

The Hearty Digest

25 Years
REVOLUTIONISING
HEALTHCARE

SUNWAY
MEDICAL CENTRE
Sunway City Kuala Lumpur

ISSUE 13/Q1 2025
PP15108/07/2012 (031012)
FREE

www.sunwaymedical.com



Triggering Factors for Asthma

Page 05

Recognising and Treating Frozen Shoulder

Page 11

Breastfeeding Boosts Baby's Antibody Level

Page 15

Stem Cell Transplant Curative Treatment for Thalassemia

Page 22

Sunway Medical Centre Hosts SunMed Health Carnival

Page 34

25 Years of Transforming Healthcare

Page 36

SMC named top Malaysian Hospital in Newsweek's World's Best Hospitals Ranking

Page 38

CONTENT

04

A Message From The CEO

Chief Executive Officer
Sunway Medical Centre,
Sunway City

05 Do You Know?

- Triggering Factors for Asthma
- Understanding Malaysia's Hepatitis Challenge
- Understanding Baby's Skin Type and Suitable Products
- Recognising and Treating Frozen Shoulder
- Behind the Numbers of Accidents and Traumatic Brain Injury

15 In The Spotlight

- Breastfeeding Boosts Baby's Antibody Level
- Surge in Heart Attack among Young Malaysians
- Better Precision, Recovery with Robotics Procedure
- Understanding Mpox
- Stem Cell Transplant Curative Treatment for Thalassemia

24

Your Everyday Wellness

- Navigating the Complex Storm of Lupus
- Manage Insomnia, Avoid Long-Term Effects
- Hypertension: The Silent Killer
- Addressing Urinary Tract Infections
- Growing HealthConcern of COPD

34

SunMed Highlights

- Sunway Medical Centre Hosts SunMed Health Carnival
- 25 Years of Transforming Healthcare
- JCI Accreditation Unveiling Ceremony
- SMC named top Malaysian Hospital in Newsweek's World's Best Hospitals Ranking
- SMC Named in Newsweek's Asia's Top Private Hospitals 2025 Ranking
- SMC Achieves Four Records under Robotic Surgery in The Malaysia Book of Records
- CSR Radiotherapy Launching and Forum on Innovative Cancer Treatment
- SMC Hosts SIRT Masterclass
- SMC Hosts SunMed Orthopaedic Symposium
- SMC Hosts SunMed Palliative Care Forum and Bazaar
- #SunMedCares: People Of SunMed

FROM THE EDITOR

Remember, Wellness Matters!



Greetings fellow readers.

Welcome to the 25th Anniversary Special Edition of The Hearty Digest. We extend our sincere gratitude to all our readers for their continued support.

We are excited to celebrate our Silver Jubilee last year, and to translate that, we are bringing this issue packed with more than before important health topics featuring our esteemed consultants.

We will take a look at common asthma triggers and how to effectively manage them, followed by a deeper look into the ongoing challenges in the diagnosis and treatment of hepatitis. Additionally, our consultants offer practical insights on managing insomnia and improving sleep quality for better overall well-being.

We also address the serious risks of neglecting hypertension and highlight essential steps for its prevention and management.

“As a first-time father, I’ve gained valuable insights into caring for my baby’s delicate skin, and our esteemed consultant shares expert advice on selecting the right products for optimal care.”

Our latest edition is filled with an abundance of celebratory contents, including landmark international award recognitions by Newsweek, setting records locally, and also many other educational and community events for the people.

We trust this issue will provide you with informative and actionable advice to support your health and well-being.



Mohamed Basyir
Editor, The Hearty Digest

The Editorial Team
Corporate Communication
Sunway Medical Centre, Sunway City

A MESSAGE FROM THE CEO

Celebrating Progress and Advancing Healthcare in 2025



Dear Hearty Digest readers,

Welcome to the 25th Anniversary Special Edition of The Hearty Digest.

As we reflect on 2024, I am filled with immense pride and gratitude. It was an important year for Sunway Medical Centre, Sunway City (SMC) as we marked our Silver Jubilee since our inception in November 1999. We became first private hospital in Malaysia to be recognised with three major hospital-wide accreditations with the Joint Commission International (JCI) Accreditation from the United States of America, multiple international honours including Newsweek's World's Best Hospital, inducted into the Malaysia Book of Records for landmark robotic surgeries, among others.

