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HEALTHY BRUNEI SIHAT

Terbitan Kementerian Kesihatan & Brunei Press Sdn Bhd

Hari Kesihatan
Sedunia 2005
World Health
Day 2005

“Kanak-kanak Aset Yang Tinggi Nilainya,”

Sabda **YTM PADUKA SERI PENGIRAN ANAK**

PUTERI HAJAH RASHIDAH SA'ADATUL BOLKIAH

“Children Are Our Most Valued Assets,”

Proclaims **HRH Princess Hajah Rashidah Sa'adatul Bolkiah**



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This second publication of the 'Healthy Brunei Sihat' newsletter highlights two issues that are observed annually in the world health calendar; World Health Day (7th April) and World TB Day (24th March).

This year, the World Health Day theme is 'Healthy Mothers and Healthy Children' with the slogan of 'Make Every Mother and Child Count'. The World Health Organisation (WHO) calls for every nation and community to give a higher priority to the health of women and children. Thus, we would like to take this opportunity to raise the awareness, as well as promote the life and good health of women and children.

There is no doubt that mothers play an important role in the well being of their family and the community. When the health and well being of mothers are secured, the health and well being of their children will also be secured thus, the society in which they live in will prosper. We, therefore, need to raise the awareness of illness and suffering among mothers and children and, help to deliver preventive and curative interventions.

This year, case detection is the theme for World TB Day. TB case detection is the first step in the prevention of the transmission of this disease. Each newly infected person can spread the disease to 10 to 15 people per year. Therefore, the theme chosen for World TB Day this year is 'Find TB, Cure TB'.

From The Editorial Board

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WORLD HEALTH DAY "Make Every Mother And Child Count" 2005



World Health Day is celebrated every year on 7th April. This year the theme is 'Healthy Mothers and Healthy Children'.

The slogan for World Health Day 2005 is "Make Every Mother and Child Count", which focuses global attention to the reality that the health of women and children needs to be given a higher priority by governments and the international community.

Each year more than half a million mothers die during childbirth, and 10.6 million children under the age of five years die from a handful of preventable and treatable conditions. Nearly all these deaths occur in low and middle-income countries especially amongst the poorest of the poor in these countries. Many of these deaths could be prevented using existing knowledge and affordable tools, if only they were more widely available.

The main objectives of World Health Day 2005 are to:

- 1 RAISE AWARENESS** of the extent of illness, suffering and death among mothers and children, and its impact on health as well as, the social and economic development.
- 2 INCREASE THE UNDERSTANDING THAT SOLUTIONS DO EXIST.** Affordable and effective means exist to prevent death and suffering. The challenge is to deliver a key set of preventive and curative interventions to mothers and children who need them, i.e. to translate knowledge into action.



- 3 GENERATE A MOVEMENT THAT STIMULATES COLLECTIVE RESPONSIBILITY AND ACTION.** Every individual in the community has a role to play in supporting the delivery of programs and services to mothers and children, as well as fighting for better access to basic health services.

The overall message for World Health Day 2005 is one of hope for all mothers and children. The future will be healthier and more productive for all societies if we can act now to make every mother and child count.

Terbitan kedua newsletter 'Healthy Brunei Sihat' ini mengandungi dua isu penting hari kesihatan yang terkandung dalam 'kalender kesihatan' sedunia, iaitu Hari Kesihatan Sedunia dan Hari Tibi Sedunia. Hari Kesihatan Sedunia disambut pada setiap 7 April, manakala Hari Tibi Sedunia setiap 24 Mac setiap tahun.

Pada tahun ini, Hari Kesihatan Sedunia menumpukan perhatian terhadap ibu-ibu dan kanak-kanak dengan tema 'Ibu-Ibu dan Kanak-Kanak Yang Sihat' dan slogan "Pastikan Setiap Ibu dan Anak Diberi Pemedulian". Pertubuhan Kesihatan Sedunia menyeru setiap negara dan masyarakat supaya memberikan keutamaan yang tinggi terhadap kesihatan wanita dan kanak-kanak. Dikesempatan ini, kita juga ingin ikut serta untuk meningkatkan kesedaran dan usaha kearah mempertingkatkan kualiti kehidupan dan kesihatan wanita dan kanak-kanak.

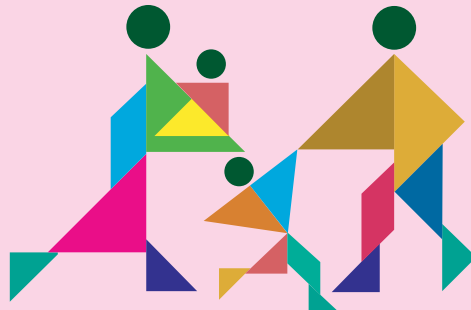
Adalah tidak dinafikan bahawa ibu-ibu memainkan peranan penting ke arah kesejahteraan keluarga dan masyarakat. Jika kesihatan dan kesejahteraan ibu-ibu terjamin maka kesihatan anak-anak mereka juga akan terjamin dan seterusnya masyarakat sekelilingnya akan hidup dengan sejahtera. Oleh itu, kita perlu meningkatkan pengetahuan mengenai penyakit dan masalah yang dihadapi oleh ibu-ibu dan kanak-kanak, serta cara-cara untuk mencegah dan mengubatinya/mengatasinya.

Pada tahun ini, Hari Tibi Sedunia memberikan penekanan terhadap pengesanan kes-kes tibi. Pengesanan kes-kes tibi adalah langkah pertama dan utama dalam pencegahan penyakit tibi daripada merebak. Setiap satu kes baru boleh menyebabkan penyakit ini merebak/menjangkiti 10-15 orang dalam setahun. Oleh itu, tema Hari Tibi Sedunia ialah 'Find TB Cure TB' atau 'Kesan Tibi Rawat Tibi'.

Dari Lembaga Penyunting

Isu Terkini!

HARI KESIHATAN SEDUNIA 'Pastikan Setiap Ibu Dan Anak Diberi Pemedulian' 2005



Hari Kesihatan Sedunia diraikan pada 7 April setiap tahun. Tahun ini tema yang dipilih ialah Ibu-Ibu dan Kanak-Kanak Yang Sihat.

Slogan bagi Hari Kesihatan Sedunia 2005, 'Pastikan Setiap Ibu Dan Anak Diberi Pemedulian,' menumpukan perhatian sejagat secara realiti bahawa kesihatan wanita dan kanak-kanak perlu diberikan keutamaan yang tinggi oleh Kerajaan dan masyarakat antarabangsa.

Setiap tahun, lebih dari setengah juta ibu-ibu meninggal dunia semasa melahirkan, dan 10.6 juta kanak-kanak di bawah umur 5 tahun meninggal dunia disebabkan oleh penyakit-penyakit yang dapat dicegah dan dirawat. Hampir semua kematian berlaku di negara-negara yang berpendapatan rendah dan sederhana, kebanyakannya di kalangan negara-negara miskin. Sebahagian besar dari kematian ini dapat dicegah melalui pengetahuan yang ada dan cara yang termampu, jika ianya dapat diperolehi secara meluas.

Objektif Utama Hari Kesihatan Sedunia 2005 ialah :

- 1. MENINGKATKAN KESEDARAN** tentang penyakit, kesengsaraan dan kematian di kalangan ibu-ibu dan kanak-kanak, dan impaknya terhadap kesihatan serta perkembangan sosial dan ekonomi.
- 2. MENINGKATKAN KEFAHAMAN TENTANG TERDAPATNYA PENYELESAIAN.** Terdapat cara-cara yang berkesan dan mampu dibiayai untuk mencegah kematian dan kesengsaraan. Cabarannya ialah untuk memberikan perkhidmatan pencegahan dan rawatan yang utama kepada ibu-ibu dan kanak-kanak yang memerlukannya, iaitu menjadikan pengetahuan kepada tindakan.
- 3. MENJANA TINDAKAN DAN TANGGUNGJAWAB BERSEPADU.** Setiap individu dalam masyarakat mempunyai peranan dalam membantu memberikan perkhidmatan dan program-program kepada ibu-ibu dan kanak-kanak, serta memastikan perkhidmatan asas kesihatan lebih mudah diperolehi.

Seranan Hari Kesihatan Sedunia 2005 adalah merupakan satu harapan kepada semua ibu-ibu dan kanak-kanak. Masa depan akan lebih sihat dan lebih produktif bagi semua masyarakat, jika kita dapat bertindak sekarang untuk memastikan setiap ibu dan anak diberikan pemedulian.



