

AKHBAR : BH AHAD  
MUKA SURAT : 11  
RUANGAN : KOMENTAR

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Komentar

11

# Segerakkan dasar tangani mudarat rokok, produk tembakau



Pakar Kesihatan Pergigian Awam serta Pengerusi Pertubuhan Pergigian Bebas Kaviti Malaysia

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**Sambutan** Hari Bebas Rokok bertema *Protecting Children from Tobacco Industry Interference* menunjukkan betapa kuat campur tangan industri rokok. Malangnya, angka perokok tidak berkurangan, bahkan diburukkan lagi dengan kehadiran produk seperti vape dan rokok elektronik yang kian agresif disalah guna pelajar sekolah rendah dan menengah.

Golongan muda makin berisiko menghidap pelbagai penyakit kronik akibat keseronokan menyedut bahan kimia ini. Laporan *BH* keluaran Jumaat lalu mengejutkan kita dengan

penghasilan bahan sintetik baharu dilancarkan di Amerika Syarikat (AS), iaitu nikotin 6-methyl dalam vape dikatakan lebih kuat dan akan menjadikan penggunaannya makin ketagih.

Di negara ini, Rang Undang-Undang (RUU) Kawalan Tembakau 2022 yang dahulu sibuk diteliti semula Jawatankuasa Khas Parlimen, sudah senyap meskipun digubal untuk menyelamatkan generasi muda masa depan daripada amalan menjejaskan kesihatan fizikal, sosial dan mental serta produktiviti kerja, sekali gus merugikan ekonomi negara.

Penyakit kronik dikaitkan dengan rokok dan produknya akan terus menghabiskan jutaan ringgit untuk memulihkan pesakit. Kita sering mendengar penyakit organ seperti paru-paru dan jantung, tetapi kita jarang didedahkan dengan organ mulut dengan tembakau.

Pepatah menyebut kerana pulut santan binasa, kerana mulut badan binasa sebenarnya boleh dikaitkan dengan isu ini kerana laporan tahunan Pertubuhan Kesihatan Sedunia (WHO) pada 2020 mencatatkan 3.5 bilion warga global menghidapi penyakit mulut khususnya kaviti gigi hingga menjadikannya penyakit kronik nombor 1 dunia berbanding diabetes dan jantung.

Seramai 2.3 bilion pesakit menderita karies gigi kekal, selebihnya karies gigi susu, manakala 796 juta mengidap penyakit gusi. Kanser bibir dan mulut tercatat pada kedudukan ke-15 kanser dengan angka melebihi setengah juta setiap tahun. Kematian disebabkan kanser mulut pula sekurang-kurangnya 180,000 nyawa setiap tahun.

Rokok, vape atau shisha mababatkan penggunaan bahan kimia atau pengeluaran asap atau wap panas. Bahan tar asap rokok akan menempel pada permukaan gigi dan sukar dibuang dengan berus gigi.

Bakteria pula akan melekat di atas lapisan tar hingga membiak dan mati. Cairan sisa reaksi bakteria dan sisa kotoran mulut pula akan menjadi racun kepada gusi serta tisu lembut mulut.

Hubung kait ini sudah disahkan pelbagai kajian makmal mahupun klinikal. Gigi menjadi bengkak, berdarah dan bernanah hingga memerlukan rawatan rumit. Lebih mengerikan, ia boleh pula memudaratkan pesakit menghidap kencing manis, jantung dan paru-paru.

Di negara ini, kajian Kaji Selidik Kesihatan Pergigian Orang Dewasa 2020 (NOHSA) Kementerian Kesihatan (KKM) pada 2010 mendapati 94 peratus atau 9 daripada 10 rakyat dewasa kita mengidap penyakit gusi.

Sebanyak 14 peratus pula dalam kategori sangat teruk yang memerlukan rawatan rumit, manakala 42 peratus pula berisiko ke arah itu jika tidak diberi rawatan segera.

Pengguna vape mahupun shisha tidak terlepas daripada mengalami kemudaratan pada organ rongga mulut dan dalaman tubuh. Bahan kimia dan asap vape, e-rokok serta shisha akan membakar dan menimbulkan reaksi toksik terhadap tisu lembut rongga mulut menyebabkan bakteria bermutasi menjadi lebih ganas, selain organ lembut mulut berubah bentuk, akhirnya membentuk kanser mulut atau bibir.

## Boleh berjangkit ke bahagian tonsil, organ

Keadaan ini boleh berjangkit ke bahagian tonsil dan organ tubuh lain. Antara petanda buruk adalah kehadiran kudis di bibir mahupun tisu lembut mulut sukar sembuh atau berulang kejadiannya.