As the largest private quaternary hospital in Malaysia and equipped with 28 Centres of Excellence supported by a diverse team of over 3,800 dedicated healthcare professionals, we remain committed to provide exceptional care for our patients and community through state-of-the-art technology and prioritising their needs, as we usher in the new year.

This year, SMC continues to earn global recognition with two prominent accolades - being acknowledged as the Top 250 hospitals under Newsweek's World's Best Hospitals 2025 ranking, where we came in 1st in Malaysia and ranked 193 globally, as well as being named among the top 10 private hospitals in Asia for orthopaedics and ophthalmology in Newsweek's Asia's Top Private Hospitals 2025 ranking.

These recognitions reaffirm our institution's dedication to advancing healthcare education through Corporate Social Responsibility initiatives and Continuing Medical Educations (CMEs). Our active participation in community outreach programs across the Klang Valley and at SMC Branch offices in East Malaysia, as well as in health-day events at our hospital, highlights our dedication to health promotion.

“ As these noteworthy achievements pave the way for more milestones this year, allow me to take this opportunity to extend my gratitude to all the teams who have contributed in reaching these accomplishments – each of you is the cornerstone to SMC's success. Building on this momentum, we continue to work closely with our peers, partners, and community to further enhance healthcare education and promote healthier lifestyles. ”

Thank you for your continued support and trust and being part of our journey in 2025 and beyond. We hope you will find this issue informative and insightful and we look forward to seeing you in the next edition.

Dr Seow Vei Ken

Chief Executive Officer
Sunway Medical Centre, Sunway City

DO YOU KNOW?

Triggering Factors for Asthma

Asthma is a condition characterised by inflammation that narrows the airways. This chronic inflammation can lead to symptoms such as shortness of breath, coughing, and wheezing, producing a whistling sound during breathing.



Dr. Lim Eu Jack
Consultant Emergency Physician

Dr. Lim Eu Jack, Consultant Emergency Physician, said asthma attacks can occur in children, teenagers, and even in adults. For example, individuals with a family history of asthma, allergic rhinitis, eczema or also known as atopic dermatitis, are at higher risk of developing asthma in their lifetime.

The type of asthma you have depends on how your asthma presents and what triggers your symptoms, for example:

- Healthy eating plan designed to help prevent or treat high blood pressure (hypertension).
- Helps lower cholesterol levels, which is often associated with heart disease.
- Emphasises vegetables, fruits, whole grains, fat-free or low-fat dairy products, fish, poultry, beans, and nuts.
- Rich in minerals such as potassium, calcium and magnesium.
- Encourages limiting foods that are high in salt (sodium), additional sugar and saturated fat, such as fatty meats and full-fat dairy products.



If exposed to certain trigger factors, a person at risk may show symptoms of an asthma attack such as breathing difficulty, productive cough, wheezing, bluish lips, or if worse, can result in altered mental consciousness.

An asthma attack can last from several minutes to hours or even days. The severity of the attack, ranging from mild to severe, depends on the extent of continuous exposure to triggers.

In addition, individuals should be aware of their own health history and that of their family to avoid any unexpected issues, especially with history of asthma, he said.

Treatment and Prevention

According to the guidelines issued by the Global Initiative for Asthma (GINA), asthma cannot be cured. However the symptoms can be controlled with the right treatment and proper prevention.

There are two types of inhalers available for asthma patients:

- **Controller/Preventer:** for ongoing asthma control which needs to be taken consistently according to the scheduled time even when there are no symptoms.
- **Reliever/Rescue:** taken to relieve symptoms when an asthma attack occurs.

“ The reliever inhaler, usually available in blue, contains a short acting beta agonist containing Salbutamol which is also known as Ventolin. It is a bronchodilator-type inhaler that is used to widen the airways during an attack. Meanwhile, preventive inhalers are usually orange or brown in colour with corticosteroid content and its function is to reduce inflammation in the respiratory tract,” explained Dr. Lim.

He advises people to adopt a healthy lifestyle and avoid factors that trigger symptoms to reduce the risk of asthma attack.

He said that exercise can strengthen respiratory muscles, improve cardiovascular endurance, and help maintain an ideal body weight. He advised to begin the workout with warm-up stretching before starting any exercise.

“Also practice a balanced diet and consume food which are rich in antioxidants, vitamin D and omega 3 oils such as salmon, chia seeds or flaxseeds to improve overall health,” said Dr. Lim.