For advertising enquiries please call
Steven at 889 1284 or Reggie at 872 5937

BE ALERT! *The Possible* SIDE EFFECTS OF MEDICINES...



Drug Induced Skin Rash

What are the common questions that would come into your mind before using medication?
Is this medicine safe?
Are there any side-effects?
What happens when I take this medicine?

The public should be aware that all medicines have the potential to cause harm. Although, the medicine is considered to be generally safe, there is always the risk that a person may suffer from side-effects. This is because different people have different reactions to the same medicine.

There are many factors that may put a person more at risk than others, like:

- Interaction between different types of current medicines used.
- Being in the high risk group for example, the elderly or the young.
- Previous history of allergic disorders.
- Having co-existing conditions such as kidney or liver disease, G6PD deficiency, etc.

NOTE:

- If any unexpected reaction occurs while you are on medication, it is important to see your doctor immediately.
- It is essential that you are aware of the common side-effects of your medicine.
- More information on side-effects can be obtained from:
 - Doctor
 - Pharmacist
 - Medicine patient information leaflet

Medicine	Common Side-Effects
Antibiotic	Rash, Diarrhoea
Certain Antihistamine e.g. Chlorpheniramine Maleate, Promethazine Hydrochloride	Drowsiness
Oral Iron e.g. Ferrous Sulphate, Ferrous Fumarate	Nausea, Gastric Pain, Constipation

AWAS! Kesan Sampingan Ubat Yang Boleh Terjadi...



Adakah ubat ini selamat?
Ada kesan sampingan?
Apa terjadi bila saya gunakan ubat ini?
Apakah soalan-soalan yang biasanya akan timbul sebelum pengambilan ubat?

Orang ramai perlu sedar bahawa semua ubat berpotensi menyebabkan bahaya. Walaupun ubat dianggap selamat secara keseluruhannya, namun masih ada risiko yang seseorang itu mungkin mengalami kesan sampingan. Ini adalah kerana setiap orang mempunyai reaksi yang berbeza kepada ubat yang sama.

Terdapat berbagai faktor yang boleh menyebabkan seseorang itu mempunyai lebih risiko daripada yang lain, seperti:

- Interaksi dengan jenis-jenis ubat lain yang sedang digunakan.
- Dalam golongan orang yang berisiko tinggi seperti orang tua atau kanak-kanak.
- Ada sejarah penyakit alahan.
- Pada masa yang sama menghidap penyakit lain seperti penyakit buah pinggang atau hati, kekurangan G6PD dan sebagainya.

NOTA:

- Jika terjadi reaksi yang tidak disangka semasa terapi ubat, adalah mustahak untuk segera berjumpa doktor awda.
- Pengetahuan mengenai kesan sampingan ubat awda yang biasa berlaku adalah penting.
- Maklumat mengenai kesan sampingan boleh didapati daripada:
 - Doktor
 - Pegawai Farmasi
 - Risalah maklumat ubat bagi pengguna

Ubat	Kesan Sampingan Yang Biasa Berlaku
Antibiotik	Ruam, Cirit-Birit
Antihistamin tertentu seperti Chlorpheniramine Maleate, Promethazine Hydrochloride	Mengantuk
Zat besi yang diambil secara oral seperti Ferrous Sulphate, Ferrous Fumarate	Mual, Sakit Gastrik, Sembelit

The Medical Benefits of LASIK Surgery! - Plain To See!

Advertorial



Pinguecula



Giant Papillary Conjunctivitis



Cornea Ulcer



Ptosis (Droopy Eyelids)

LASIK is growing in popularity in Singapore and not surprisingly so, considering that Singapore is often touted as the "Myopia Capital of the World". Currently, an estimated 600 LASIK procedures are done monthly, and the figures are set to rise, due to recent reduction in prices.

LASIK, which is an acronym for **Laser Assisted Stromal In Situ Keratomileusis**, is a surgical procedure for the eyes that permanently changes the shape of the cornea using an excimer (ultraviolet) laser, it basically works by precisely controlling the removal of corneal tissue with the special laser to reshape the cornea and change its focusing power.

Many people today are opting for LASIK instead of eyeglasses and contact lens due to the convenience and many other advantages it has to offer. However, before you opt for LASIK, be sure to find out all you can about the procedure, good and bad. Also, not everyone is suited for LASIK, so be sure to consult your doctor on your suitability.

According to Dr. Tony Ho, ophthalmologist and Clinical Director of Clearvision Eye Clinic by removing the need for glasses and contact lens. LASIK eye surgery can free an individual from the risk of a large number of eye disorders. Dr. Ho also cites the irony of some patients who are fearful of undergoing LASIK surgery, but who persist in wearing contact lenses despite suffering from serious contact lens wear related disorders.

As technology and LASIK becomes safer and cheaper, more people are turning to LASIK as an option to correct their eyesight problems. However, to typecast LASIK as a purely aesthetic procedure is not doing it justice. If you want to consider LASIK for your eyes, don't base your decision simply on cost and don't

settle for the first eye center, doctor, or procedure you investigate. Remember that the decisions you make about your eyes will affect you for the rest of your life. Further information and advice will be given to you by your doctor upon consultation, and your eye health will be assessed prior to surgery. So be sure to make an informed decision before settling on any procedure.

A Medical Viewpoint

Aside from the usual aesthetic reasons, the following is a brief rundown on the various factors why it may be worth considering an alternative to glasses or contact lenses, according to Dr. Ho:

- Wearing contact lenses can oftentimes result in eye complications like allergic conjunctivitis, corneal abrasions, corneal ulcers and contact lens over-wear syndrome due to poor lens hygiene (lack of disinfection and handling lenses with unwashed hands), sensitivity to lens materials or solutions, or a poor fit.
- People with severe myopia and/or high degrees of astigmatism who have to wear high-powered spectacles of over 600 degrees may suffer symptoms of spectacles intolerance like dizziness and distorted vision. For those with unusual or extreme refractive errors, glasses and contacts are not recommended as good solutions.
- Sport and fitness enthusiasts who like to engage in rugged outdoor activities and participate in contact sports like rugby or soccer run the risk of their eyes getting injured when their eyeglasses get broken or damaged, or if their contact lens get hit.
- Certain occupations like airline cabin crew are predisposed to contact lens-wear related disorders like allergic conjunctivitis and corneal ulcers, due to the dry temperatures in long haul flights, constant exposure to smoke in airplane smoking sections and because of their tendency to sleep or nap with their contact lenses on. In addition, construction workers, firemen and oil rig workers who work regularly in dusty or oily environments are also not conducive to wearing eyeglasses or contact lens.
- If not attended to properly and strictly with daily cleaning and disinfection, frequent and prolonged contact lens wear can lead to corneal erosions, abrasions, allergic conjunctivitis (G.P.C), torn and lost contact lenses inside the eye, and abnormal ingrowths of blood vessels into the cornea.
- Less commonly, there have been medical eye conditions like pingueculae and pterygia (fleshy growths that occur in the white of the eye) that can cause a gritty feeling and frequent red eyes. Hard contact lens wearers are prone to developing ptosis (a droopy eyelid condition).

“CHILDREN ARE OUR MOST VALUED ASSETS,” PROCLAIMS **HER ROYAL HIGHNESS** PRINCESS HAJAH RASHIDAH SA’ADATUL BOLKIAH

She holds both a BA Honours and Master’s Degree, is a Patron for nursing and health, an advocate of the environment and comes from a royal lineage that goes back a few hundred years. But more importantly, she is a daughter, sister, wife and mother. She is Her Royal Highness Princess Hajah Rashidah Sa’adatul Bolkiah, the eldest daughter of His Majesty Sultan and Yang Di-Pertuan of Brunei Darussalam...



Her Royal Highness Princess Hajah Rashidah Sa’adatul Bolkiah actively promotes healthy living, particularly that of which is related to children. Through her involvement in organisations and events such as the National Children’s Council and the World Health Day, HRH stresses the importance of providing the best health-care for our children.

“Children and our younger generations constitute the most valued asset to the

future of the nation and country. Today’s generation bears the responsibility of inculcating the social investment in order to preserve this asset, and to create a conducive environment for the development of the current and future younger generations,” stated HRH in her sabda at the National Children’s Council 2003.

“Happiness and prosperity of children are responsibilities that must be borne by the society. Therefore, the private sector and the voluntary associations have a great potential in giving a positive contribution towards the development of children and the younger generations of today,” continued HRH in her sabda.



