

The **Hearty** Digest

SUNWAY
MEDICAL CENTRE®
Sunway City

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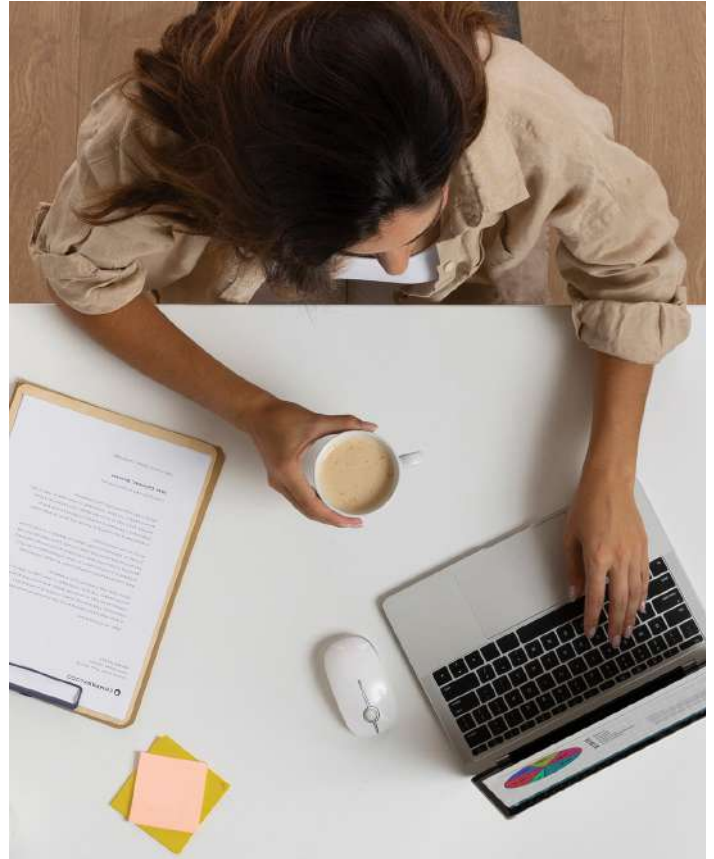
FROM THE EDITOR

A Treat For You

Welcome to the January Bumper Issue! I hope you did not miss us too much. We took a short break to bring to you a jam-packed version of The Hearty Digest. You are in for a treat as we explore various facets of medicine from joint and digestive health to caring for the women and children in our lives.

I am particularly excited to share stories of our patients who underwent robotic joint replacement surgery. What I found truly heart-warming was the fact these patients shared their personal journey with us. It was amazing to see them looking and feeling like new.

I am not even exaggerating; they were both walking out the hospital without any aids when they had previously suffered from knee and hip pain! (Disclaimer: They are encouraged to use aids during their recovery period) I am happy they are able to enjoy their daily activities with their newly found freedom of movement.



“ Although this newsletter was on hiatus, there was surely no stopping activities throughout the hospital. In fact, there were so many which we are proud to share with you in the following pages – from giving back to the community through various efforts during Christmas, participating in multiple symposiums and large scale exhibitions to empowering safety and health events throughout the hospital. ”

We have kickstarted the year early with this issue and on behalf of the Editorial Team, thank you for reading our humble newsletter and we look forward to your support in the year ahead.

Till the next one, cheers!



Nur Yee Jie Min
Editor, The Hearty Digest

The Editorial Team
Corporate Communication
Sunway Medical Centre, Sunway City

A MESSAGE FROM THE CEO

Realising Success Together



2022 was an eventful year for us, filled with many milestones and many firsts in the country. We had a most meaningful ending to 2022, with our official launch of the fourth-generation da Vinci Xi robotic surgical systems and the impressive milestone of reaching 1,000 robotic surgery patients. This was all due to our diligent investment in the latest smart hospital technology, all with the intention to improve patient care and precision medicine.

These milestones were only possible with the multidisciplinary team in Sunway Medical Centre whose strong commitment and teamwork have ensured that quality is paramount within the hospital. Our efforts were acknowledged when we became the first hospital to attain the COVID-19 Global Healthcare Accreditation Certification, and we have, for the third time, received full accreditation from the Australian Council on Healthcare Standards.

“

Our achievement at the Frost & Sullivan Best Practices Awards, where we received the 2022 Malaysia Smart Hospital Company of the Year for the second year saw us being recognised as an organisation that demonstrates outstanding achievement and superior performance in areas such as leadership, technological innovation, customer service and strategic product development.

”

Frost & Sullivan also recognised us as the hospital with the most sub-specialities which centred on three main philosophies — clinical excellence, operational efficiencies and patient experience. This shows that we are always at the forefront with trailblazing milestones, hence with consistency and hard work, we will continue to create more significant accomplishments.

I am grateful for these recognitions, and I definitely look forward to more initiatives this year. I am pleased to share that we are set to launch Tower D, E and F in phases, with a dedicated Accident & Emergency for children. These new towers will be a one-stop centre offering comprehensive and patient-centric medical services with its clinics, wards, operating theatres, MRIs, ICUs and HDUs. We will eventually expand the total number of beds to more than 1,000, certainly significant progress in our journey as Malaysia's largest private quaternary hospital.

On behalf of the management team, I would like to wish all our readers a wonderful 2023 and I hope that the Year of the Rabbit will bring everyone abundance of prosperity, good health, and happiness.

Dr Seow Vei Ken

Chief Executive Officer
Sunway Medical Centre, Sunway City

DO YOU KNOW?

Ways To Describe Pain Effectively

Pain presents itself in various forms – a throbbing headache, an aching back or even a sharp pain when you stub your toe. We all experience pain differently so sometimes it is difficult to explain it to your doctor. Here are some ways to describe your pain effectively to get you the help you need.

Where does it hurt?

Tell your doctor all the areas you are experiencing pain. Sometimes pain can be specifically located – when it hurts, you know exactly where it hurts. Explain and point out where the specific pain is. This will help your doctor to examine the right area.



What does it feel like?

Precise words to describe pain can help you communicate better and help your doctor diagnose the cause of your pain. Here are some words commonly used to describe pain: aching, biting, burning, cramping, dull, gnawing, heavy, hot, piercing, pinching, sharp, shooting, sickening, sore, splitting, stabbing, tender, tingling, and throbbing.