DO YOU KNOW?

Understanding Malaysia's Hepatitis Challenge

Hepatitis, an inflammation of the liver caused by a variety of infectious viruses and non-infectious agents, leads to a range of health problems including chronic disease and severe liver complications including liver failure. According to the World Health Organization (WHO), an estimated 354 million people worldwide live with Hepatitis B or C. In Malaysia, approximately one million people are infected with the Hepatitis B virus (HBV), and an estimated 2.5% of adults have been infected by the Hepatitis C virus.



Dr. Sheikh Anwar Abdullah
Consultant Gastroenterologist
and Hepatologist

Dr. Sheikh Anwar Abdullah, Consultant Gastroenterologist and Hepatologist, explained that the most common types of hepatitis in Malaysia are B and C, which can cause chronic disease, liver cirrhosis, and liver cancer. Hepatitis A and E are transmitted through contaminated food or water, whereas B, C, and D spread through blood and bodily fluids.

“The prevalence of Hepatitis B in Malaysia stands at about 1%, while Hepatitis C affects approximately 2.5% of the adult population. Understanding these transmission modes is crucial for effective prevention,” shared Dr. Sheikh Anwar.

Challenges in Diagnosis and Treatment

A significant challenge in managing Hepatitis C is its asymptomatic nature, often leading to late diagnosis when the disease has progressed to a severe stage, potentially causing cirrhosis or cancer. “The majority are asymptomatic, and if you don’t check, you don’t know you have it until it’s already chronic,” explained Dr. Sheikh Anwar.

Treatment for chronic Hepatitis B is aimed at suppressing the virus and preventing disease progression while treatment for Hepatitis C involves the advancement of antiviral drugs and treatment plan.

Early screening and diagnosis are critical to preventing complications of Hepatitis C, while regular follow-ups are essential for Hepatitis B patients to monitor liver function and detect early signs of liver cancer.



The Importance of Screening

Screening is crucial to detect the disease early and start treatment to prevent complications, he said.

He also highlighted the importance of antenatal screening for pregnant women to prevent vertical transmission from mother to child. "We now give antiviral treatment to pregnant women with Hepatitis B to reduce the risk of transmission to the baby," he added.

Lifestyle Modifications and Vaccination

For individuals living with hepatitis, lifestyle modifications play a crucial role in managing the disease. "Avoid alcohol and traditional medicines that can harm the liver," Dr. Sheikh Anwar advised. Maintaining a healthy diet and avoiding infections are also essential to prevent liver complications.

One significant success in combating Hepatitis B has been vaccination programmes. "Since 1989, we have vaccinated newborns, dramatically reducing the transmission rate," noted Dr. Sheikh Anwar. Among school children, the prevalence



of hepatitis B virus in Malaysia has steadily declined from 2.5% in 1985 to 0.4% in 1996 with 92.7% vaccinated being protected under the Expanded Programme of Immunisation by WHO and the Malaysian government.

However, Dr. Sheikh Anwar highlighted that follow-up and booster shots are sometimes needed.



DO YOU KNOW?

Understanding Baby's Skin Type and Suitable Products

Caring for babies goes beyond breastfeeding and ensuring a conducive environment for them to grow. There are other areas that need to be prioritised as well, and this includes the baby's physical care, especially the baby's skin, as they are usually very sensitive.



Dr. Heah Sheau Szu
Paediatric Dermatologist

There are several aspects to take into consideration when caring for a baby's skin so that it remains healthy and moisturised.

According to **Dr. Heah Sheau Szu, Paediatric Dermatologist**, parents should avoid buying products containing ingredients that will cause dryness and allergies to a baby's skin.

“Among the contents to be avoided are Sodium Lauryl Sulphate (SLS), Sodium Lauryl Ether Sulphate (SLES), Cocamide Diethanolamine (DEA), Dimethylol-dimethyl (DMDM), Methylisothiazolinone (MIT), and Parabens. For babies who are allergic to fragrances, avoid buying products that contain perfume, fragrance, benzyl alcohol and ethanol,” she added.

Symptoms of Skin Allergies

Commenting further, Dr. Heah said that allergy symptoms would appear if babies used bath products that were not suitable for their skin.

“Among the symptoms are red spots, rashes, skin becoming rough, dry, itchy, and peeling. If the allergy worsens, the baby will feel pain and the skin will even become red. They will also scratch until the skin peels and bleeds, and this may even cause more complications such as bacterial infection,” she said.