HRH is deeply committed to promoting better health in Brunei Darussalam. HRH voices out the concerns of every mother, that is to provide a happier, safer and secure growing environment for their children.

“Within the context of the challenges in modern life, all family members, as well as members of the society must be conscientious towards their responsibilities over children, so that their necessities and prosperity, whether it be in the form of love and care, protection and health, or even spirituality and education, are fully guaranteed,” stated HRH.

HRH also urges women to take good care of their health, particularly during pregnancy. Besides ensuring optimal nutrition, pregnant mothers are discouraged from engaging in activities that may be detrimental to their health and the baby she is carrying.

Consistent with this year’s World Health Day theme “Make Every Mother and Child Count,” HRH continues to support the Ministry of Health to combat health problems and issues that affect mothers and children in Brunei Darussalam.

Children and our younger generations constitute the most valued asset to the future of the nation and country.

“KANAK-KANAK ASET YANG TINGGI NILAINYA,” SABDA YANG TERAMAT MULIA PADUKA SERI PENGIRAN ANAK PUTERI HAJAH RASHIDAH SA’ADATUL BOLKIAH

Yang Teramat Mulia mempunyai kelulusan Sarjana Muda dengan Kepujian dan Sarjana, penaung bagi kejururawatan dan kesihatan, pendokong alam sekitar dan Ahli Kerabat DiRaja. Akan tetapi yang paling utamanya, Yang Teramat Mulia adalah seorang puteri, kekanda, isteri dan seorang ibunda. Yang Teramat Mulia ialah Paduka Seri Pengiran Anak Puteri Hajah Rashidah Sa’adatul Bolkiah, Puteri Sulung kepada Kebawah Duli Yang Maha Mulia Paduka Seri Baginda Sultan dan Yang Di-Pertuan Negara Brunei Darussalam...



Yang Teramat Mulia Paduka Seri Pengiran Anak Puteri Hajah Rashidah Sa’adatul Bolkiah aktif dalam mempromosikan cara hidup sihat, khususnya di kalangan kanak-kanak. Melalui penglibatan Pengiran Anak Puteri dalam beberapa pertubuhan dan acara-acara seperti Majlis Kebangsaan Kanak-Kanak dan Hari Kesihatan Sedunia, Yang Teramat Mulia menekankan betapa pentingnya

memberikan penjagaan kesihatan yang terbaik untuk ibu-ibu dan anak-anak.

Dalam sabda Yang Teramat Mulia Paduka Seri Pengiran Anak Puteri Hajah Rashidah menekankan bahawa “generasi sekarang mempunyai tanggungjawab untuk menanamkan pelaburan sosial untuk memelihara dan mengasuh aset itu serta mewujudkan persekitaran yang kondusif kepada pembangunan generasi muda dan akan datang”.

“Swasta dan pertubuhan sukarela juga mempunyai potensi besar untuk memberi sumbang yang positif ke arah pembangunan kanak-kanak dan generasi muda sekarang,” sabda Yang Teramat Mulia.

Yang Teramat Mulia juga komited dalam usaha meningkatkan kesihatan di Negara Brunei Darussalam. Yang Teramat Mulia juga menekankan betapa pentingnya setiap ibu memberikan



Yang Teramat Mulia juga komited dalam usaha meningkatkan kesihatan di Negara Brunei Darussalam.



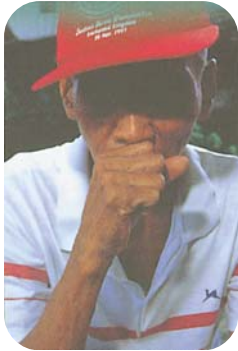
dan menyediakan persekitaran yang ceria, selamat dan terjamin bagi pembesaran dan pertumbuhan anak-anak mereka.

“Dalam kehidupan moden yang mencabar, semua anggota keluarga dan masyarakat akan lebih prihatin terhadap tanggungjawab kanak-kanak dalam keperluan dan kesejahteraan yang terjamin sepenuhnya.”

Penjagaan kesihatan yang rapi amatlah mustahak untuk diberikan perhatian, terutama sekali di kalangan wanita yang mengandung. Penjagaan yang dimaksudkan bukan sahaja dari segi pemakanan, tetapi juga dengan mengelakkan diri dari perkara-perkara yang boleh memudaratkan keselamatan anak yang di dalam kandungan mereka.

Selaras dengan tema Hari Kesihatan Sedunia pada tahun ini dengan slogannya “Pastikan Setiap Ibu dan Anak Diberi Pemedulian,” dan selaras dengan usaha-usaha Kementerian Kesihatan, Yang Teramat Mulia sentiasa mendokong usaha-usaha bagi mengatasi masalah yang berkaitan dengan kesihatan ibu-ibu dan kanak-kanak di Negara Brunei Darussalam.

FIND TB, CURE TB



Tuberculosis (TB) is one of the major public health problems in the world today. It is a leading cause of disease burden, mainly in the developing countries, where an estimated one-third of the population is infected and nearly 2 million people die of tuberculosis annually. In Brunei Darussalam, 180 cases of TB were reported in 2004. In conjunction with World TB Day on March 24th, Healthy Brunei Sihat would like to educate the readers on the seriousness of TB and ways of preventing the spread of the disease.

WHAT IS TUBERCULOSIS?

Tuberculosis (often called TB) is an infectious disease caused by the bacteria *mycobacterium tuberculosis*. It usually attacks the lungs, but can attack almost any part of the body.

WHAT ARE THE SIGNS AND SYMPTOMS OF TUBERCULOSIS?

A person infected with TB in the lungs may have any or all of the following symptoms:-

- Chronic persistent cough of more than 2 weeks duration
- A cough with sputum
- Feeling tired all the time
- Loss of weight
- Loss of appetite
- Fever
- Coughing up blood
- Night sweats
- Chest pain

These symptoms can also occur with other types of lung disease so it is important to see a doctor to determine if you have TB.

How Do We Get Tuberculosis?

Tuberculosis is a contagious and infectious disease spread by the release of the bacteria into the air by an infected person from a single cough, sneeze or spit, by singing, laughing or even from talking. However, it is not an easy disease to catch, as one needs to be exposed to the bacteria for at least 8 hours a day for up to a six-month period to become infected.

Is There A Cure For TB?

Yes, TB is a treatable infection that can be cured by antibiotics. The treatment will last for a minimum period of 6 months. It is essential for patients to complete the full course of medication to prevent a relapse and development of the multi-drug resistant TB, which is difficult to treat.



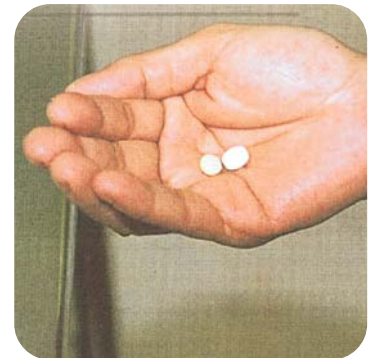
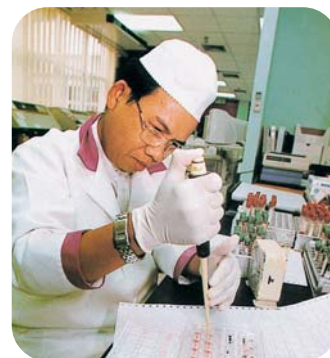
PURE WATER FROM THIN AIR?

A totally new and untapped water source is now available in Brunei. Moisture in the air has been found to be the most viable source of water for the future. Water, if obtained from the atmospheric humidity, is readily available and unlimited in supply. This water source is in abundance from anywhere around the world.

Untreated water may be polluted and can cause illness and disease. KONIA[®] has the ultimate solution to this problem. An environmentally friendly water system which produces pure drinking water from thin air. Interested to find out more, call John Lim at (673) 889 3877.



JOHN LIM
124, Simpang 40, Kampong Sungai Akar, Jalan Sg. Akar,
Brunei Darussalam Mobile: (673) 889 3877



Key Messages

- TB is a disease caused by the bacteria, *mycobacterium tuberculosis*.
- TB is a curable disease provided that you take regular and complete medication.
- The major symptom of TB is persistent coughing for more than 2 weeks.
- Practicing good general and personal hygiene whilst maintaining a clean environment.
- Practicing a healthy life style and good nutrition.
- If you feel you may be exposed to TB, please seek medical advice.