Kudis bibir dan tisu lembut didapati mempunyai kecenderungan bertukar menjadi kanser. Menurut laporan WHO pada 2020, Malaysia berada di tangga ke-21 dalam senarai kematian disebabkan kanser mulut dan kedudukan ke-19 semua jenis kanser.

Laporan itu juga melaporkan 1.11 peratus (1,865 kes) atau 6.32 kematian setiap 100,000, warga kematian dilaporkan. Angka menggerunkan ini bermakna bukan hanya perokok mempunyai 'hak' merokok, sebaliknya rakyat lebih ramai dan tidak merokok mempunyai hak untuk hidup selamat, sihat dan bebas daripada malapetaka rokok dan bahan lain.

Belum lagi kita habis menghadapi bahaya rokok, e-rokok, vape dan shisha, muncul pulak 'sticker' dalam pelbagai bentuk menarik sengaja 'disuakan' kepada anak sekolah.

Ini amat membimbangkan kerana sepertiga penduduk di negara ini berumur di bawah 20 tahun. Ada pula mengatakan kononnya bahan ini kurang berbahaya kerana belum ada kajian menunjukkan kemudatan.

Realitinya, apa pun benda asing masuk ke dalam mulut atau melalui hidung, ada bahayanya kerana kedua-dua organ berkait rapat. Pusat Pemantauan Kanser Global Badan Kesihatan Sedunia (GOBOCAN) pada Mac 2021 melaporkan jumlah kes kanser nasopharynx berkemungkinan berkait, kini berada di tingkat ke-5 dengan kadar tiga kali ganda dalam kalangan lelaki berbanding wanita selaras dengan prevalens perokok mengikut gender.

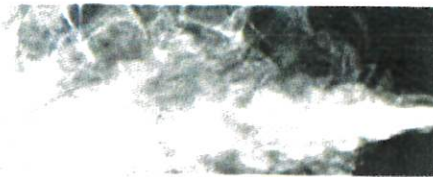
Apa pun alasan dikemukakan, rokok, produk rokok mahupun yang berkaitan tidak akan membawa manfaat kepada rakyat terutama generasi akan datang. Malah, ia akan menimbulkan banyak kemudaratan kepada kualiti hidup individu dan masyarakat hingga mencetuskan stres, hilang keyakinan diri serta gangguan mental.

Di samping itu, ketagihan merokok tidak membantu sistem perkhidmatan kesihatan, sebaliknya akan meningkatkan lagi kos rawatan hingga membebankan bukan sahaja kepada kerajaan, bahkan pesakit.

Oleh itu, sudah tiba masanya agensi berkaitan isu rokok sedar masa tidak menyebelahi kita, Tindakan segera mengkaji dan menyemak semula keputusan terdahulu, terutama dalam dalam pembangunan dasar perlu digemblangkan. Usaha tunggu sampai nasi menjadi bubur.

AKHBAR : BH AHAD  
MUKA SURAT : 18  
RUANGAN : NASIONAL

## Promosi produk rokok di media sosial, ekspo pengaruhi remaja



**Putrajaya:** Promosi berleluasa dan tanpa kawalan di media sosial serta ekspo dan pameran produk merokok antara faktor yang mempengaruhi penggunaan terutama dalam kalangan kanak-kanak dan remaja menjadi perokok kekal sepanjang hayat.

Kementerian Kesihatan (KKM) dalam kenyataan semalam memaklumkan faktor lain termasuk bentuk produk merokok yang menarik seperti permainan dan perisa yang pelbagai.

Menurut kenyataan itu, KKM memandang serius dan komited

membendung masalah itu menerusi Akta Kawalan Produk Merokok Demi Kesihatan Awam 2024 yang diwartakan pada 2 Februari lalu sebagai satu bentuk kawalan menyeluruh terhadap semua jenis produk merokok, termasuk rokok elektronik atau vape.

Menurut KKM menerusi akta itu, pihaknya akan memperketat larangan penjualan, pembelian dan penggunaan semua jenis produk merokok kepada orang belum dewasa yang berumur kurang 18 tahun.

"KKM juga akan terus menjalankan program advokasi

penencegahan merokok bersama pelbagai kementerian, agensi, badan bukan kerajaan dan badan profesional.

"Menjadi hasrat dan impian KKM untuk merealisasikan matlamat negara bebas daripada sebarang bentuk amalan merokok pada 2040," katanya.

Kenyataan itu dikeluarkan sempena sambutan Hari Tanpa Tembakau yang diraikan di seluruh dunia pada 31 Mei setiap tahun.

KKM juga memaklumkan merokok produk tembakau antara faktor utama yang menyebabkan komplikasi penyakit kronik

tidak berjangkit seperti penyakit jantung koronari, kanser dan paru-paru kronik.