How severe is the pain?

Using a pain scale from 0 to 10, with 0 being no pain at all and 10 being the worst possible pain, may not be the most accurate as pain is subjective to each individual. Instead, try matching your pain to how it affects your daily activities, such as minimal or barely noticeable discomfort to constant pain that prevents some activities to pain that restricts all action.



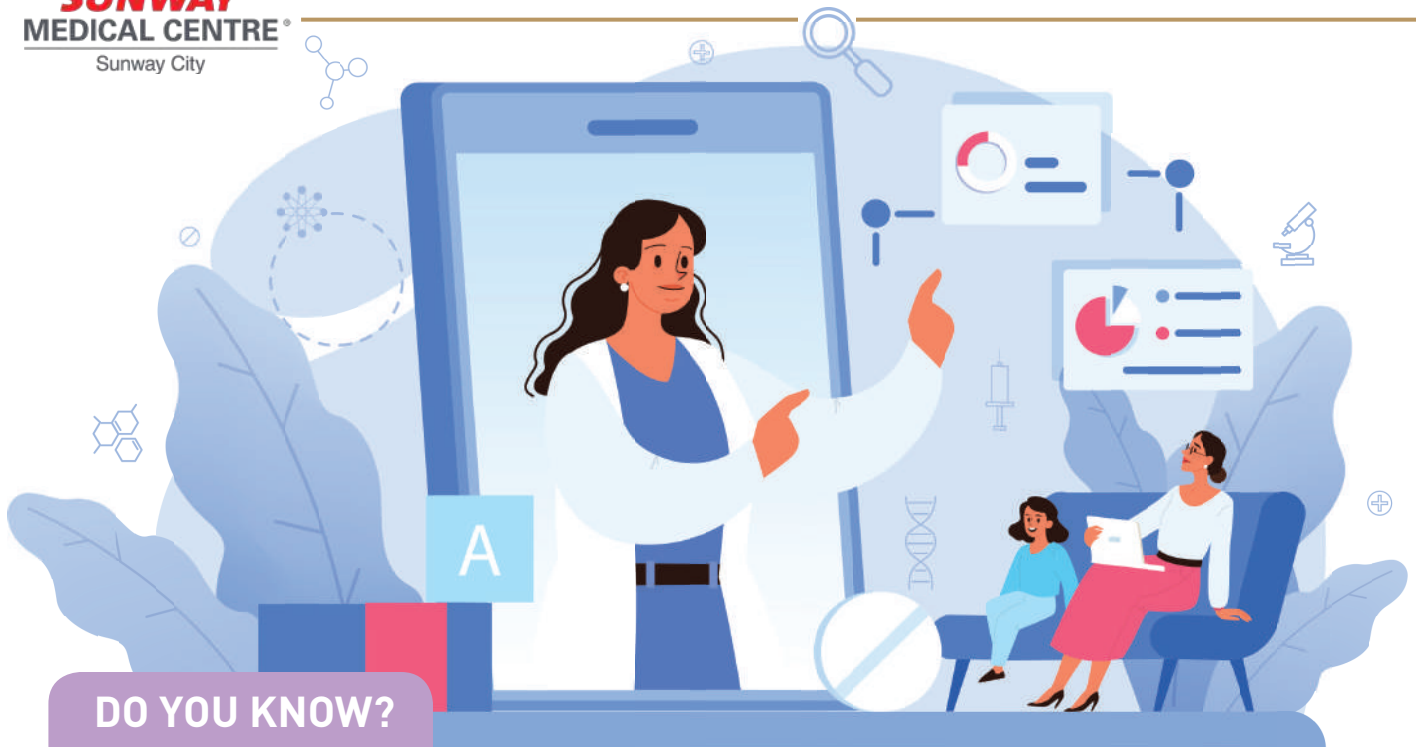
How often do you feel pain?

Tracking your pain levels can provide helpful context to your doctor, helping them identify patterns and understand how your pain impacts your life. Keep a pain diary that monitors when and how you feel the pain.

Take the next step

No one should have to live with untreated pain. Discussing pain with your doctor effectively is one of the best ways to make sure that you get the care you need – not just for your pain, but for your overall health.





DO YOU KNOW?

How To Help Stuttering Children

Stuttering may look cute in children, but if left untreated, a child can experience it permanently. **Nawal Mohd Shafie, Speech and Language Therapist at Sunway Medical Centre, Sunway City** shares that stuttering is not a health problem instead it is a difficulty in pronunciation and fluency.

Children aged three years and above are more likely to face permanent stuttering if they do not seek proper treatment. Parents, teachers and people around the child are encouraged to support the child going through this experience as it is not only related to the child's growth but their emotions and learning.

Here are some tips to help children who stutter:

Practice the child's ability to speak regularly

In addition to seeing a specialist, parents or guardians are advised to train the child's ability to speak at home. Dealing with a stuttering child does require a lot of patience. So listen carefully and fairly to what they say. Don't let children know you are distracted or impatient when they are talking.

Talk or chat calmly

In addition to listening to what is being said, try chatting with them calmly and slowly. Make sure that the atmosphere in the house is not too noisy, cosy and comfortable. Ask other family members to also support the child who stutters.