KESAN TIBI, RAWAT TIBI



Penyakit Tiba adalah salah satu masalah besar kesihatan awam di dunia masa kini. Ianya adalah penyebab utama beban kesihatan, terutamanya di negara-negara membangun, di mana dianggarkan satu per tiga (1/3) dari jumlah penduduknya telah dijangkiti dan hampir 2 juta orang setiap tahun mati akibat tibi. Di Negara Brunei Darussalam, 180 kes TB telah dilaporkan pada tahun 2004.

Bersempena dengan Hari TB Sedunia pada 24 Mac, Healthy Brunei Sihat ingin memberi pengetahuan kepada pembaca mengenai bahaya penyakit tibi dan cara-cara pencegahan dari merebak.

APAKAH DIA PENYAKIT TIBI?

Penyakit tibi ialah sejenis penyakit berjangkit yang disebabkan oleh bakteria/kuman (*mycobacterium tuberculosis*). Bakteria ini seringkali menyerang paru-paru atau mana-mana bahagian tubuh badan yang lain.

APAKAH TANDA-TANDA ATAU SIMPTOM-SIMPTOM PENYAKIT TIBI?

Seseorang yang dijangkiti penyakit tibi di bahagian paru-paru akan mengalami sebahagian atau kesemua tanda/simptom berikut:-

- Batuk berpanjangan lebih dari dua minggu
- Batuk yang mengeluarkan kahak
- Merasa lesu/letih setiap masa
- Berat badan menurun
- Kurang / hilang selera makan
- Demam
- Batuk berdarah
- Selalu berpeluh terutama pada waktu malam
- Sakit dada

Simptom-simptom ini boleh juga berlaku dengan penyakit paru-paru yang lain, dari itu adalah amat perlu berjumpa doktor bagi memastikan sama ada awda menghidap penyakit tibi atau sebaliknya.

Bagaimana kita boleh dijangkiti oleh penyakit tibi?

Penyakit tibi adalah sejenis penyakit berjangkit yang merebak apabila bakteria penyakit ini terdapat diudara melalui titisan air liur apabila mereka yang dijangkiti bercakap, batuk, bersin atau berludah, menyanyi atau ketawa. Walau bagaimana pun, ianya tidak begitu mudah berjangkit kerana, untuk dijangkiti penyakit tibi, seseorang itu mestilah terdedah kepada bakteria tersebut sekurang-kurangnya 8 jam sehari untuk jangka masa 6 bulan.

Dapatkan penyakit ini diubati?

Ya. Penyakit tibi adalah penyakit berjangkit yang boleh diubati dengan antibiotik. Rawatannya mengambil masa sekurang-kurangnya 6 bulan. Adalah amat penting bagi pesakit untuk memakan ubat dalam tempoh rawatan demi mencegah penyakit ini dari berulang kembali dan dari menjadikan kes pesakit tibi 'multi-drug resistant' yang sukar diubati.

Pesanan Utama

- Tiba adalah penyakit yang disebabkan oleh kuman bakteria, *mycobacterium tuberculosis*
- TB boleh disembuhkan jika memakan ubat seperti yang diarahkan oleh doktor
- Simptom utama penyakit TB ialah batuk berpanjangan lebih dari dua minggu
- Mengamalkan kebersihan diri sendiri disamping menjaga kebersihan persekitaran
- Mengamalkan cara hidup sihat dan pengambilan makanan sihat yang seimbang
- Jika awda merasa terdedah kepada penyakit TB, berjumpalah dengan doktor untuk mendapatkan nasihat.


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POSTNATAL Health Problems

Women may develop health problems after childbirth.

There are three types of health problems

- Maternal blues
- Postnatal depression
- Puerperal psychosis



Maternal blues are the mildest while puerperal psychosis is the most serious of all.

These problems are **NOT** caused by wrong food taken during confinement or non-compliance to the prescription of the traditional midwives. It is also **NOT** due to spirit possession.

The cause is unknown but may be related to hormonal imbalance or psychosocial difficulties such as unwanted or unplanned pregnancy, lack of support, previous bouts of depression, family history or an unemployed partner.

If you have or you suspect someone close to you to have the signs and symptoms listed below after childbirth, consult your general practitioner as soon as possible.

Maternal blues	Postpartum depression	Puerperal psychosis
<ul style="list-style-type: none"> • Sadness • Weeping • Emotional lability 	<ul style="list-style-type: none"> • Continuous low mood • Anxiety • Irritability • Fatigue • Poor concentration • Disturbed sleep • Low self-esteem • Unnecessary worry 	<ul style="list-style-type: none"> • Perplexity • Disorganised behaviour • Florid delusional ideas concerning the baby

Maternal blues are self-limiting and therefore no treatment is necessary.

Postpartum depression and psychosis are treatable with modern medicine. Early treatment is essential for a good recovery.

Always consult your general practitioner or psychiatrist specialist when you plan to have another pregnancy and have had postpartum mental health problems before.



Mental Health Services are available at:

- Department of Psychiatry, RIPAS Hospital
- Suri Seri Begawan Hospital, Kuala Belait

MASALAH KESIHATAN SELEPAS BERSALIN

Kaum ibu berkemungkinan mengalami masalah kesihatan mental selepas bersalin.

Ada tiga jenis masalah kesihatan mental:

- *Maternal blues* (perasaan sedih yang tidak menentu)
- *Postnatal depression* (kemurungan)
- psikosis *puerperal*



Maternal blues adalah masalah ringan manakala psikosis puerperal adalah masalah yang sangat serius.

Masalah-masalah ini **BUKAN** disebabkan memakan makanan yang salah dalam masa pantang atau tidak mengikut preskripsi bidan kampong. Ini juga **BUKAN** disebabkan oleh perbuatan makhluk halus.

Punca masalah ini tidak diketahui tetapi mungkin ada kaitan dengan ketidak seimbangan hormon atau masalah psikosial seperti kehamilan yang tidak diinginkan atau tidak dirancang, kurang sokongan sosial, pernah mengalami kemurungan dimasa lepas, sejarah keluarga atau pasangan tidak mempunyai kerja.

Kalau awda atau awda menyaki seseorang rapat dengan awda mempunyai tanda tanda berikut selepas bersalin, berjumpalah doktor secepat mungkin.

Maternal blues (kesedihan)	Kemurungan postnatal	Psikosis Puerperal (meruyan)
<ul style="list-style-type: none"> • Sedih • Menangis • Emosi tidak menentu 	<ul style="list-style-type: none"> • Mood yang rendah • Keresahan • Mudah marah • Keletihan • Tidak dapat menumpukan perhatian • Gangguan tidur • Perasaan rendah diri • Kebimbangan yang tidak berasas 	<ul style="list-style-type: none"> • Bingung • Tingkahlaku yang tidak teratur • Pemikiran yang tidak munasabah berkaitan dengan anak damit yang dilahirkan

Maternal blues boleh sembuh tanpa rawatan.

Kemurungan postnatal dan penyakit meruyan boleh dirawat dengan rawatan moden. Rawatan awal penting untuk sembuh daripada penyakit.

Berjumpalah doktor atau pakar apabila awda merancang hendak mengandung lagi jikalau awda pernah mengalami masalah kesihatan mental postnatal dahulu.



Perkhidmatan Kesihatan Mental boleh didapati di:

- Jabatan Psikiatri, Hospital RIPAS
- Hospital Suri Seri Begawan, Kuala Belait

PARENTING ADOLESCENTS

WHAT PARENTS SHOULD BE AWARE OF WHEN PARENTING AN ADOLESCENT

- Adolescence is a period of transition.
- Adolescents are receptive to parental approval or disapproval.
- There exists a generation gap i.e. the differences in experiences and perception of life events. The majority of adolescents and parents can bridge this generation gap successfully.

FACTORS THAT CAN AFFECT THE SMOOTH PARENTING PROCESS

Adolescents' Factors:

- Rebelliousness
- Delinquent behaviour
- Academic failure

Parental Factors:

- Problems in dealing with the turmoil that accompanies adolescent development.
- Difficulties surrounding the adolescents' need to assume a greater degree of independence away from home.
- Inability to set limits on the adolescents' behaviour.
- The strong emerging sexuality of adolescents may trigger anxiety in parents.

DIFFERENT PARENTING STYLE

- Strict and in control.
- Willing to listen to the adolescents' point of view.
- Sensitive to the adolescents' behaviour whilst giving encouragement when necessary.
- Helping the adolescent to make informed choices.
- Accepting the adolescent as an individual.
- Helping the adolescent to feel more in control of their own lives; to feel successful and confident.