Use Bath Products Correctly

Dr. Heah added that usually, allergy symptoms would not appear after using a certain product once or twice. Instead, it will only be visible after a few weeks or months.

She shared that some parents think that the baby's skin will only be clean if they use a large amount of soap or bath cream. However, that will only strip the protective layer of the baby's skin even more.

“Using a large amount will cause allergies due to the soap or cream left on their skin. Therefore, it's better to use only once a day and use clean water to bathe in order to avoid chemicals affecting the baby's skin,” she added.

In the meantime, she said, to prevent a baby's skin from experiencing irritation, parents need to know the correct way to bathe their child.

Know the Baby's Skin Condition

Dr. Heah also said that parents, especially mothers who have just given birth, need to know the condition of their baby's skin. This includes knowing the cause of skin irritation, so that the bath products used will not irritate their child's skin.

“Parents can find suitable bathing products for their children through appropriate channels such as relevant websites. They also need to be aware about the products used. If the child is allergic to the product, then stop using it. It's important to ensure that the bath products are suitable for babies so that their skin stays healthy,” she said.



DO YOU KNOW?

Recognising and Treating Frozen Shoulder

Imagine waking up in the middle of the night due to a dull, persistent pain in your shoulder. Over time, this pain worsens, and what starts off as minor discomfort slowly turns into progressive stiffness and an inability to move your arm. If this sounds familiar, you may be dealing with a condition called frozen shoulder (adhesive capsulitis), which can silently affect up to 5% of the population, particularly women aged 40 to 60. If left untreated, it can lead to prolonged loss of shoulder mobility.



Dr. Suresh George V Nainan
Consultant Orthopaedic and Trauma,
Arthroplasty and Robotic Surgeon

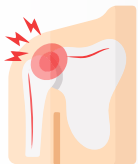
Dr. Suresh George V Nainan, Consultant Orthopaedic and Trauma, Arthroplasty and Robotic Surgeon, shared that frozen shoulder is characterised by inflammation of the shoulder joint, often without any clear cause. The condition typically begins with progressive pain and stiffness, eventually leading to significant immobility of the shoulder joint.

Stages of Frozen Shoulder



Freezing Stage

This phase lasts between 2 and 9 months, during which time the pain intensifies and stiffness gradually increases. Many experience shoulder pain that disrupts their sleep.



Frozen Stage

At this point, the pain subsides, but the stiffness worsens with loss of abduction and rotational shoulder movements. Patients often feel less pain in the frozen stage but find it increasingly difficult to move their shoulders even when aided, lasting from 4 to 12 months.



Thawing Stage

During this recovery phase, shoulder movement gradually improves. However, a full recovery can take 6 months to 2 years. Most patients eventually regain full function, though some may not make a full recovery.

Risk Factors and Importance of Early Treatment

Frozen shoulder primarily affects women between 40 and 60 years of age, but certain medical conditions, such as people with diabetes, thyroid disorders, Parkinson's disease, or cancer, can increase the risk. Another risk factor is immobility.

Early diagnosis can significantly shorten the duration and severity of a frozen shoulder. Although most people will eventually recover, early intervention can speed up the process and reduce discomfort.

Treatment is divided into three categories:

- **Conservative Management** includes physical therapy, pain management with anti-inflammatory medications, and exercises to improve shoulder mobility.
- **Steroid injections** can be administered to reduce inflammation and make movement easier. This can be combined with a controlled shoulder manipulation under anaesthesia if the response to treatment is slow.
- **Surgery** may be considered in very rare cases if the condition persists beyond 18 months.

However, Dr. Suresh George reiterated, "Surgery is a last resort and is only recommended when all other treatments are not effective as most frozen shoulders without other concomitant pathology will eventually recover."

Preventing Frozen Shoulder

While there's no guaranteed way to prevent a frozen shoulder, staying active can help. "For those who've had an injury or surgery that immobilises their arm, it's crucial to start gentle shoulder exercises as soon as possible," said Dr. Suresh George.

Additionally, incorporating exercises focusing on stretching and flexibility can be highly beneficial. "Practices like Yoga and Pilates encourage shoulder mobility and improve flexibility, which can help prevent the stiffness associated with a frozen shoulder," said Dr. Suresh George. These exercises stretch the muscles around the shoulder and maintain joint movement, essential for preventing shoulder stiffness. For individuals with underlying conditions like diabetes or thyroid issues, being vigilant about any developing shoulder pain is also crucial.