Avoid certain words

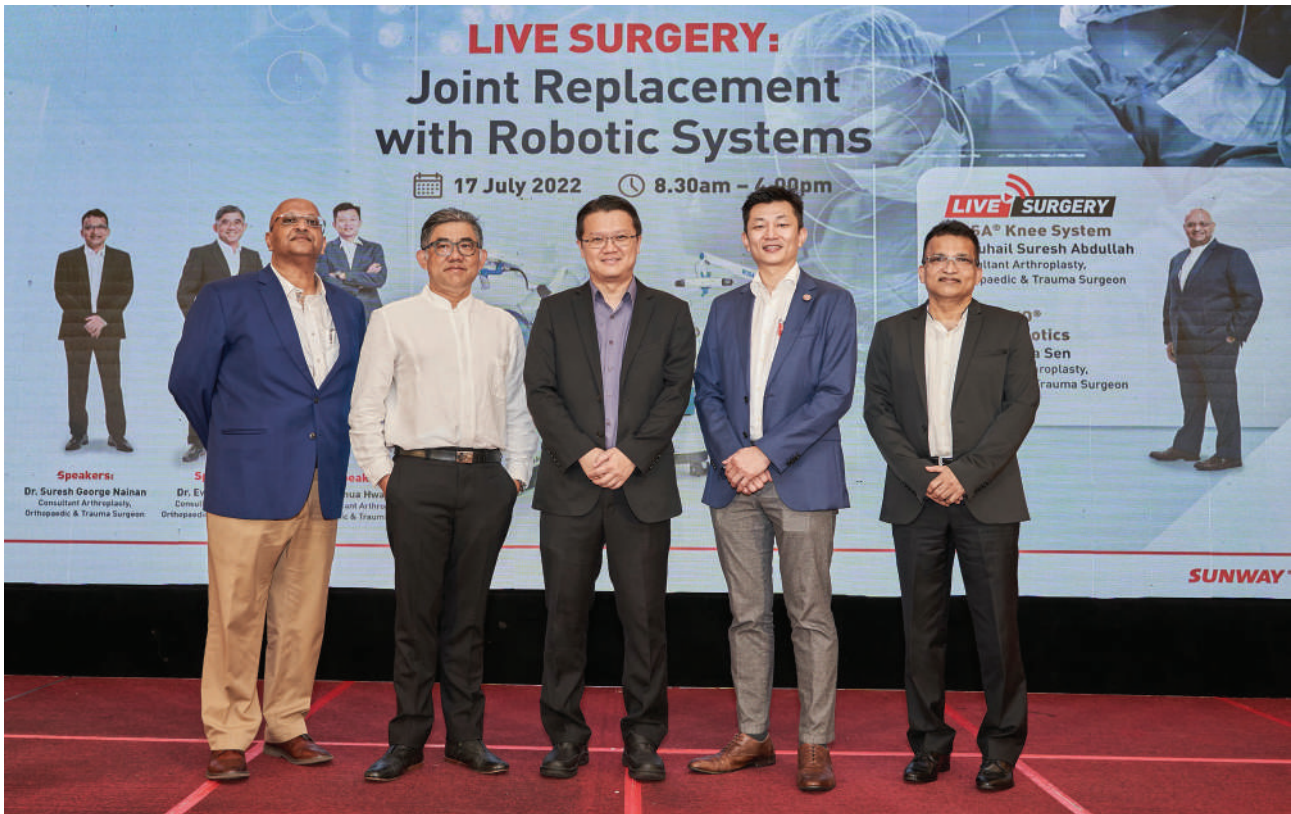
When your child is stuttering, you may want to say, 'speak slowly' or 'try to speak clearly'. The intention is good, but you are asking them to avoid the word so that the child does not lose confidence.

Invite the child to read

This method educates children to breathe well when talking. Although it may be difficult at first, be patient and slowly help them. Parents may also take the time to chat alone with the child so they feel more comfortable and confident.

IN THE SPOTLIGHT: ORTHOPAEDIC

Improving Lives Through Robotic Surgery



Movement may be the simplest thing in the world. We hardly give a thought to taking a few steps to the kitchen. But mobility is an entirely different thing. What if those few steps are accompanied by pain, causing you to limp all the way?

That's exactly what Madam Thangam faced until a point where the pain shot up to her spine and lower back, causing her to not be able to move. That was when her daughter, Mariama brought her to Sunway Medical Centre where she met Dr Suhail Suresh Abdullah, Consultant Orthopaedic and Trauma Surgeon.

“ I got to witness by mother’s surgery live and it was quite a miracle. It was truly an unforgettable memory and today, all of us are smiling as my mother can now walk on her own and we look forward to travelling with her,” Mariama shared. ”

Dr Suhail performed a knee replacement surgery with the ROSA Knee System during a surgery broadcasted live to healthcare professionals.

“When using this robotic method, we do not have to open or cut too much tissue. This allows the surgery to be performed quickly and expeditiously. This method also gives surgeons to get the alignment in surgery correctly and more easily.

“The accuracy of this surgery will also reduce various costs to patients involving the number of days patients are admitted to the hospital and repeat surgeries,” he said.

Another patient Mr Tan also underwent a hip replacement surgery during the live surgery which was performed by Dr Chua Hwa Sen, Consultant Orthopaedic, Arthroplasty and Trauma Surgeon, with the Mako SmartRobotics.

An avid tai chi master, Mr Tan went to see Dr Chua as he could not continue to enjoy doing his daily tai chi activities due to pain. However, he did not feel he was ready to undergo surgery the first time he met him. Five years later, his pain escalated and that was when he was given the opportunity of a lifetime; to have his surgery broadcasted live.



Mr Tan was ecstatic to hear that Dr Chua will be performing his surgery with robots. In fact, he wanted to be Dr Chua's first patient to undergo robotic surgery! But today, he has become the first patient to undergo robotic surgery to be broadcasted live.

“ Robotic technology allows surgeons to plan procedures in advance, thus enabling joint replacement surgeries to be performed accurately and safely while giving patients a unique surgical experience tailored to their anatomical needs. This accuracy also allows patients to experience less pain after surgery and be able to recover more quickly, including reduced painkillers and physiotherapy. Replacement of inserted joints can also last longer,” Dr Chua said. ”

Commenting further, Dr Chua added, a person's mobility and ability to live their daily life independently can also be achieved while improving the quality of life.



Celebrating 1,000 Lives Changed

Sunway Medical Centre once again highlights their commitment to innovative patient care with an event commemorating 1,000 robot-assisted surgeries. This accomplishment comes as another step in the hospital's diligent investment into the latest smart hospital technology to enhance our patients' experience.

Sunway Medical Centre procured the highly advanced da Vinci Xi 4th Generation Surgical System, which was the first of its kind in the country when it was launched in January 2022. With its advanced surgical technology, the da Vinci Xi makes complex surgeries simpler and enhances surgical performance, allowing Sunway Medical Centre's surgeons to have an extended range of motion and substantially improved vision while operating.