Child and Adolescent Mental Health Services are available at:

- Department of Psychiatry, RIPAS Hospital

MENDIDIK REMAJA

APA YANG IBU BAPA PERLU SEDARI/KETAHUI DALAM MENDIDIK ANAK REMAJA

- Peringkat remaja adalah masa peralihan.
- Remaja boleh menerima teguran ibu bapa, keizinan atau sebaliknya.
- Terdapat jurang generasi iaitu perbezaan dalam pengalaman dan tanggapan kepada kejadian yang berlaku dalam kehidupan. Kebanyakan remaja dan ibu bapa dapat mengurangkan jurang perbezaan tersebut.

FAKTOR-FAKTOR YANG BOLEH MENJEJASKAN PROSES KEIBUBAAPAN

Faktor remaja:

- Sikap melawan
- Perilaku yang tidak bertanggungjawab
- Gagal dalam pencapaian akademik

Faktor ibu bapa:

- Menghadapi masalah dalam menangani kerumitan yang berlaku semasa perkembangan diperingkat remaja.
- Kesukaran mengenai keperluan remaja yang mahukan lebih kebebasan di luar rumah.
- Tidak berupaya menghadkan batasan terhadap tingkah laku remaja.
- Kemunculan faktor seksual dikalangan remaja boleh mencetuskan kebimbangan kepada ibu bapa.

CARA KEIBUBAAPAN YANG BERBEZA

- Tegas dan boleh mengawal keadaan.
- Bersedia mendengar pandangan dari remaja.
- Peka terhadap perilaku remaja dan pada masa yang sama memberikan dorongan bila perlu.
- Membantu remaja membuat pilihan.
- Menerima remaja sebagai seorang individu.
- Membantu remaja merasa berdikari, berjaya dan berkeyakinan.



Perkhidmatan Kesihatan Mental Remaja dan Kanak-Kanak dapat diperolehi di

- Jabatan Psikiatri, Hospital RIPAS



MOSQUITOES: SMALL BUT DEADLY



Mosquitoes have perhaps attained greater public interest than any other insects partly because they are nuisance biters but more importantly because they are vectors of human and livestock disease. Certain species of mosquitoes can transmit diseases such as malaria, dengue, filaria and yellow fever but not all mosquitoes are carriers of diseases.

Mosquito Breeding Grounds

Mosquitoes can breed in stagnant water collections found in discarded refuse. Thousands of mosquitoes are spawned in one discarded tin or tyre therefore, preventing the breeding and growth of these insects within the environment requires serious attention by all. Although preventive measures may be time consuming and may pose some difficulties, an integrated mosquito control program is essential. You can reduce the risk of dengue fever from spreading by destroying mosquito breeding sites within and around your home.

Thus, mosquito control is directly related to the health, comfort and economy of humans and their use of the environment.

Tips:

- Prevent all man-made breeding sites such as stagnant water collections in empty tins, tyres, glasses, cups and garbage within your surroundings.
- Keep surface drains clean and free of garbage and grass at all times to allow free flow of water.
- Maintain the cleanliness of your environment by regularly trimming grass & garbage disposal, preferably twice a week
- Cooperate with the public health staff during their visits to your area in all their mosquito control programmes.
- Advise your family, relatives, neighbours, and the community about the importance of the prevention of mosquito breeding.



Health QUIZ

Answer these simple questions and the **first 20 correct entries** will win a **1-WEEK PASS** for two people to **FITNESS ZONE**

1. How many extra calories does a pregnant woman need daily?

- 300 calories
- 2000 calories
- 600 calories

2. Mosquitoes can transmit diseases such as..

- AIDS, chicken pox and mumps.
- malaria, dengue, filaria and yellow fever.
- Hepatitis B, cholera and typhoid.

Name: _____

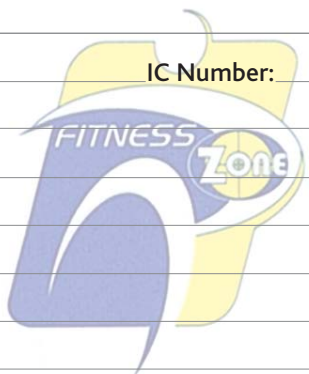
Age: _____ IC Number: _____

Occupation: _____

Address: _____

Contact: _____ (home / office)

_____ (mobile)



Post your answers to:

Healthy Brunei Sihat – Health Quiz
Lot 8 & 11, Perindustrian Beribi II, Gadong BE1118 (BSB) or
88C Jln McKerron Kuala Belait KA1131 (KB)



NYAMUK: KECIL TAPI BOLEH MEMBAWA MAUT

Nyamuk boleh mendatangkan masalah besar kepada manusia dibandingkan dengan jenis-jenis serangga yang lain, kerana nyamuk bukan saja serangga pengganggu disebabkan oleh gigitannya tetapi juga adalah vektor pembawa penyakit kepada manusia dan binatang ternakan.

Sebahagian spesis nyamuk boleh membawa penyakit seperti malaria, denggi, filaria dan demam kuning, tetapi tidak semua nyamuk adalah pembawa penyakit.

Tempat Pembiakan Nyamuk

Nyamuk-nyamuk membiak di dalam bekas-bekas yang boleh menampung air, seperti tempat-tempat dimana sampah sarap terbiar. Dari satu bekas yang menampung air, seekor nyamuk betina dianggarkan boleh membiak beribu-ribu nyamuk. Langkah kawalan bagi menghindarkan pembiakan nyamuk-nyamuk berkenaan di dalam dan sekeliling rumah serta tempat awam memerlukan perhatian sewajarnya. Walaupun ianya memakan masa, dan kadangkala agak sukar, program kawalan yang bersepadu adalah amat diperlukan. Dengan menghapuskan tempat-tempat yang pembiakan nyamuk di dalam dan di luar kawasan rumah, awda dapat mengurangkan risiko demam denggi dari merebak.

Tips:

- Cegah pembiakan di dalam atau di luar halaman rumah, seperti tempat-tempat yang boleh menampung air, tin-tin kosong, tayar-tayar, gelas-gelas, cawan-cawan dan sampah sarap yang terbiar.
- Pastikan longkang-longkang bersih daripada sampah sarap, rumput rampai supaya air longkang berkenaan boleh bebas mengalir.
- Halaman rumah bersih, rumput rampai dipotong dan sampah dibuang sekurang-kurangnya dua kali seminggu.
- Berkerjasama dengan pekerja-pekerja kesihatan awam yang mengadakan lawatan ke rumah-rumah dan perkampungan awda dalam mengendalikan program kawalan nyamuk.
- Beri nasihat kesihatan kepada ahli keluarga, jiran dan masyarakat mengenai kepentingan pencegahan nyamuk.



KUIZ KESIHATAN

Jawab soalan-soalan ini dan **20 peserta pertama** dengan jawapan yang betul akan memenangi **PAS** selama **1-MINGGU** untuk dua orang dari **FITNESS ZONE**

- 1. Berapa kalori tambahan yang diperlukan oleh wanita hamil setiap hari?**
 - a. 300 kalori
 - b. 2000 kalori
 - c. 600 kalori
- 2. Nyamuk adalah penyebab penyakit..**
 - a. AIDS, cecar air dan beguk.
 - b. malaria, denggi, filaria dan demam kuning.
 - c. Hepatitis B, kolera dan tifoid.

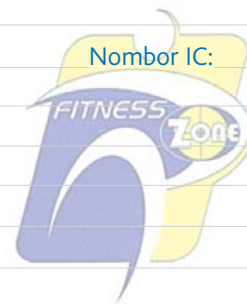
Nama: _____

Umur: _____

Pekerjaan: _____

Alamat: _____

Telefon: _____ (rumah / office)
_____ (bimbit)



Hantar jawapan awda ke:

Healthy Brunei Sihat – Kuiz Kesihatan

Lot 8 & 11, Perindustrian Beribi II, Gadong BE1118 (BSB) atau
88C Jln McKerron Kuala Belait KA1131 (KB)

KEEPING FIT DURING PREGNANCY



Staying fit during pregnancy is an important part of feeling your best. In the past there were many beliefs about pregnancy and exercise that have now been proven to be untrue. In fact if done properly, it has been found that regular exercise will promote an easier pregnancy and possibly a faster and less painful delivery.