Menurut kenyataan itu tinjauan Kesihatan dan Morbiditi Kebangsaan (NHMS) menunjukkan peratusan remaja dalam lingkungan umur 13 hingga 17 tahun yang merokok rokok konvensional menurun daripada 13.8 peratus pada 2017 kepada 6.2 peratus pada 2022.

Tema sambutan Hari Tanpa Tembakau tahun ini iaitu 'Lindungi Kanak-Kanak Daripada Pengaruh Industri Tembakau' bertujuan menyeru semua individu dan lapisan masyarakat

untuk membanteras pengaruh industri tembakau terhadap kanak-kanak.

Tema itu selari dengan objektif peruntukan yang digariskan di bawah Artikel 5.3 Konvensyen Rangka Kerja Kawalan Tembakau Pertubuhan Kesihatan Sedunia (WHO FCTC) iaitu "melindungi daripada percubaan industri tembakau untuk mengugat dan melemahkan undang-undang kawalan tembakau yang berkesan dan menyelamatkan nyawa", dengan Malaysia telah menjadi anggota parti sejak 2005.

BERNAMA

AKHBAR : SUNDAY STAR  
MUKA SURAT : 5  
RUANGAN : NATION

# Just one heartbeat away

Having AEDs in public and private spaces can save lives

By FAZLEENA AZIZ  
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**PETALING JAYA:** Six months ago, a 60-year-old man suffered a cardiac arrest and collapsed on a field in Selangor. He was saved when rescuers resuscitated him with an automated external defibrillator (AED).

In another case, a man who owned an AED helped save the life of a futsal player who had collapsed after suffering a sudden cardiac arrest (SCA). The incident was reported in *The Star* under the headline *CPR, AED help save life of futsal player who collapsed in Penang* (Aug 19, 2023).

The importance of having AEDs in public and private spaces cannot be overstated, given their potential to save lives during emergencies, said the Health Ministry.

"They can enable an immediate response together with CPR (cardiopulmonary resuscitation) to help restore the heart's normal rhythm in the case of a sudden cardiac arrest.

"The chances of survival decrease rapidly with each passing minute during a cardiac arrest, but with the aid of an AED, the likelihood of survival is significantly improved," the ministry said.

As such, it said, a proposal to ensure the installation of AEDs in public facilities by 2025 is one of the ministry's proactive measures to improve the survival chances of people experiencing SCA.

In March 2022, then health minister Khairy Jamaluddin said that all public facilities and transportation services would be required to have AEDs available by 2025.

However, the ministry acknowledged that there is a lack of a centralised registry to monitor AED placements and ensure strategic coverage across the nation.

In a statement to *The Star*, it said: "The lack of comprehensive data also makes it challenging to assess the nationwide coverage and impact of AED placements in Malaysia."

This is despite successful efforts by some organisations to install AEDs, it added.

The ministry suggested that a



**In case of emergency:** An AED device installed at a hotel in Kuala Lumpur.

centralised coordinated approach led by government agencies be put in place to enhance the effectiveness of AED deployment initiatives.

This, it said, would help to ensure a more systematic and strategic distribution of these life-saving devices across the country.

At present, the initiative to promote AED placement is mainly driven by non-governmental organisations like St John Ambulance of Malaysia (SJAM), Malaysian Red Crescent, and Penang Heart Safe Society (PHSS).

To date, PHSS has collaborated with local authorities and the Penang government to install more than 200 AEDs at public areas and buildings.

SJAM has installed more than 60 AEDs, mostly in Selangor and Kuala Lumpur, since the start of its National Community AED Project in 2019.

According to the ministry, some companies have also installed AEDs at their premises, but no

## Steps to using an AED

An automated external defibrillator (AED) is a critical device for saving lives during sudden cardiac arrest. This device is advanced yet user-friendly, designed to check the heart's rhythm and, if needed, deliver an electric shock to restore a normal heartbeat.



Here's how to use an AED on a non-breathing child aged eight or older, or an adult:

1. Ensure the area is safe, verify the person needs assistance, and ask someone nearby to call 999 for emergency help.
2. Get the AED ready, turn it on, and follow the voice prompts.
3. Expose the chest and attach pads. If the chest is wet, dry it.

4. Attach the AED pads:  
Place one pad on the upper right side of the chest, and the other pad on the lower left side of the chest, a few inches below the left armpit.

Note: If the pads might touch, place one pad in the centre of the chest and the other on the back, between the shoulder blades.

5. Connect the pads to the AED.
6. Let the AED analyse the heart's rhythm:

Make sure no one is touching the person.  
Say 'CLEAR!' loudly and clearly.  
Allow the AED to check the heart's rhythm.