“The da Vinci Xi Surgical System brings about a whole host of functionalities such as overhead instrument arm architecture which allows anatomical access from virtually any position, the ability to attach the endoscope to any of its four arms, as well as smaller, thinner arms, with newly



designed joints that offer a great range of motion,” shared Dr Tan Ee Ping who is the leading surgeon of the first da Vinci Xi surgery in Sunway Medical Centre. ”

Additionally, Helen Ng Hoy Loon, Sunway Medical Centre General Manager of MIS (Minimally Invasive Surgery) Services and Robotic Surgery praised the system's ability to consistently apply smaller, more accurate incisions and movements, leading to minimal scarring and reduced blood loss during surgeries.

The landmark event, held at SunMed Convention Centre, was attended by Dr Khoo Chow Huat, Sunway Healthcare Group Managing Director (Hospital and Healthcare Operations), Dr Seow Vei Ken, Sunway Medical Centre Chief Executive Officer and Helen Ng Hoy Loon, Sunway Medical Centre General Manager of MIS (Minimally Invasive Surgery) Services and Robotic Surgery along with Guest of Honour Dato' Lau Beng Long, Sunway Healthcare Group President.



IN THE SPOTLIGHT: PAEDIATRIC ENDOCRINE

Childhood Diabetes: A Guide for Families

Every parent knows babies and young children sleep and drink a lot. But if your child is suddenly much drowsier or thirstier than usual, this could be a symptom of Type 1 diabetes mellitus.

Type 1 diabetes used to be called juvenile diabetes because most who got it were young children. A child could get Type 1 diabetes as an infant or later, as a toddler or a teen. It often appears after age five, but some individuals do not get it until they are late 30s.

There is a common misconception that Type 1 diabetes comes from overeating sugar. However, for most, Type 1 diabetes is an autoimmune disease in which the pancreas stops – partially or entirely – producing insulin. Meanwhile, Type 2 diabetes is often linked to obesity and commonly seen in adults.

“Despite the differences, it is important to remember that both are as serious as each can lead to serious health complications such as cardiovascular disease, kidney failure, vision loss, and problems with wound healing,” shared Dr Ch’ng Tong Wooi, Consultant Paediatrician and Paediatric Endocrinologist at Sunway Medical Centre, Sunway City. ”



Dr Ch’ng Tong Wooi
Consultant Paediatrician and
Paediatric Endocrinologist

Know the 4T of Early Signs

In children, the initial symptoms of Type 1 diabetes can sometimes be easy to miss because young children cannot tell if they have low or high blood sugar as well as adults can.

Here are the 4T early signs of Type 1 diabetes in children:



Toilet – Frequent urination. Infants and toddlers may experience wet diapers or bed wetting more frequently.



Thirsty – Ongoing extreme thirst and not being able to quench it.



Tired – Extreme fatigue.



Thinner – Losing weight or looking thinner than usual.

Other warning signs can include fruity breath (a sweet fruity odor), breathing problems, and sudden vision changes, which can be a late sign of high sugar.

These symptoms tend to come on quickly over a few days or weeks, especially so for children. Therefore, Dr Ch’ng recommends always speaking to your healthcare provider if you notice any of the 4T signs in your child.

Parenting a Child with Type 1 Diabetes

Parenting children with Type 1 diabetes often comes with the demanding task of raising a child while helping them navigate life with a chronic disease. There will be nights spent awake checking your child's blood sugar level and days worrying about their snack time at school.

Though it is currently not possible to prevent Type 1 diabetes, there are multiple ways to help manage symptoms.

"Among other things, a child's diabetes care plan commonly has four basic parts: One, take insulin. Two, eat a healthy, balanced diet. Three, check blood sugar levels at least four times a day. Lastly, get regular physical activity," shares Dr Ch'ng.

"Beyond the practical to-dos for an effective coping strategy, parents will not only be responsible for keeping your child safe by building in new routines, but they will also be a crucial support system."

Your child is counting on you to support them physically, like helping them through an insulin shot, and emotionally, like talking about the feelings of having a new and lasting condition.

To show your support, get involved in daily care and start having open conversations soon after your child's diagnosis. This will set a strong foundation for communicating about any challenges that could happen in the future.

Wherever your child is at with their diabetes diagnosis, know that your child has options and does not have to be held back. Your child can still live their best life and accomplish everything they set out to do. All they have to do is take action and be consistent with it.



IN THE SPOTLIGHT: WOMEN

Uncovering The “First Night Fear”

The word, vaginismus, sounds very scientific and medical but when put in layman terms, it is the body's reaction to the fear of something going into the vagina. It is an automatic reflex as muscles around the vagina tightens, causing women to feel pain and hence are unable to have sex.

“No one really knows why this happens. There are some possible reasons why it happens like bad experience or trauma with sex or social upbringing when girls are being taught from young to not put anything inside their vagina or touch it. These are some likely reasons why it happens but specific reasons, we don't know why,” said Dr Sharmina Kamal Shamsul Kamal, Consultant Obstetrician and Gynaecologist at Sunway Medical Centre. ”



Dr Sharmina Kamal Shamsul Kamal
Consultant Obstetrician
and Gynaecologist

Many women are affected with vaginismus, however it is not talked about in our society. Many only realise they have it until they get married when they have sex for the first time and penetration does not occur, or when they try to use tampons and aren't able to insert it. It doesn't necessarily mean that women cannot be aroused, they can but they experience fear when something is inserted into her vagina.

“Many couples get frustrated and ask if it can be treated. Yes, it can be treated but it takes a lot of patience. Vaginismus can be treated in multiple ways. First, counselling on sex and sex education, how couples can approach sex and men need to understand that it is a slow process for women to have penetrative sex.

“Next is to desensitise the lady. Desensitising means she needs to get used to having something inserted into her vagina. The first step may be just touching, no penetration, followed by penetration little by little and penetration doesn't mean sex right away. It can be done with a finger or dilator, and every time with plenty of lubrication.

“Vaginismus is treated with a gynaecologist, counsellor and sex therapist with time and patience, and it is best for couples to see a doctor early,” Dr Sharmina said.



YOUR EVERYDAY WELLNESS

The start of a new year brings with it new resolutions to improve one's life, including a healthier lifestyle. Here are some health tips to help you leap in to a healthy Rabbit year this 2023!



YOUR EVERYDAY WELLNESS – HEALTHY EATS

Bone Enriching Food

As we age, the clicking sound in our bones could be a red alert we should really pay attention to, and it is never too late to detour to healthy eating as it can help us build healthy bones from an early age and maintain them throughout our life.