BENEFITS OF EXERCISE DURING PREGNANCY:

- Increased energy, strength, stamina fitness levels and muscle control.
- Enhanced circulation and flexibility.
- Reduced effects of biomechanical changes to your body.
- Reduced discomfort from water retention, stress, tension, depression and excessive weight gain.
- Minimize stretch marks, varicose veins, abdominal separation and hyperventilation.
- Minimize postpartum depressions or the "Baby Blues".
- Increased relaxation.
- Improved calcium absorption

Note: Consult your doctor to ensure that the selected exercise is safe for you and your baby.

THINGS TO AVOID WHEN EXERCISING DURING YOUR PREGNANCY:

- Rigorous bouncing
- Arching your back
- Poor posture
- Dehydration
- Strenuous movements
- Sitting past 45 degrees



ACTIVITIES YOU CAN START DURING PREGNANCY:

- Low impact aerobics
- Cycling / stationary bike
- Rowing machine
- Stairmaster / stair climbing
- Swimming
- Walking
- Light Weight training

SAFE WAYS TO STAY IN SHAPE:

- **Avoid injury or overexertion** by taking part in low to moderate exercises.
- **Stay consistent.** Exercising 3 days a week is a good routine.
- **Take it easy.** Avoid activities that require jumping motions or sudden changes in direction. This may strain your joints and injure you.
- **Watch your back.** After the first 12 weeks avoid any exercise that require you to lie on your back. Also avoid long periods of motionless standing. Both actions can reduce the blood flow to the uterus.
- **Don't overexert yourself.** Stop exercising if you feel sick, tired or dizzy – and don't get so breathless that you can't speak.
- **Keep your balance.** Avoid exercises that could cause a quick loss of balance or mild trauma to the abdomen.
- **Have a good healthy diet.** Be sure you eat an adequate diet that allows you to gain about 12.5 kg over the nine months. Most women will need to eat an extra 300 calories which should be healthy nutritious calories sourced from a well balanced diet.
- **Drink Up!** Drink plenty of water to keep you hydrated and prevent from overheating.
- **Get comfortable.** Wear comfortable, cool and supportive clothing.
- **Keep cool.** Be mindful not to get overheated. On hot humid days choose to exercise at the gym or better still go for a swim.
- **Avoid certain sports.** When pregnant you should avoid certain sports that are associated with the risk of falling or colliding with other participants such as netball, volleyball and running.





MENGEKALKAN KECERGASAN SEMASA MENGANDUNG

Mengekalkan kecergasan semasa mengandung adalah sebahagian yang penting dalam menjaga kesihatan diri. Di masa lalu terdapat banyak tanggapan yang salah mengenai mengandung dan kegiatan fizikal/senaman, yang pada masa ini, didapati tidak benar. Pada hakikatnya jika kegiatan fizikal/senaman itu dilakukan dengan betul, secara tetap dan teratur, ianya didapati boleh menjadikan mengandung lebih selesa dan juga berkemungkinan memudahkan dan mempercepatkan proses kelahiran yang cepat dan kurang menyakitkan.

FAEDAH KEGIATAN FIZIKAL SEMASA MENGANDUNG

- Meningkatkan tenaga, kekuatan, stamina, tahap kecergasan dan kawalan otot.
- Meningkatkan pengedaran darah dan fleksibiliti
- Mengurangkan kesan perubahan biomekanik terhadap badan
- Mengurangkan ketidakselesaan disebabkan 'water retention', stres/tekanan perasaan, ketegangan, kemurungan dan berat badan yang berlebihan
- Mengurangkan masalah kemurungan / 'baby blues'
- Mengurangkan kulit tertarik (stretch marks) secara berlebihan, timbul urat, 'abdominal separation' dan hyperventilasi
- Meningkatkan rasa lebih tenang
- Memperbaiki penyerapan kalsium

Nota: Berjumpalah dengan Doktor Dayang untuk memastikan senaman yang dipilih adalah selamat untuk Dayang dan anak dalam kandungan.

PERKARA-PERKARA YANG PERLU DIHINDARI SEMASA MELAKUKAN SENAMAN SEWAKTU MENGANDUNG:

- Memantulkan badan dengan kuat (rigorous bouncing)
- Melengkokkan bahagian belakang
- Kedudukan badan yang tidak betul
- Kekurangan air/dihiderasi
- Terlalu banyak bergerak
- Duduk melebihi 45 darjah

AKTIVITI-AKTIVITI YANG DAYANG BOLEH MULAKAN SEMASA MENGANDUNG

- Aerobik ringan
- Berbasikal ('stationary bicycle')
- Menggunakan mesin berkayuh
- Turun Naik tangga
- Berenang

- Berjalan
- Angkat berat secara ringan

CARA – CARA YANG TERBAIK UNTUK MENGEKALKAN BENTUK BADAN

- **Elakkan daripada tercedera** atau melakukan senaman yang berlebihan dengan melakukan senaman ringan dan sederhana.
- **Melakukan senaman 3 kali seminggu** adalah rutin yang baik
- **Elakkan aktiviti-aktiviti melompat** atau bergerak secara mengejut kerana ia boleh menyebabkan kekejangan sendi dan mencederakan Dayang.
- **Selepas 12 minggu pertama elakkan daripada apajua aktiviti yang boleh memudaratkan tulang belakang Dayang.** Elakkan juga daripada berdiri terlalu lama. Kedua-dua ini boleh mengurangkan pengaliran darah ke uterus.
- **Jangan bersenam terlalu berlebihan:** Berhenti bersenam jika Dayang merasa demam, letih atau pening sehinggakan dayang sukar bernafas dan susah hendak bercakap.
- **Sentiasa menseimbangkan senaman:** Elakkan senaman yang boleh menyebabkan ketidakseimbangan atau kecederaan kepada bahagian perut
- **Makan makanan sihat:** Pastikan Dayang mengamalkan diet yang membolehkan Dayang menambahkan berat badan kira-kira 12.5 kg dalam tempoh mengandung 9 bulan. Kebanyakan wanita perlu menambah jumlah kalori dalam makanan iaitu sebanyak 300 kalori. Pastikan memakan makanan sihat, berkhasiat yang diperolehi dari permakanan yang seimbang.
- **Banyakkan minum:** Banyakkan minum air supaya Dayang sentiasa berasa sejuk dan tidak panas.
- **Keselesaan:** Pakai pakaian yang selesa dan sejuk.
- **Pada hari yang panas,** gunakan gim untuk bersenam atau berenang.
- **Elakkan aktiviti sukan yang tertentu:** Semasa mengandung Dayang mestilah mengelakkan sukan-sukan tertentu yang mempunyai risiko mudah terjatuh / tergelincir atau terlanggar dengan pemain lain seperti bola keranjang, bola tampar dan berlari.





FITNESS ZONE

Unit 2.22, Level 2, THE MALL,
Gadong, BD.
Tel. 2448488/2448489
inquiry@fitnesszone.com.bn



HEALTHY WOMEN, SMART NUTRITION

Ladies, the choice is yours. Eating healthily, living actively, feeling good and looking great are all important factors contributing to being a healthy woman, wife and mother.



ALL AGES AND STAGES OF LIFE – A HEALTHY WEIGHT IS ALWAYS RIGHT

STAGES OF LIFE	THE BENEFITS OF MAINTAINING A HEALTHY WEIGHT
Girls / Teen / Young Adult	<ul style="list-style-type: none"> i. Protects from adult obesity. ii. Maintain healthy levels of blood cholesterol and triglycerides. iii. Boosts self-esteem, emotional and social development. iv. Lowers the risk for high blood pressure and diabetes. v. Promotes physical health. vi. Helps to maintain strong bone density. vii. Obtain a good sense of well-being.
Child Bearing Women	In addition to the benefits experienced during the teenage years, maintaining a healthy weight promotes fertility and helps reduce the risk for gallbladder disease.
Pregnancy / Breastfeeding	<ul style="list-style-type: none"> i. Ensures a healthy pregnancy and delivery. ii. Promotes normal fetal development. iii. Improves the chances of a full-term birth. iv. Maintains the quality and volume of milk needed for breastfeeding. v. Prevents obesity from happening after childbirth.
After Menopause	<ul style="list-style-type: none"> i. Protection from cancer, especially breast cancer. ii. Protects from heart diseases and diabetes. iii. Prevents abdominal weight gain. iv. Looking good physically and feeling great emotionally.
The Golden Ages	<ul style="list-style-type: none"> i. Helps in the prevention of some forms of cancer, heart disease and diabetes. ii. Helps in keeping the bones to remain strong; protecting from fractures and injuries. iii. Slows down the body's aging process. iv. Ageing healthily and gracefully.