7. Deliver the shock (if needed). If the AED advises a shock:  
Ensure no one is touching the person.  
Say 'CLEAR!' loudly and clearly.  
Press the 'shock' button to deliver the shock.

8. Start CPR (cardiopulmonary resuscitation):  
Begin CPR right after the AED delivers the shock, or if no shock is needed.  
Start with chest compressions and continue CPR until help arrives or the person shows signs of life.

Source: American Red Cross



data is available on the exact number.

Asked about factors that hinder certain facilities from installing the devices, the ministry cited

financial constraints, lack of awareness, regulatory issues, liability and maintenance concerns, and logistical challenges among them.

He worked other jobs, and was a Civil Defence Force member before becoming an ambulance driver.

"I picked up most of my first aid skills there and also when I was a St John's cadet, and I attended many first aid courses," he said.

Lim said when an accident happens or someone suffers from suspected sudden cardiac arrest in Paya Terubong and Air Itam, there is a good chance that a community member would call him.

"I work with other first responders like firemen and hospital emergency department personnel who sometimes alert me about accidents in other parts of the city," he added.

"I just want to help people. It has always been my goal in life.

"I help animals too, and have jumped into drains to rescue them," he said when met at his home in Paya Terubong.

Dressed in orange overalls, Lim rushes to the scene on one of his two motorcycles – a scrambler bike when he needs to race up hilly trails, and a scooter for riding in the streets.

He has spent over RM40,000 to equip himself with medical devices for first aid, and his latest acquisition is a portable medical suction machine costing RM450.

"I bought an AED five years ago for RM8,800, paying for it in installments," he said. "It has helped me save many lives."

Lim does not earn much, but as he has no plans for holidays or recreational pursuits, he has dedicated himself to getting first aid equipment.

"I've had friends who called me when someone collapsed on hill trails while hiking. The fastest way to reach such victims is with a scrambler," he said, explaining why he bought the motorcycle.

He has revived hikers who suffered from sudden cardiac arrest, and then waited for the Fire and Rescue Department team to arrive and help bring the victims down.

Lim's childhood ambition was to become a fireman, but not finishing school shattered this dream.

## M'sian Red Crescent supports govt-led AED initiative

**PETALING JAYA:** For a humanitarian organisation like the Malaysian Red Crescent (MRC) whose tagline is "saving lives, changing minds", being equipped with first aid skills is definitely a must.

As such, it is supportive of the Health Ministry's call for a centralised and coordinated approach led by government agencies to monitor the placement of automated external defibrillators (AEDs) at public places throughout the country.

An AED can be used to help someone whose heart has suddenly stopped working.

"AEDs enable immediate response to sudden cardiac arrest (SCA), significantly increasing the chances of survival. The first few minutes are crucial, and having an AED nearby can mean the difference between life and death.

"The presence of AEDs reassures the community that they are in a safe environment where immediate help is available in case of emergencies," MRC said in a statement when contacted for comment.

Thus, the availability of AEDs, along with basic cardiopulmonary resuscitation (CPR) and AED training, can empower bystanders to take action confidently during cardiac emergencies.

The MRC spoke about the need for a more systematic and efficient distribution of AEDs, particularly in high-risk and high-traffic areas.

As for first aid knowledge, the MRC said this is essential for saving lives and promoting community safety.

"Immediate and knowledgeable intervention can make a critical difference in emergency situations, stabilising patients and preventing complications," it said.

The MRC said there was a general lack of first aid knowledge among the public.

"Many individuals may not recognise the importance of first aid training until they encounter an emergency.

"This includes the perception that emergencies are rare and professional help will always arrive in time, leading to complacency about learning first aid," it added.

The MRC also noted a lack of confidence and preparedness, where the person may doubt his ability to perform first aid correctly, besides having concerns about legal liability if something goes wrong.

The MRC said it is prepared to work with government agencies to address this issue.

Malaysian Medical Association president Dr Azizan Abdul Aziz agreed that AEDs can help revive someone with SCA.

Thus, improving accessibility to AEDs can be life-saving, she said.

"The MMA will welcome any government support to improve in this area. However, it is also important to educate the people on using an AED.

## Unsung hero 'Jiu Ming Ge' riding to the rescue

By N. TRISHA  
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**GEORGE TOWN:** With an automated external defibrillator (AED), a portable patient monitor and a small oxygen tank in his backpack, Lim Meng Jin is a hero on a motorcycle who has saved over 60 people.

An ambulance driver by profession, Lim took it upon himself to be a voluntary first responder on motorcycle when he is off-duty.

In Paya Terubong and Air Itam, he has earned the nickname "Jiu Ming Ge", which means life-saving brother in Mandarin.

The 31-year-old Lim responds to five or six emergencies a week when he is off-duty.