Dairy

Dairy products are rich with calcium, which is a great source for healthy bones. It is not a secret that the most enriched calcium food is milk and its products. Calcium deficiency in our body may lead to various diseases including osteoporosis where the bones turn weak and thin. You are encouraged to consume a sufficient amount of calcium in your diet, including a healthy portion of milk, yoghurt, cheese, skimmed milk powder or even paneer.



Green Vegetables

Adding more green vegetables into your diet can also aid bone health as they are a great source of nutrients for your body. A good source of fibre, green vegetables provide calcium and keep the alkaline levels in the blood to protect and improve bone health. Green vegetables such as broccoli, cabbage, turnip and spinach also contain vitamin K, vitamin C, potassium, boron and magnesium that are essential for strengthening the bones.



Oily Fish

Oily fish is rich in omega-3 polyunsaturated fatty acids, which have shown to reduce inflammation and potentially lower the risk of heart disease, cancer, osteoporosis and arthritis. Omega 3 fatty acid controls the amount of minerals present in the bones and their adjacent tissues. As a result, it significantly increases bone density, making them stronger. Oily fish such as salmon, tuna, sardines and mackerel are not only rich in omega 3 but also contain good amounts of calcium and other essential minerals.



Nuts

Another way to keep your bone health at an optimum level is by eating a fistful of nuts daily. There are plenty of nuts in the market like pistachio, walnut, cashew and almond that are enriched with essential minerals like calcium, magnesium, manganese and phosphorus. Nut derived products like almond milk are said to be able to control heart health and maintain body weight. It also strengthens the bones, controls blood sugar level and contributes to your overall wellbeing.



YOUR EVERYDAY WELLNESS – HEALTHY EATS

Brown Rice VS White Rice

Brown Rice



In 1/2 cup serving (100g):

112 kcal
2g protein
24g carbohydrates
1.6g dietary fiber

- Higher in **antioxidants, vitamin B & minerals** like potassium, magnesium & selenium, which are **great for heart health**.
- **High fibre content** lowers cholesterol & helps you **feel fuller** for longer.
- Its **low glycemic index (GI)** helps control blood sugar, which is **better for diabetics**.

White Rice



In 1/2 cup serving (100g):

130 kcal
3g protein
28g carbohydrates
0.4g dietary fiber

- Contains **less phosphorus & potassium**, making it the **better choice for kidney patients**.
- **Lower in fibre & easier to digest** - a **good option for** those with **digestive issues**.
- Its **high glycemic index (GI)** is ideal for muscle recovery & gives a **quick energy boost**.

* Nutrient content may vary **depending** on **rice type & brand**.

YOUR EVERYDAY WELLNESS – FUN

Strengthening Your Mind

We often talk about physical exercise to keep our bodies healthy, but exercise for the brain is equally important to improve cognitive abilities such as learning, thinking, memory, focus and reasoning – all of which can help you become smarter and live longer.

Brain Metrix offers a large collection of fun educational activities to engage your concentration, spatial intelligence, creativity and memory. On its menu are some brainteasers and puzzles that are excellent to stretch your brain as well as games to train your brain fitness.

Take a dive into the various games and activities, and who knows you might end up exploring a genius side you never knew existed.

Check out Brain Metrix at www.brainmetrix.com and be ready for an adventure.

Amazing Indoor Activities for Rainy-Day Fun

Having the youngling right under the nose at home would save us from unnecessary worries compared to when staying outside. However, keeping the children indoors would be another set of challenges to keep their explorative side and interest at bay. We listed here some of the fun activities that you can let them do or play together during rainy days.

Playing treasure hunt

Prepare some clue cards and list out the instructions that you need the kids to find all over the house. It can be scavenger style where they need to find one item from one clue, or a series of clues that lead to one big prize at the end.

Indoor camping

Let the camping mind get the best of you; even better when it is free from mud and mosquito! Pop up your tent or simply build your own fort with pillows and blankets to mark your territory. Do not forget to prepare some camping delicacies and activities too for more fun.

Bake and decorate

Indoor days are the perfect time to get creative in the kitchen. Set up the mini dessert bar and involve the kids by putting out toppings for a cupcake or ice cream. If you are more into savoury, get each member of the family to add the toppings to their personal pizza and be deliciously creative about it!

Break out the board game

Sitting together with the family member encircling the classic board game can never be out of fun. It is a good escape for screen-free family time when the shower pouring outside.



YOUR EVERYDAY WELLNESS

Safe Activities To Go Back To After Joint Replacement Surgery

Our joints play an important role, allowing us to carry out our daily activities and experiencing pain at every turn would surely reduce our quality of life. Joint replacement surgery especially in the areas such as the knees and hips provides relief, restores function and improves the person's overall mobility.

While recovery and rehabilitation is unique to each person, exercise is an important part of the process and here are some exercises you can do to ease the joint without adding pressure to the surgical site.

Aerobic exercise

Start by going for short walks, cycling or using an elliptical machine for short periods. Use trekking poles or any form of supporting tools whenever you have trouble with balance and stability. In most cases, patients would be able to do activities they enjoy doing before surgery but speak to your doctor or physical therapist before going back to high impact activities.



For strength, flexibility and balance

Our muscle mass and bone density deteriorate as we age and while we cannot avoid the natural process of ageing, we can slow it down by practising a comprehensive exercise routine.

Try strengthening exercises that target the quadriceps (the four muscles in the front of the thigh), hip abductors (muscles that move the thigh out to the side) and gluteal (three muscles that make up the buttocks) after a hip or knee replacement surgery.

Spend at least two to three times a week to do focused balance and strength exercise. It is also good to incorporate hamstring stretches or heel cord stretches to gain more flexibility of the new joint.

YOUR EVERYDAY WELLNESS

You Are Overworked



If you notice these red flags:

- ! Difficulty disconnecting from work
- ! Decreased productivity
- ! Lacking energy for simple tasks
- ! Mood swings & negative thoughts
- ! Neglected relationships

This will cause...

- Insomnia
- Weight gain
- Heart disease & stroke
- Poor mental health
- Digestive issues
- High blood pressure

To overcome this, try...