IRON, A WOMEN'S ISSUE

Growing girls and women in childbearing years need adequate iron intake in their daily diet. The combined effect of poor diet, improper dieting, low vitamin C intake and menstruation leads to iron deficiency and perhaps anaemia. The 28 mg of daily iron needed by adult women increases to about 38 mg during pregnancy. You can get these from:

- 1 bowl of bran flakes 9.0mg
- 2 servings of green veggies 4.6mg
- 3 servings of fruits 3.6mg
- 1 serving (75g) of sardines 3.0mg
- 1 bowl of cashewnuts 3.0mg
- 1 small can of baked beans 2.3mg
- 3 glasses of low fat milk 2.1mg
- 1 bowl of enriched cornflakes 2.0mg
- 2 slices of bread 2.0mg
- 1 serving (80g) of beef 2.0mg
- 1 serving (80g) of chicken 0.7mg
- 2 tablespoons of peanut butter 0.2mg



Iron from grain products and legumes isn't absorbed as well as those from white and red meat so do include fruit juices rich in vitamin C, like oranges, along with your cereals & vegetables.

PREGNANCY – DO YOU NEED EATING FOR 2?

No, not really! Only about 300 extra calories a day is needed after the first 3 months. 300 calories a day extra is not much when converted into real food. Below is a list of examples of where 300 calories can come from:

300 CALORIES CAN BE OBTAINED FROM:

- 1 bowl cereal + 1 banana + 1 glass of low fat milk.
- 2 slices of bread + 1 boiled egg + 1 teaspoon of margarine + 2 teaspoons of jam.
- 1 medium plate of fried noodles + 1 glass of watermelon juice, 1 small bowl of 'soto' + some beef and vegetables.
- 2 scoops of boiled rice + 1 bowl of chicken meat and vegetables soup + 1 apple.

WANITA SIHAT, PEMAKANAN BIJAK

Dayang-dayang, pilihan itu ditangan awda. Pemakanan yang seimbang, kehidupan yang aktif, rasa tenteram dan kelihatan ceria adalah faktor-faktor utama menyumbang kearah menjadikan dayang seorang wanita, isteri dan ibu yang sihat.

SEMUA PERINGKAT UMUR DAN KEHIDUPAN – BERAT BADAN SIHAT PILIHAN TEPAT

PERINGKAT KEHIDUPAN	FAEDAH-FAEDAH BILA BERAT BADAN SIHAT
Gadis Kecil / Remaja / Gadis Muda	i. Mengelakkan obesiti bila dewasa. ii. Tahap kolesterol and triglyceride dalam darah lebih selamat. iii. Meningkatkan keyakinan diri, emosi dan perkembangan sosial. iv. Risiko tekanan darah tinggi dan diabetes berkurangan. v. Merangsang kesihatan fizikal. vi. Membantu tulang lebih kuat. vii. Rasa sihat dan baik.
Wanita Dewasa	Selain mendapat faedah seperti semasa remaja, memelihara berat badan sihat juga mendorong kesuburan wanita dan menghindari risiko penyakit pundi hempedu.
Mengandung / Menyusukan Anak	i. Menjamin kehamilan dan kelahiran yang sihat. ii. Menyokong perkembangan normal janin. iii. Mendorong kearah kelahiran yang cukup bulan. iv. Kualiti dan jumlah susu ibu lebih stabil. v. Mengelak obesiti selepas melahirkan anak.
Selepas Menopos / Putus Haid	i. Menghindari kanser payudara dan beberapa jenis kanser yang lain. ii. Menjauhi penyakit jantung dan diabetes. iii. Mengelak berat bertambah di bahagian perut. iv. Emosi tambah ceria dan nampak sihat.
Umur Keemasan	i. Menghindari beberapa jenis kanser, penyakit jantung dan diabetes. ii. Memelihara kekuatan tulang, mengelakkan rapuh tulang dan cedera. iii. Melambatkan proses penuaan badan. iv. Sentiasa sihat dan ceria.

ZAT BESI - ISU WANITA



Kanak-kanak perempuan yang sedang membesar dan wanita diperingkat masih subur memerlukan zat besi yang mencukupi didalam pemakanan seharian mereka. Gabungan daripada kesan-kesan pemakanan tidak sihat, pemakanan yang tidak teratur, kurang pengambilan vitamin C dan datang haid boleh mengakibatkan kurang zat besi dan mungkin kurang darah. Dayang boleh memperolehnya daripada:

- 1 mangkuk branflakes 9.0 mg
- 2 hidangan sayur hijau 4.6 mg
- 3 hidangan buah-buahan 3.6 mg
- 1 hidangan (75g) sardine 3.0 mg
- 1 mangkuk jagus 3.0 mg
- 1 tin kecil 'baked beans' 2.3 mg
- 3 gelas susu kurang lemak 2.1 mg
- 1 mangkuk emping jagung 2.0 mg
- 1 hidangan (80g) daging 2.0 mg
- 2 keping roti paun 2.0 mg
- 1 hidangan (80g) ayam 0.7 mg
- 2 sudu makan peanut butter 0.2 mg

Makanlah buah-buahan atau minum jus yang kaya dalam vitamin C seperti limau bersama sarapan bijirin atau sayuran awda untuk melancarkan penyerapan zat besi dari produk tumbuhan dan kekacang.

MENGANDUNG – PERLUKAH MAKAN UNTUK 2 ORANG?

Sebenarnya, tidak! Awda hanya perlu kira-kira 300 kalori tambahan sehari selepas 3 bulan pertama. Tambahan 300 kalori sehari tidaklah banyak bila dijadikan makanan yang sebenar. Contoh-contohnya:

300 KALORI BOLEH DIDAPATKAN DARI:

- 1 mangkuk bijirin + 1 biji pisang + 1 gelas susu rendah lemak
- 2 keping roti paun + 1 telur rebus + 1 sudu teh margarine + 2 sudu teh jam
- 1 mangkuk sedang mee goreng + 1 gelas jus sikoi
- 1 mangkuk kecil soto + sedikit isi daging dan sayuran
- 2 senduk nasi putih + 1 mangkuk sup ayam dan sayur + 1 epal



HEALTHY RECIPE

SUPA-BONE Smoothie (1 SERVING)



Ingredients

- 1 banana, peeled & sliced
- 5 whole strawberries, hulled and halved
- 1 1/4 cup low – fat milk
- 1 tsp clear honey

Method

- Blend the banana and strawberries until smooth.
- Add the milk and honey, and blend it together until it is well mixed.
- Pour into glasses and serve immediately.
- You may add ice if you wish.

Nutrient per serving	
Energy	260 kcal
Carbohydrate	37 g
Protein	12 g
Fat	6 g
Calcium	430 mg

CABBA Rolls (4 SERVINGS)

Ingredients

- 8 round cabbage leaves – blanch for 1 minute
- 1 cup minced chicken
- 1/2 cup mixed vegetables
- 4 cloves garlic chopped
- 4 slices of ginger - chopped
- 1 tbsp cooking oil
- Salt and pepper to taste
- 1 red chilli chopped
- 1 tsp paprika chicken

Method

- Sauté ginger and garlic in oil.
- Mix the red chilli and paprika with the chicken.
- Stir in minced chicken.
- Add mixed vegetables and stir briefly.
- Divide into 8 portions.
- Place portion on each cabbage leaf and roll up.
- Steam for 20 minutes.

Nutrient Per Serving	
Energy	170 kcal
Carbohydrate	9 g
Protein	14 g
Fat	9 g

EATING OUT? HOW SAFE IS YOUR FOOD?



Restaurants, cafes and food outlets are responsible in ensuring that all the food and drink they serve are wholesome and fit for consumption. However, consumers are advised to take some basic measures that can minimize the risk of food-borne illnesses.

Food contamination does not only occur in 'high risk' and perishable food such as meat, fish and eggs. It can also happen to all other types of food. Fruits and vegetables can also be affected, for example, if exposed to rodent waste (eg, rats and cockroaches) or sprayed with chemicals.

Food that contains harmful bacteria or viruses may not look, smell or taste any different from food that is safe. These organisms can contaminate food during cooking, preparing or serving.

When you are deciding to eat in a restaurant or to take away food, consider the following:

- Observe that tables and utensils are kept clean with no signs of flies and rodents.
- Waiters/waitresses should have clean hands and short nails, tidy hair and clean clothing.
- Tongs and gloves must be used when handling food.
- Clean cloths and disposable wipes should be used to wipe surfaces to prevent transfer of bacteria.
- Toilets should be clean and maintained with disposable paper and liquid hand soap available.