DO YOU KNOW?

Behind the Numbers of Accidents and Traumatic Brain Injury

With the school holidays just around the corner, many families will hit the road for long-awaited trips and quality time together. As road volumes rise, so does the potential for traumatic brain injuries (TBI), a serious yet often overlooked consequence of road accidents. TBI is a major cause of mortality and disability worldwide, affecting over 69 million people worldwide each year.



Dr. Johan Quah Boon Leong
Consultant Neurosurgeon

In Malaysia, the prevalence is also alarmingly high. According to the National Trauma Database Malaysia, nearly 80% of trauma cases stem from road traffic accidents, with 64% involving TBI. This concern has grown as road accidents surged from around 370,000 in 2021 to 545,585 in 2022 and to 598,635 in 2023, surpassing pre-pandemic levels.

Dr. Johan Quah Boon Leong, Consultant Neurosurgeon highlighted that there two types of TBI:

- Penetrating (open) TBI, where objects like bullets or shrapnel pierce the skull.
- Non-penetrating (closed) TBI, caused by external forces like falls or crashes that move the brain within the skull.

Studies show head injuries caused by road traffic accidents are the major risk factor for TBI, particularly in Southeast Asia, accounting for 56% of global cases compared to only 25% in North America. According to the Malaysian Registry of Intensive Care Report in 2017, head injuries are among the top ICU admissions, amounting to 7.1%.

Dr. Johan adds, "TBI can affect anyone, regardless of age. Falls, motor vehicle accidents, sports injuries, and impacts from objects are common causes. Data shows TBI is most prevalent among young motorcycle riders and children, who are particularly at risk."



The Spectrum of TBI, Its Impact and Treatment Options

Severe TBI can lead to chronic traumatic encephalopathy (CTE) and post-traumatic dementia (PTD), further impairing cognitive and motor functions. These slowly damage parts of the brain and may impact one's memory, other thinking skills, behaviour, personality, speech or balance.

Mild TBI, such as concussion, is treated with symptom monitoring, rest, and pain or anti-nausea medications. Moderate to severe TBI may require immediate surgery, intensive care, and medications to reduce fluid buildup, prevent seizures, and support healing.

"With TBI, outcomes can vary, with some mild injuries leading to worse results than moderate ones due to individual factors. Severe TBIs can cause widespread impairments in movement, vision, coordination, memory, and mood. Immediate medical attention is crucial for accurate diagnosis and management, as even mild or repeated injuries can have long-term effects like early-onset dementia," said Dr. Johan.

The recovery time for TBI varies widely. Mild TBIs, like concussions, may heal within weeks, while moderate to severe TBIs can take months or years.

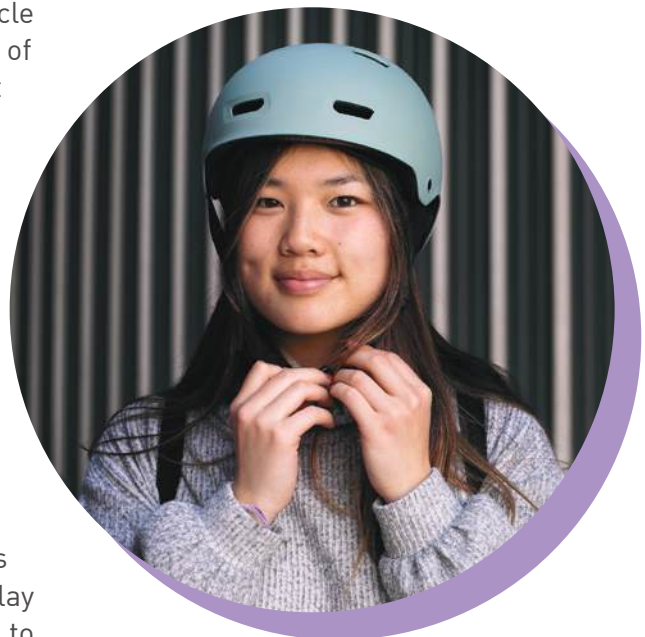
Notably, 75% of moderate to severe TBI patients achieve favourable functional outcomes after 12 months of diligent neurological rehabilitation. However, some individuals may face long-term or permanent effects.