- Sticking to a daily schedule
- Prioritizing urgent tasks
- Tackling the most difficult task first
- Setting reasonable time limits

Take a break by...

- Getting a massage
- Listening to music
- Meditating
- Taking warm showers
- Meeting loved ones



TIPS FROM SUNMED HEALTHCARE PROFESSIONALS

Strengthen Your Bones Through Fitness

Exercise is important to build strong bones, and it is essential for maintaining bone strength as we get older. When you exercise regularly, your bone adapts by developing more bone tissue and becoming denser, and it changes over time in response to the forces placed upon it.

Here are a few exercises that help to build strong bones:

Start weight-bearing exercises

Weight-bearing exercise refers to any activity performed while on your feet that works the bones and muscles against gravity. When your legs carry your body weight, more force is placed on your bones, making your bones work harder.

Some examples are:

- Brisk walking and hiking
- Jogging or running
- Dancing
- Jumping rope
- Stair climbing

Perform strength training exercises

Resistance is added to movement in order to make muscles work harder. Although resistance exercises focus on muscle mass, it is also beneficial for bones as it puts stress on bones.

Some examples are:

- Weighted machines such as leg press, bench press, quads bench
- Free weights using dumbbell, elastic band, medicine balls, kettlebell, sandbags
- Any exercise that uses your own body weight as additional resistance, such as push-ups, sit-ups, squats, lunges, planks, and mountain climbers

Maintain a healthy lifestyle

Start to eat a nutritious diet for healthier body weight and avoid taking too much tobacco and alcohol which may lead to the loss of bone mineral density.



Puteri Anis Farihin Binti Mazlan
Exercise Physiologist
Rehabilitation Medicine Department



TIPS FROM SUNMED HEALTHCARE PROFESSIONALS

What is Corneal Transplant?

What is it?

In this procedure, the damaged cornea is replaced with a healthy cornea to restore vision.



Dr Chan U-Teng
Consultant Ophthalmologist

It Is Required When You Have...



Bulging of the cornea
(Keratoconus)

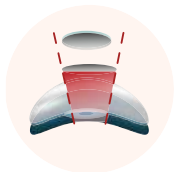


Infection
of the cornea

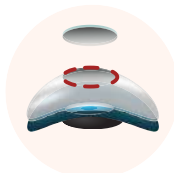


Corneal scars from
injury or infection

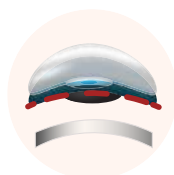
Types of Transplants



Penetrating Keratoplasty
All corneal layers are replaced.



Anterior Lamellar Keratoplasty
Front corneal layers are replaced.



Endothelial Keratoplasty
Back corneal layers are replaced.

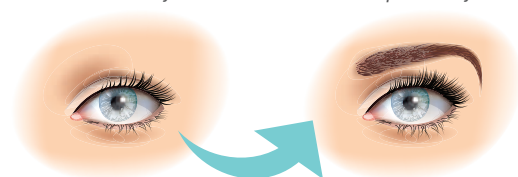
How Is It Done?



Recipient's cornea
is damaged

Donor's eye

Recipient's eye



Healthy corneal is removed to
replace the damaged cornea

SUNWAY
MEDICAL CENTRE®
Sunway City

**COMPANY
OF THE YEAR**

*Recognised for strong leadership focus
and best practice implementation in the
Malaysian smart hospital industry*



SUNMED HIGHLIGHTS

Sunway Medical Centre, Sunway City Wins 2022 Malaysia Smart Hospital Company of the Year Award For The Second Year

Sunway Medical Centre, Sunway City has once again been recognised for their innovative and purposeful use of smart hospital technology at the prestigious **Frost & Sullivan Best Practices Awards**, where the largest private quaternary hospital bagged the **2022 Malaysia Smart Hospital Company of the Year**.

“Dato’ Lau Beng Long, President of Sunway Healthcare Group credits this exceptional win to a collective effort by the team, “Our flagship hospital, Sunway Medical Centre, Sunway City has always been committed to be at the forefront of smart hospital technology in the country and in the region. Our goal is to transform Malaysian private healthcare and to do that, we are constantly looking for innovative ways to

enhance our patients’ experience while keeping their comfort and wellbeing at top of mind.”

According to a Frost & Sullivan analyst, Azza Fazar, Research Associate on Healthcare & Life Sciences, “Centred on three main philosophies – clinical excellence, operational efficiencies and patient experience – Sunway Medical Centre creates a mark in Malaysia’s smart hospital industry through its continuous investments in technology and its reputation as the hospital with the most sub-specialities.”

With the integration of advanced medical technology and customer-centric framework, Sunway Medical Centre continues to solidify its position as one of the country’s pioneers in the healthcare industry.



SUNMED HIGHLIGHTS

Gift A Gift

Christmas is the season everyone looks forward to – time with family, delicious food and of course, presents! Last Christmas, Sunway Medical Centre spreads the joy of the season in many little ways that amounted to immense happiness to many.

It all started with a charming Christmas Tree being set up as the centrepiece at the hospital's Tower C lobby. The elegant tree not only encouraged many to take photos with it, but also created a festive and warm atmosphere throughout the hospital.

To top that off, the Christmas Tree bore wish cards from children hoping their Secret Santa will make their dreams come true. The 'Gift a Gift' project was initiated in collaboration with Yayasan Sunbeams

Home where more than 80 gifts were collected and presented to the underprivileged children, lighting up their lives this festive season.

“ The Founder of Yayasan SunBeams Home, Pastor Alvin Tan expressed his deepest gratitude to Sunway Medical Centre for this initiative, which brought much happiness to the children. ”

To elevate the festive atmosphere, a Christmas Carol Sing-Along led by Pantai Baptist Church was organised at Tower C lobby that warmed the hearts of many as Sunway Medical Centre's management team, doctors, staff, patients and visitors came together to sing-along to everyone's favourite Christmas songs.



SUNMED HIGHLIGHTS

Promoting Lifelong Learning



Sunway Medical Centre collaborated with the Malaysia Medical Association Pahang Branch and Oxford & MH Wellness to organise the East Coast Paediatrics Primary Care Symposium. With the theme, Ensuring a Brighter Future For All Children, the event was attended by mainly general practitioners from the East Coast area.