What to look for at buffets or self-service restaurants:

- Food to be eaten hot is stored in hot food display cabinets or food warmers.
- Cold food is displayed on ice or in specially refrigerated cabinets.
- Each dish has its own serving utensils.
- All food are covered.
- Plates, glasses and cutlery are clean and dry.

When eating food at restaurants, cafes and food outlets, remember:

- Hot food should be served hot, cold food should be served cold.
- Food that has been kept at room temperature for a long time should not be bought.

For take away food:

- It is advisable to eat the food immediately.
- If kept in the fridge, consume it within a couple of hours, heating the food if/when necessary.

RESIPI SIHAT

SUPA-BONE

Smoothie (1 HIDANGAN)

MAKAN DILUAR?
ADAKAH MAKANAN YANG
DISEDIAKAN SELAMAT?

Restoran, kafe dan kedai makanan bertanggungjawab dalam memastikan semua makanan dan minuman yang dihidangkan selamat dan sesuai untuk dimakan. Akan tetapi, pengguna dinasihatkan untuk mengambil langkah-langkah asas yang boleh mengurangkan penyakit bawaan makanan.

Pencemaran makanan bukan hanya terjadi keatas makanan yang berisiko tinggi dan cepat rosak seperti daging, ikan, telur bahkan ianya juga boleh berlaku keatas semua makanan. Buah-buahan dan sayur-sayuran juga boleh terjejas jika ianya tercemar dengan najis haiwan perosak atau bahan kimia.

Makanan yang dicemari kuman merbahaya atau virus tidak akan dapat dilihat, dihidu atau dirasa perbezaanya daripada makanan yang selamat. Organisme-organisme ini boleh mencemari makanan semasa memasak, menyedia dan menghidang.

Apabila awda berhasrat untuk makan di restoran atau membeli makanan segera, beri perhatian kepada perkara berikut:

- Meja dan perkakas dalam keadaan bersih, tidak ada tanda serangga dan haiwan perosak.
- Pelayan berpakaian kemas dan bersih, tangan yang bersih dan kuku yang pendek.
- Sarung tangan dan penyepit digunakan semasa mengendali makanan.
- Kain bersih atau kain buang pakai digunakan untuk membersihkan permukaan bagi mengelakkan pemindahan bakteria.
- Tandas hendaklah bersih dan dilengkapi dengan kertas buang pakai dan cecair pencuci tangan.

Apa yang perlu diberi perhatian di restoran layan sendiri dan bufe:

- Makanan yang dimakan panas hendaklah disimpan di dalam alat pemanas.
- Makanan sejuk hendaklah diletakkan diatas ais atau kabinet sejuk yang khusus.
- Setiap hidangan hendaklah mempunyai peralatan sendiri.
- Makanan sentiasa ditutup.
- Pinggan, gelas dan alat-alat dapur bersih dan kering.

Apabila membeli makanan di restoran, kafe dan kedai makan, ingatlah:

- Makanan panas hendaklah dihidang panas. Makanan sejuk hendaklah terasa sejuk apabila dimakan.
- Hindari membeli makanan yang kelihatan tidak segar dan telah dipamerkan terlalu lama.

Membawa makanan balik ke rumah

- Makan secepat mungkin.
- Jika disimpan didalam peti sejuk, hendaklah dimakan dan memanaskannya jika/apabila perlu.

**Bahan-bahannya:**

- 1 biji pisang, dikupas & hiris
- 5 biji strawberi, dibelah dua
- 1 1/4 cawan susu rendah lemak
- 1 sudu teh madu

Cara Membuatnya:

- Kisar pisang dan strawberi
- Tambahkan susu dan madu, dan kisar lagi hingga sebati
- Tuangkan ke dalam gelas dan hidangkan.
- Awda boleh menambah ketulan ais jika mahu.

Nutrien Satu Hidangan	
Tenaga	260 kcal
Karbohidrat	37 g
Protin	12 g
Lemak	6 g
Kalsium	430 mg

CABBA Rolls (4 HIDANGAN)

Bahan-bahannya:

- 8 helai daun kubis – dicelur 1 minit
- 1 cawan ayam cincang
- 1/2 cawan sayur campur
- 4 ulas bawang putih dicincang
- 4 hiris halia dicincang
- 1 sudu makan minyak jagung
- Sedikit garam & lada sulah
- 1 tangkai cili cincang
- 1 sudu teh paprika

Cara Membuatnya:

- Tumis halia dan bawang putih dengan minyak jagung.
- Gaulkan cili cincang dan paprika dengan ayam.
- Masukkan ayam cincang dan kacau.
- Masukkan sayur campur dan gaulkan hingga sebati.
- Bahagikan inti kepada 8 bahagian.
- Bungkus inti ini ke dalam daun kubis.
- Kukus selama 20 minit.

Nutrien Satu Hidangan	
Tenaga	170 kcal
Karbohidrat	9 g
Protin	14 g
Lemak	9 g

Q & A

Q1 I have had heavy periods for the last 3 months. What could be the cause of this?

A1 Heavy periods do not necessarily indicate abnormalities however, the various causes of heavy periods can include:

- Alteration in your hormonal balance during stress, weight gain, having immature pituitary glands and ovaries during your adolescence, benign conditions of the ovary, thyroid and adrenal glands.
- Diseases affecting the womb such as polyps, fibroids, chronic pelvic infections cancers of the womb.
- Endometriosis – when the lining of the womb is found in abnormal areas such as walls of the womb, ovaries, lining of the abdomen, intestines, bladder and vagina.
- Non-hormonal intrauterine contraceptive device.

If your heavy periods persist, seek advice from a doctor

Q2 What are the symptoms of cervical cancer?

A2 Symptoms of cervical cancer depends on the stage of the disease. However symptoms usually do not appear during the early stages of the disease.

Some of these symptoms include:

- Vaginal bleeding after sex, in between your periods or after menopause.
- Foul scent of vaginal discharge that can't be cured by antibiotics.

Late symptoms include:

- Pelvic/loin pain.
- Leaking urine through the vagina.
- Leaking faeces through the vagina.

ASK THE Doctor



If you have any questions on health which you would like answered, do write in to us. Our professional medical panel will try to answer whatever queries you may have. Email your letters to hbs@bruneipress.com.bn or post them to:

HEALTHY BRUNEI SIHAT – ASK THE DOCTOR
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Email: kmbiozone@yahoo.com

Enquiries: Agnes Leong Mobile: (673) 8737203

S1 Saya mengalami pendarahan haid yang lebat sejak 3 bulan kebelakangan ini. Apakah sebab-sebabnya?

- J1** Punca-punca darah haid lebat adalah seperti:
- Perubahan dalam kestabilan hormon ketika stres, berat badan berlebihan, kurang kematangan kelenjar pituitari dan induk telur ketika remaja, masalah ovari, kelenjar tiroid atau adrenal.
 - Penyakit rahim seperti ketumbuhan polip, fibroid, infeksi rahim kronik atau kanser rahim.
 - Penyakit endometriosis dimana selaput uterus didapati ditempat yang tidak normal seperti di dinding uterus, ovari, lapisan abdomen, usus, pundi air kencing dan faraj.
 - Alat kontraseptif intrauterine yang tidak mengandungi hormon.

Jika haid yang lebat berlarutan, sila berjumpa dengan doktor awda.

TANYA *Doktor*

Jika awda mempunyai soalan mengenai kesihatan awda, tulis surat kepada kami, pakar kesihatan kami akan cuba menjawab segala soalan awda. Email surat awda ke hbs@bruneiipress.com.bn atau hantarkan surat awda ke:

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Gadong BE1118 (BSB)
atau
88C Jln McKerron
Kuala Belait KA1131 (KB)

Soal Jawab 

S2 Apakah tanda-tanda kanser serviks?

J2 Simtom/tanda-tanda kanser serviks terjadi mengikut peringkat penyakit. Akan tetapi, diperingkat awal, pada lazimnya pesakit tidak menunjukkan sebarang simtom/tanda.

Diantara tanda-tanda penyakit kanser serviks ialah:

- Pendarahan faraj selepas hubungan seks, pendarahan faraj diperantaraan haid ataupun pendarahan selepas putus haid.
- Lelehan faraj yang berbau dan tidak berkesan dengan rawatan antibiotik.

Tanda-tanda penyakit diperingkat akhir termasuklah:

- Rasa sakit dibahagian pelvis atau pinggul.
- Air kecing keluar melalui faraj.
- Najis keluar melalui faraj.

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