Noninvasive brain stimulation methods like tDCS (transcranial Direct Current Stimulation) and rTMS (repetitive Transcranial Magnetic Stimulation), show potential for improving cognitive function in TBI patients, especially when applied to the left dorsolateral prefrontal cortex (DLPFC). However, current evidence is limited and based on a small number of studies, requiring further research for more robust conclusions.

Preventing TBI with Simple Precautions

Dr. Johan emphasised, "In my experience, not wearing a seatbelt and riding a motorcycle without a helmet is the number one cause of TBI. Even a 20 kilometers per hour accident on a motorcycle or a car without a helmet or seatbelt can result in a severe traumatic head injury. It's not just about the speed; it's about the lack of protection."

While road accidents cannot be avoided, precautions like wearing helmets and protective gear, using seat belts, avoiding risky behaviours such as reckless driving, beating the traffic lights, and ensuring safe environments can reduce the risk of head injuries and make a significant difference. Also, seek immediate help if one suspects experiencing a head injury. The more we delay addressing these issues, the greater the loss to our society.



IN THE SPOTLIGHT

Breastfeeding Boosts Baby's Antibody Level

Before deciding on the type of milk to give their baby, parents, especially mothers, are encouraged to consider breastfeeding as the first choice due to its numerous benefits for both mother and child. However, according to the World Health Organisation, only 44% of infants 0–6 months old are exclusively breastfed from 2015–2020.



Dr. Vicky Ho Miaw Ping
Consultant, Obstetrics & Gynaecology,
Gynaecology, Maternal & Fetal Medicine

To fully benefit from breastfeeding, it is recommended for mothers to exclusively breastfeed their newborn for the first six months and continue breastfeeding until the baby is two years old.

Dr. Vicky Ho Miaw Ping, Consultant, Obstetrics & Gynaecology, Gynaecology, Maternal & Fetal Medicine, emphasised that breastfeeding offers substantial benefit to both mother and baby.



Advantages of breastfeeding

Studies have shown that breast milk, especially colostrum, is rich in essential nutrients and minerals that supports the baby's immune system, growth and digestive function. Colostrum, the first form of milk produced during pregnancy and immediately after birth, is highly beneficial for babies due to its high content of protein, minerals, vitamins and antibodies, which aid in building a baby's immune system.

Besides that, Dr. Vicky Ho also mentioned that skin-to-skin contact during breastfeeding helps to stabilise the baby's body temperature and calm the baby down, giving them a sense of security.

On the other hand, the benefits of breastfeeding begin right after birth for mothers.

“Oxytocin, a hormone which stimulates uterine contraction and in turn prevents postpartum haemorrhage, is produced as the baby suckles on the mother's breast. Breastfeeding also can lower the mother's lifetime risk of developing breast and ovarian cancer,” she explained.

Early breastfeeding preparation can start from before birth

Interestingly, Dr. Vicky Ho shared that breastfeeding preparation can commence as early as 37 weeks into pregnancy. Expecting mothers are encouraged to attend antenatal classes where experts share valuable information and prepare them in anticipation of the arrival of their bundle of joy. In addition, the soon to be mother can also perform gentle breast massage to stimulate milk glands to enhance milk production.

Breastfeeding mothers should also adhere to a balanced and nutritious diet, including essential nutrients such as calcium and iron, which depletes during pregnancy and breastfeeding. Adequate rest to recover, and management of physical, emotional and mental stress, also play an important role in their breastfeeding journey,” said Dr. Vicky Ho.

Although breastfeeding is highly encouraged, it may not be suitable for all mothers. Among the

factors that make breastfeeding challenging to the mothers are certain conditions, for example, having undergone mastectomy surgery due to breast cancer. Alternatively, breastfeeding is possible if one healthy breast is still present.

Dr. Vicky Ho added, breastfeeding is also discouraged in some conditions, such as HIV and tuberculosis infection, or if the mother is taking certain medication, such as psychotropic, antimetabolites or chemotherapy.

In certain circumstances, some babies may not be able to be breastfeed effectively. This includes babies with conditions such as cleft lip and palate, tongue tie, or those born prematurely before 34 weeks. Mothers of babies with metabolic disorders or those needing admission to the Neonatal Intensive Care Unit (NICU) should also consult their doctor before initiating breastfeeding.