“ The symposium had two of Sunway Medical Centre’s doctors including Dr Ch’ng Tong Wooi, Consultant Paediatrician and Paediatric Endocrinologist, and Dr Anis Siham Zainal Abidin, Consultant Paediatrician and Paediatric Intensivist. ”

Dr Ch’ng presented a talk on Paediatric Endocrine Emergencies: Recognising Signs & Symptoms, while Dr Anis highlighted on COVID-19 & Its Sequel in Children, which were well received by the participants.

The other topics highlighted included Brighter Future For Children Through Prevention of Mother to Child Transmission (PMTCT): Where Are We Now, Over Diagnosis of Asthma in Children: Primary Care Challenges, Danger Signs in Paediatric (Excessive Vomiting & Diarrhoea), and Autism vs. ADHD: The Role of Primary Care in Early Detection.

Sunway Medical Centre, Sunway City believes in promoting lifelong learning among healthcare professionals to provide high quality, comprehensive and continuous patient care and service to all.

SUNMED HIGHLIGHTS

Bringing Attention to Type 1 Diabetes



There is so much joy in being a parent but at times, it can be challenging – and even more so when parenting children with chronic disease. In realising this, Sunway Medical Centre is committed to connect, support and encourage children with chronic disease and their parents and equip them with the resources needed to manage their health and quality of life.

“ This resulted in the Paediatric Type 1 Diabetes Support Group organised by the hospital, which saw 22 participants including children with Type 1 diabetes, their parents and siblings coming together to motivate and learn from each other. ”

While the parents attended a sharing session by two doctors who are Type 1 diabetes patients themselves, which was facilitated by Dr Ch'ng Tong Wooi, Consultant Paediatrician and Paediatric Endocrinologist at Sunway Medical Centre, the children aged between four and 11 were entertained with fun activities including food and insulin injection stations, colouring, games and light exercises organised by Diabetes Nurse Educators, Celestina Chirayil and her team as well as Dietitians Brenda Chong Mei Qi and her team.

SUNMED HIGHLIGHTS

The First Hundred To Many More



Dr Chua Hwa Sen, Consultant Orthopaedic and Arthroplasty Surgeon, was the first single surgeon in Malaysia to complete 100 robotic arm-assisted joint surgeries.

“ To mark this incredible milestone, the hospital arranged a special surprise celebration right after the successful completion of his 100th surgery. ”

Being at the forefront of smart hospital technology, Sunway Medical Centre is home to diverse machinery that improves patient outcomes. One of these machines is Mako SmartRobotics, which is paving the way in robot-assisted joint replacement surgery. In fact, we are the first hospital in Malaysia to successfully perform joint replacement surgery with a robotic arm-assisted device.

Here's to many more similar milestones in the future!

SUNMED HIGHLIGHTS

A Raya To Remember

This year's Raya celebration was truly one to be remembered, with many finally being able to see their loved ones. The same can be said when we organised our very own Raya Open House where business partners, media friends and associates came together to feast and network.

Guests were treated to a wide array of traditional dishes, entertained with gamelan performances and chances to win complimentary health screenings during the lucky draw sessions.

“ Dr Seow Vei Ken also shared an overview of our hospital's expansions including the up-and-coming Tower D. The management team and doctors were also present to mingle with guests. ”

This event was the first the hospital has organised since the pandemic and it was warmly welcomed among our guests who had a good time while strengthening our partnerships.



SUNMED HIGHLIGHTS

The Return of Events

As physical events start making a comeback, our hospital has participated in a number of conferences and exhibitions in the past few months. Here's a round-up of events we have taken part in.



APHM International Healthcare Conference & Exhibition 2022

This annual conference organised by the Association of Private Hospitals Malaysia (APHM) between 31 May and 2 June at Kuala Lumpur Convention Centre garnered more than 1,000 delegates with 180 exhibition booths. This year's event was held in conjunction with APHM's 50th anniversary and marks the association's journey and growth throughout the years as the country's foremost association representing the private healthcare sector.



MMA Medical Congress 2022

The Malaysian Medical Association (MMA) held this congress for the second time in hybrid mode between 27 and 29 May. The physical event at Connexion Conference & Event Centre (Vertical), Bangsar South attracted more than 200 participants while the virtual platform had more than 400 participants. Dr Suhail Suresh Abdullah, Consultant Orthopaedic, Arthroplasty and Trauma Surgeon gave a talk on Knee Osteoarthritis: Current Treatment Options during the event.

Hua Zong Street Market Carnival

Sunway Medical Centre, Sunway City is honoured to be invited to participate in the "Huazong Cultural Creative Carnival" organised by The Federation of Chinese Associations Malaysia (Huazong). The exciting carnival was held in September at the Wisma Huazong, Seri Kembangan, Selangor. In addition to the spectacular performances, there is also a lot of fun and entertainment. The main objective of this dynamic, cultural, historical and patriotic event was to promote and showcase the different contributions of multiple sectors through the joint efforts of different co-organisers and groups during this period of recovery from the pandemic.

Sunway Medical Centre offer free eye examination for the public on 4th September 2022 (Sunday) from 12pm to 5pm, which will include a free fully automated vision test and cataract screening. Furthermore, the morning session of the same day will include a health consultation with a TCM physician from Sunway TCM Centre, who will also provide free pulse diagnosis, herbal consultation and tongue diagnosis.





Celebrating Our Dedicated Employees

A hospital, like any other business, can operate only when there is a team running their various functions. This team comprising people of diverse skills and talents are fundamental as it would mean that there are nurses who tend to patients' needs, pharmacists who dispense their medication, medical lab scientists running various tests and many more.

Our hospital is proud to have staff members who have been with us for the past 10, 15 and even 20 years. To recognise their contributions through the years, a Long Service Awards ceremony was held to commemorate their dedication which propelled the hospital to greater heights.

“My heartiest congratulations to everyone receiving the award. Thank you for your efforts to develop the hospital into what it is today. We sincerely appreciate the wonderful job each one of you have done and I am proud to work alongside all of you. Your dedication is a shining example that passion and sincerity rewards in tenfold,” said Dr Seow Vei Ken, in his speech.”





