



# NEWSLETTER

## Malaysia Officially Ban Smoking Nationwide From January 2019

By thecoverage.my | Posted on October 26,2018

Malaysia will enforce a smoking ban on restaurants, coffee shops and hawker stalls nationwide from Jan 1, Sin Chew Daily cited Deputy Health Minister Lee Boon Chye as saying on Thursday (Oct 11).

The ban will cover all air-conditioned and non-air-conditioned restaurants, coffee shops, open-air hawker centres and street stalls.

Dr Lee announced the mandatory ban while chairing a health forum at the Asian Institute of Medical, Science and Technology in Kedah.

Those caught smoking at prohibited areas will be fined RM10,000 (S\$3,300) and eateries found not enforcing the ban will be fined RM2,500.

The Star newspaper reported in September that the health ministry was pushing to gazette all open-air restaurants as no-smoking areas, according to Dr Lee.

The gazettelement was not only to encourage smokers to kick the habit, but also to protect non-smokers from second-hand smoke due to tobacco products.

“No doubt smokers will say they have the right to smoke, but non-smokers also have the right to have smoke-free areas,” Dr Lee had said.

The Gopeng MP is also seeking his fellow MPs’ support to shut down the smoking room in Parliament by October. He hopes the MPs who smoke will take the opportunity to quit smoking.

“This gazettelement is Malaysia’s commitment as a member state to the Framework Convention on Tobacco Control and adheres to the guidelines under Article 8 of the World Health Organisation,” he added.

The current Control of Tobacco Product (Amendment) Regulations 2017 prohibits smoking in 21 areas including hospitals, public toilets, lifts, government premises as well as air-conditioned shops and offices. Others include parks and government premises.

Dr Lee was also reported proposing the closure of Parliament’s smoking room next month, in a bid to turn the entire law-making House a smoke-free zone.

He said there are currently 23 areas designated smoke-free under the Control of Tobacco Product (Amendment) Regulations 2017.

“It is also one of the ministry’s initiatives to protect the public from the dangers of cigarette smoke,”

Deputy Health Minister Dr Lee Boon Chye.

# 9 Best Quit-Smoking Tips

By WebMD

## 1. Find Your Reason

To get motivated, you need a powerful, personal reason to quit. It may be to protect your family from secondhand smoke.

## 2. Consider Nicotine Replacement Therapy

When you stop smoking, nicotine withdrawal may give you headaches, affect your mood, or sap your energy. Studies show that nicotine gum, lozenges, and patches improve your chances of success when you're also in a quit-smoking program.

## 3. Lean On Your Loved Ones

Tell your friends, family, and other people you're close to that you're trying to quit. They can encourage you to keep going, especially when you're tempted to light up. You can also join a support group or talk to a counselor.

## 4. Avoid Alcohol and Other Triggers

When you drink, it's harder to stick to your no-smoking goal. So try to limit alcohol when you first quit. Likewise, if you often smoke when you drink coffee, switch to tea for a few weeks.

## 5. Clean House

Once you've smoked your last cigarette, toss all of your ashtrays and lighters. Wash any clothes that smell like smoke, and clean your carpets, draperies, and upholstery. Use air fresheners to get rid of that familiar scent.

## 6. Try and Try Again

Many people try several times before giving up cigarettes for good. If you light up, don't get discouraged. Instead, think about what led to your relapse, such as your emotions or the setting you were in.

## 7. Get Moving

When you want to reach for a cigarette, put on your inline skates or jogging shoes instead. Even mild exercise helps, such as walking your dog or pulling weeds in the garden.

## 8. Eat Fruits and Veggies

Don't try to diet while you give up cigarettes. Too much deprivation can easily backfire. Instead, keep things simple and try to eat more fruits, vegetables, whole grains, and lean protein.

## 9. Choose Your Reward

In addition to all the health benefits, one of the perks of giving up cigarettes is all the money you will save. There are [online calculators](#) that figure out how much richer you will be. Reward yourself by spending part of it on something fun.



## Marijuana May Stall Brain Tumor Growth

WebMD Health News Reviewed by Michael W. Smith, WebMD on August 13, 2004

### Active Ingredient in Marijuana Inhibits Cancer Growth in Early Study

The active ingredient in marijuana may help fight brain tumors, a new study suggests.

Researchers say the cannabinoids found in marijuana may aid in brain tumor treatment by targeting the genes needed for the tumors to sprout blood vessels and grow.

Their study showed that cannabinoids inhibited genes needed for the production of vascular growth factor (VEGF) in laboratory mice with glioma brain tumors and two patients with late-stage glioblastoma multiforme, a form of brain cancer.

VEGF is a protein that stimulates blood vessels to grow. Tumors need an abundant blood supply because they generally grow rapidly. So when VEGF is blocked, tumors starve from lack of blood supply and nutrients. Blocking of VEGF constitutes one of the most promising tumor-fighting approaches currently available, says researcher Manuel Guzman, professor of biochemistry and molecular biology, at the Complutense University in Madrid, Spain, in a news release.

Guzman says the findings suggest VEGF may be a new target for cannabinoid-based treatments. Previous studies have shown that cannabinoids could inhibit the growth of tumor-associated blood vessels in mice, but until now little was known about how they worked. The results of the study appear in the Aug. 15 issue of the journal *CancerResearch*.

### Cannabinoids May Help Starve Tumors

In the study, researchers looked at the effects of cannabinoid treatment on glioblastoma multiforme, a form of brain cancer that affects about 7,000 Americans each year. It's considered one of the deadliest forms of cancer and usually results in death within one to two years after diagnosis.

Treatment typically involves surgery, followed by radiation and/or chemotherapy. But despite these efforts to destroy the tumor, this type of brain tumor often survives and starts growing again, which is why researchers are looking for novel ways to attack it. In order to grow, all tumors require a network of blood vessels to feed them, and they create this network through a process known as angiogenesis. VEGF is critical to this process.

In the first part of the study, researchers induced brain cancer in mice and then treated them with cannabinoids. They then analyzed the genes associated with the growth of blood vessels in the tumor and found that cannabinoids inhibited several of the genes related to VEGF. In the second part of the study, researchers injected cannabinoids into tumor samples taken from two human glioblastoma patients.