IN THE SPOTLIGHT

Surge in Heart Attacks among Young Malaysians

Heart disease has long been perceived as a condition predominantly affecting the elderly, but an alarming number of young Malaysians are now falling victim to this 'silent killer'.

Dr. Richard Chan Tze Ming, Consultant Cardiologist, said recent medical studies have shown that an increasing number of young Malaysians have been afflicted with ischemic heart disease, rather known as heart attacks, in the past decade.

He said in Malaysia, deaths due to ischemic heart disease are on the rise, with statistics showing an increase from 9,300 cases in 2010 to 20,300 cases in 2022. "Also observed was a troubling trend of patients in their 20s and 30s coming in with heart attacks. This shift is a cause for concern and indicates that changes are urgently needed," he said.

Contributing Factors to Heart Disease

Dr. Richard Chan said several factors contribute to the rise of heart attacks among Malaysians, including sedentary lifestyle, poor dietary choices and smoking habits, on top of unavoidable predispositions such as family history and genetics.

He added that regular unmanaged emotional stress, such as those related to the workplace, personal relationships and financial woes, could also indirectly cause heart diseases.

“Emotional distress could indirectly lead to heart disease by causing high blood pressure and other related conditions. We are also seeing cases of ‘broken heart syndrome’, where extreme stress leads to sudden heart failure.

“Broken heart syndrome is a condition where the heart suddenly fails to work because the areas of the heart become weak due to neurohormonal reactions. So, whenever there are extreme emotions, the hormones released could damage the heart,” he said.



Dr. Richard Chan Tze Ming
Consultant Cardiologist

Preventive Measures for Heart Disease

According to Dr. Richard Chan, preventing heart disease requires significant lifestyle changes, and as such, Malaysians are advised to engage in regular physical activity, adopt a healthy diet and avoid smoking.

He also stressed the importance of regular health screenings, especially for those with the aforementioned risk factors or a family history of heart disease, adding that early detection and management of conditions like diabetes and high cholesterol are also crucial.

“We won’t know we have a condition until we undergo a medical check-up. That’s why I urge all Malaysians to go for early medical check-ups because that is the only time we can pick up on all these risk factors and mitigate them,” he said.

IN THE SPOTLIGHT

Better Precision, Recovery with Robotics Procedure

Robotic-assisted knee replacement surgeries are the latest technological advancement which allows for better precision and effective procedures for significantly improved patient outcomes.

Dr. Jeffrey Jaya Raj, Consultant Orthopaedic and Trauma Surgery, Arthroplasty, Robotic Surgeon, said the most common misconception regarding robotic-assisted surgeries is that it is wholly operated by robots without the 'human touch'.

"We as surgeons control everything, from planning to keying-in instructions to the robot and then the robot assists in the execution of the surgery. It also automatically turns off if it goes beyond the specified haptic boundary," he said.



Dr. Jeffrey Jaya Raj
Consultant Orthopaedic and Trauma
Surgery, Arthroplasty, Robotic Surgeon



Advantages of Robotic-Assisted Surgery

He also said that robotic-assisted surgery has significantly higher accuracy and causes less soft tissue disruption, in comparison to conventional surgical methods where the procedure measures the implants based on the rough size of a patient's knee.

Dr. Jeffrey said the accuracy and precision of robotic-assisted surgery enable surgeons to replicate the patient's knee based on their native knee morphology.

"Conventional methods are a bit different because we use three types of jigs and stylus. Sometimes it can result in a bit of variation in replicating the patient's original knee.

“ On the other hand, the robotic system has a double verification mechanism and it confirms the procedures along with the computerised tomography (CT) scan fed to the robot software.

"Hence any markings of the bone or morphology are double checked and confirmed by the software itself. This is where the precision comes from," he said.

He added that robotic technology is imperative in ensuring the knee stays balanced after surgery so that the patient walks straight, instead of the knee bent inwards or outwards.

"Each individual has different sizes of bones, and we shape the implants and cut the bone to match the shape of the implant.

"Robotic technology makes accurate cuts. Ultimately our aim is to give a balanced, stable, pain-free knee," he said.

Suitable Candidates for Robotic-Assisted Surgery

Dr. Jeffrey said that although any patient with knee osteoarthritis is a suitable candidate for robotic knee replacement, however in the case of hip fractures such as neck or femur fractures, treatment is emergent. Hence it will be carried out non-robotically.

