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# Syabu not the diet answer, says doc

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## Expert: Abusers face risk of fatigue and depression

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**KUALA TERENGGANU:** Weight watchers who take syabu to shed a few kilogrammes could suffer fatigue, depression and increased blood pressure.

Commenting on a recent report that some women in Terengganu were taking the drug to lose weight, consultant plastic surgeon Dr Cheong Yu Wei said syabu could have a drastic effect on one's overall health.

He added that taking syabu for the purpose of losing weight could lead to drug abuse and addiction.

"For example, after one stops taking the drug, it may lead to symptoms such as fatigue and depression, thus prolonging the addiction.

"The short-term adverse effects include seizures, palpitations, increased blood pressure and skin reaction.

"Psychosis and violent behaviour are some of the long-term effects," Dr Cheong, from Kuala Lumpur's iHeal Medical Centre, told *The Star*.

On March 25, Terengganu narcotics chief Supt Roslan Abdul Wahid said some women in the state were taking syabu in the hope of shedding excess weight.

The drug, also known as methamphetamine or pil kuda, suppos-

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DR CHEONG YU WEI

edly helps women control their eating habits and lead them to believe they could reduce weight.

Dr Cheong said there were many ways to lose weight without resorting to drastic measures like taking syabu.

"One can seek medically-proven treatments to shape up the body, while conventional methods, such as constant exercise and dieting, are still relevant.

"Medical procedures such as gastric banding with the consultation of an experienced expert is also an option," he said, adding that weight watchers must seek proper consultation and advice from medical doctors to reduce fat in the body.

Dr Cheong advised women to get more medical knowledge and information before resorting to other means that could lead to an unhealthy lifestyle.