SUNMED HIGHLIGHTS

Oncology and MIS Symposium 2022

Sunway Medical Centre and United Imaging Healthcare (UIH) are collaborating to optimise molecular imaging protocols using artificial intelligence (AI) modelled reconstruction for cancer diagnosis.

“With this partnership, Sunway Medical Centre will be the first hospital in Southeast Asia to acquire UIH’s state-of-the-art digital PET/CT system, the uMI780. The ultra-fast, high resolution digital PET/CT transforms traditional imaging by offering whole body coverage with the widest 30cm digital axial field of view.”

The meaningful collaboration with UIH marks Sunway Medical Centre, the flagship hospital of Sunway Healthcare Group, as the first private hospital in Malaysia to utilise two PET/CT systems concurrently, which improves the hospital’s operational efficiency, thus reducing waiting time for patients.

SUNMED HIGHLIGHTS

World Sight Day Symposium 2022

In conjunction with World Sight Day, Sunway Medical Centre organised the World Sight Day Symposium 2022 to highlight the importance of paying attention to your eyes. With the theme, Envision For A Better Future, eye specialists from Sunway Eye Centre addressed various conditions including retinal detachment, myopia, red eye, optic neuritis, aged-related macular degeneration (AMD) and paediatric eye conditions.

“ The symposium had garnered more than 350 participants, comprising mainly healthcare professionals and general practitioners. ”

As a Centre of Excellence within Sunway Medical Centre, Sunway Eye Centre provides quality healthcare services that are of international medical standards. Its dedicated eye specialists offer personalised treatment and strive to give patients the best possible treatment experience and outcome.



SUNMED HIGHLIGHTS

Empowering Safety and Health Week



Occupational Safety and Health (OSH) Week 2022

Sunway Medical Centre has successfully hosted Occupational Safety and Health Week 2022 with the support and participation from the Department of Safety and Health Selangor, Fire and Rescue Department (BOMBA) Subang Jaya, Road Transport Department (JPJ) Selangor and National Anti-Drugs Agency (AADK) Petaling District.

Led by the hospital's Environment, Safety and Health department, various activities were carried out throughout the week from 8 to 12 August 2022 including open booths, safety and health talks, blood donation drive and mock fire drill.

Patient Safety Week 2022

Patient safety is fundamental to delivering quality health services. Sunway Medical Centre has organised Patient Safety Week 2022 from 12 to 14 September 2022 with the support from ECRI Asia Pacific, State Health Department and Malaysian Safety Quality in Health.

Throughout the 3-day event, participants were invested with total 6 talks by the distinguished speakers. To add the hype, there were also attractive prizes for participants attending the talks.



SUNMED HIGHLIGHTS

Moving Towards An Advanced Nation



Convergence of Technology and Society: The Journey Towards a High Tech Nation Forum

Acknowledged by the Ministry of Science, Technology and Innovation (MOSTI) as the leader of advanced healthcare sector in the country, Sunway Medical Centre Chief Executive Officer, Dr Seow Vei Ken was honoured to be invited as a panellist at the "Convergence of Technology and Society: The Journey Towards a High Tech Nation" Forum on 9th August 2022 at Aloft KL Sentral.

In his presentation, Dr Seow shared that Sunway Medical Centre is the first private hospital in Malaysia to adopt multiple robotic surgery systems including the latest Da Vinci Xi Surgical System and robot-assisted joint replacement surgery with Mako SmartRobotics and ROSA Knee System in the field of orthopaedics.

SUNMED HIGHLIGHTS

#SunMedCares: One Pint To A Lifetime

Blood transfusion saves lives and improves health, but many patients requiring transfusions do not have timely access to safe blood. According to the World Health Organisation (WHO) 11.7 donations are needed per 1,000 people in middle-income countries like Malaysia, and the National Blood Centre has stated that an average of 15,000 to 17,000 bags of blood a month are required to meet the blood supply needed to treat patients.

Rising to this call, Sunway Healthcare Group (SHG) collected over 300 blood bags for the National Blood Bank after a donation drive organised from June 13 to 17 at Sunway Medical Centre in Sunway City, Sunway Medical Centre Velocity in Kuala Lumpur and Sunway TCM Centre in Sunway Geo Avenue.

“It is heartening to see the good response at our blood drive from people of all ages and races doing their part for the community. We hope that our efforts will help the National Blood Centre to achieve its target at an optimal level. Beyond this being a one-off effort, it is also our aim for this initiative to move more Malaysians to continue donating blood on a regular basis,” said Datuk Dr Chang Kian Meng, Consultant Haematologist at Sunway Medical Centre, Sunway City. ”

Each bag of blood can save 3 lives, and you can give the gift of life by donating blood. Find out more at www.pdn.gov.my



SUNMED HIGHLIGHTS

#SunMedCares: A Paediatric Cardiology Story – Caring For Little Hearts



Nur Adilah Zainudin has only held her baby once after giving birth and has not had a chance to hold him again since. Her son, Muhammad Umar Afarizqi, was diagnosed with Perimembranous Ventricular Septal Defect (PMVSD), a hole detected near the heart valves, with heart failure and was admitted to the Neonatal Intensive Care Unit (NICU) since birth.

His father, Mohd Khairul Anan, said they were both heartbroken that their son could not be with them, especially seeing other parents going home with their newborns. And due to the pandemic, they could only get updates on their son's condition only a few times a month.

Umar was admitted at the Sultanah Nur Zahirah Hospital in Terengganu before being referred to Sunway Medical Centre, Sunway City. Dr Ang Hak Lee, Consultant Paediatrician and Paediatric Cardiologist, said he could not allow Umar to return home because the huge hole in his heart was putting pressure on his lungs.

“We did an initial echocardiogram screening to check his heart valves when he was a week old and it showed a small hole in the heart that did not close the way it should. An increased blood flow to the lungs suggested heart failure due to the Ventricular Septal Defect (VSD).”

“This situation makes the lungs wet which creates this drowning sensation, leading to Umar's difficulties in breathing. In the long term, he can get a lung infection and permanent lung damage if he goes untreated for a long time,” Dr Ang said, adding that Umar needs surgery as soon as possible to recover from his condition.

Those who wish to make a difference to this family's lives can do so by making a donation to Media Prima-NSTP Humanitarian Fund via their Maybank account 5141 0532 3170 with the patient's name on the recipient's reference or other payment details section.

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