



ALL FOR GOOD HEALTH... (seated from left) Liza, Ramesh, Roland, Paul and Charanjeet at the press conference

MCA, RMC to hold healthy lifestyle campaign

PENAMPANG: The Malaysian Chinese Association (MCA) together with Raffles Medical Centre Sdn Bhd (RMC) will be holding yet another of their healthy lifestyle campaign this Sunday in Taman Chemei, near here.

The event will be held from 8am to 11am on that day.

Its organising chairman, Dr Roland Chia Ming Shen who is also the chairman of the Community, Welfare and Medical Services Bureau of MCA Penampang Division said the event from 8am to 11am, would also offer a free nicotine breath analyzer tests in conjunction with World's No Tobacco Day along with other health screening tests.

"This is to encourage our community to stop smoking," he said at a press conference here yesterday.

He added that in Malaysia today, there is an estimated 5,000,000 smokers, half of whom are women. "That number is expected to increase," he said.

He said smoking is also responsible for the deaths of around 10,000 Malaysians each year.

A survey in 2000 found that of the 4.6 million Malaysian smokers, 78.4 percent were males above 18 years, while 11.2 percent were below 18. The study also showed that 7.3 percent were women above 18 and 3.1 percent were 18 and below.

He elaborated that children exposed to second-hand smoke have a higher risk of sudden infant death syndrome, acute respiratory infections, ear problems and severe asthma.

"In adults, passive smoking causes immediate adverse effects on the cardiovascular system and is a cause of coronary heart disease and lung cancer," he said.

A study conducted by the World Health Organisation (WHO) has also indicated that half of the people in the world who smoke regularly today (650 million people) will eventually die from smoking, he said.

"Unfortunately, even people who never smoke die each year due to second-hand smoke," he said.

"Smoking has become the second major cause of death in the world," he said.

At the same time, Roland also announced that RMC has been certified as a Smoking Cessation Service Provider (CSCSP).

"The main objective of

this programme is to train health professionals, starting with pharmacists to help smokers quit by using behavioral and pharmacological approaches," he said.

Meanwhile, RMC Director, Dr Ramesh Kumar said that the centre will be conducting free consultation for smokers who wish to kick the habit.

He also stressed that smokers need the encouragement from family members when they decide to quit smoking.

"Without family support, it is difficult to stop smoking," he said.

Also present at the press conference were RMC director, Dr Charanjeet Singh, its manager, Liza Estolas and MCA Penampang division chairman Paul Kong. —

Jenne Lajiun