kilometer.

PARA peserta memulakan larian fun run sejauh 3 kilometer di pekarangan Mediplex, SJMC, Subang Jaya, Selangor.

Varia

DIABETES terus menjadi masalah kesihatan yang ketara di Malaysia dengan satu daripada enam orang dewasa menghidap diabetes atau bersamaan kira-kira 3.6 juta orang. Jika tidak ditangani, angka ini dijangka meningkat kepada tujuh juta orang pada tahun depan.

Sebagai usaha meningkatkan lagi kesedaran terhadap penyakit diabetes di negara ini, banyak pihak tampil dengan pelbagai inisiatif antaranya Pusat Perubatan Subang Jaya (SJMC), Selangor yang menganjurkan larian komuniti tahunannya, 'Diabetes Dash: Empowering Steps to Wellness'.

Lebih 2,000 peserta menyertai acara larian itu yang diadakan pada 1 Disember lalu bertempat di Mediplex, SJMC.

Mereka yang terlibat terdiri daripada pelbagai golongan seperti orang awam, pelari profesional, pekerja penjagaan kesihatan dan kakitangan SJMC sendiri.

Pakar Endokrinologi SJMC yang juga merupakan Penasihat Jawatankuasa Acara, Dr. Hew Fen Lee berkata, pendidikan dan sokongan berterusan adalah perlu bagi membantu individu yang menghidap diabetes untuk mengambil langkah proaktif ke arah kesihatan yang lebih baik.

"Pengubahsuaian gaya hidup adalah strategi paling berkesan untuk mencegah diabetes daripada menjadi lebih teruk.

"Pengubahsuaian gaya hidup boleh dibuat dengan mengurangkan jumlah kalori yang diambil sehari dan melibatkan diri dengan aktiviti fizikal

Lebih 2,000 sertai larian kesedaran diabetes



BRYAN (tengah) ketika menyerahkan cek sumbangan kepada pertubuhan bukan kerajaan Action4Diabetes.

yang kerap seperti berlari, berjalan pantas, berenang atau berbasikal sekurang-kurangnya 150 minit seminggu," katanya.

Sejak penubuhannya pada 2014, SJMC Run telah menjadi platform utama untuk meningkatkan kesedaran diabetes dan memperkasa komuniti

untuk mengawal kesihatan mereka.

Inisiatif itu yang memberi tumpuan terhadap usaha untuk mengurangkan kelaziman diabetes adalah termasuk penganjuran pelbagai program promosi pendidikan dan kesihatan yang direka untuk meningkatkan kesejahteraan rakyat Malaysia.

Larian itu menampilkan pelbagai kategori seperti fun run sejauh 3 kilometer (km) dan maraton sejauh 10km dan 21km.

Sebagai mengandakan usahanya memerangi diabetes, SJMC pada acara itu turut menyumbangkan peranti Pemantauan Glukosa Berterusan (CGM) dan glucometer bernilai RM19,000 kepada pesakit diabetes yang kurang bernasib baik melalui pertubuhan bukan kerajaan Action4Diabetes.

Sumbangan itu bagi menunjukkan dedikasi hospital tersebut untuk memberikan bantuan buat mereka yang memerlukan dalam menguruskan rawatan diabetes dengan lebih berkesan.

Ketua Pegawai Eksekutif SJMC, Bryan Lin pula menambah acara sedemikian menonjolkan kepentingan aktiviti senaman dan diet yang seimbang dalam mencegah diabetes.

"Aktiviti kemasyarakatan juga penting dalam meningkatkan kesedaran kepada orang ramai supaya mengutamakan kesihatan mereka.

"Acara ini juga mencerminkan komitmen berterusan kami terhadap pencegahan diabetes.

"Setiap peserta yang hadir telah menunjukkan tanggungjawab bersama untuk kesihatan dan kesejahteraan mereka, sekali gus membuktikan bahawa usaha bersama boleh mencipta perubahan bermakna dalam membina masa depan kesihatan yang lebih baik," katanya.