"Less soft tissue disruption leads to faster healing, lesser pain, better outcomes and shorter hospital stay. Most post-surgical patients receiving robotic-assisted surgeries can walk as early as the next day or the same evening," he said.



IN THE SPOTLIGHT

Understanding Mpox

During holiday season, Malaysians look forward to well-deserved breaks, exploring new destinations, and reuniting with loved ones. Amid the excitement, however, it's important to stay mindful of emerging health concerns resurging again in Asia and Malaysia. Declared a global health concern by the World Health Organization (WHO), Mpox remains a risk, with recent surges underscoring the need for awareness, prevention, and knowing what steps to take if exposed. While generally less severe and contagious than smallpox, staying informed and prepared will help ensure a safe and healthy holiday season.



Dr. Aaron Lai Kuo Huo
Consultant Emergency Physician



Dr. Aaron Lai Kuo Huo, Consultant Emergency Physician said that Mpox is a member of the Orthopoxvirus family, which includes smallpox and cowpox. While Mpox shares similarities with smallpox, it still persists, particularly in Central and West Africa. The virus has two main clades: Clade 1 (*endemic in Central Africa*) and Clade 2 (*endemic in West Africa*).

“The outbreak in Africa is due to the Clade 1 strain, known for higher transmission rates and more severe symptoms, such as pronounced skin lesions and respiratory issues. A new variant, Clade 1b, has emerged with greater human-to-human transmission and the ability to evade immune detection. We need to closely monitor this strain, as it may affect vaccine effectiveness and lead to higher rates of complications including severe skin lesions, respiratory distress, and even organ involvement,” Dr. Aaron explained.

Transmission and Prevention

Mpox spreads primarily through close physical contact with an infected person or contaminated objects. “The virus is transmitted through direct contact with bodily fluids, skin lesions, or respiratory droplets during prolonged face-to-face contact,” said Dr. Aaron. Sharing personal items like towels or clothing with an infected person can also spread the virus.

“Another important mode of transmission is through sexual contact, particularly during close physical encounters,” Dr. Aaron added. Mpox can also spread from animals to humans through direct contact with infected animals in endemic areas. He also added that the most effective way to prevent transmission is to avoid close, skin-to-skin contact and sharing personal items with infected individuals, particularly those who exhibit visible symptoms like rashes or skin lesions and good hand hygiene.

Symptoms to Watch For

Mpox symptoms are relatively easy to detect if present with its distinctive rash – blisters with a central umbilication, aiding in preventing further transmission. Initial signs include flu-like symptoms such as fever, headache, muscle aches, and swollen lymph nodes followed by a rash, appearing 1 to 3 days after the fever starts. The rash starts on the face and spreads to the arms, legs, hands, and feet, progressing from flat spots to raised bumps, blisters, and pus-filled lesions that scab over. In some cases, the rash can lead to complications like secondary bacterial infections, worsening the condition.

What to Do if You Suspect Mpox Exposure

If you suspect you have been exposed to Mpox or are showing symptoms, it is essential to take these steps:

- **Isolate immediately** to prevent the spreading of the virus.
- **Seek medical advice** from a healthcare provider for testing and diagnosis.
- **Avoid contact**, especially with vulnerable populations, including immunocompromised individuals, pregnant women, and children.
- **Notify healthcare providers** about your potential exposure so they can provide appropriate care.

Treatment and Vaccination

There is currently no specific antiviral medication for Mpox. “Most patients with Mpox recover without needing hospitalisation, as supportive care such as pain relief, fever management and hydration can help manage the symptoms and its complications,” says Dr. Aaron.

For patients with severe symptoms, antivirals may help inhibit the virus from spreading within the body. However, Dr. Aaron explains that these treatments are usually reserved for more complicated cases, including secondary bacterial infections, respiratory issues, eye complications, and even bacterial superinfections.

Aside from antiviral drugs, Mpox patients who develop severe respiratory issues or complications involving the eyes may require more specialised care. Antiviral eye drops can help prevent vision loss in patients where the virus spreads to the eyes, stressing that early intervention is key to avoiding long-term damage.

As for prevention, vaccination also plays a critical role. “Vaccines initially developed for smallpox are 85% effective against Mpox,” Dr. Aaron added.



IN THE SPOTLIGHT

Stem Cell Transplant Curative Treatment For Thalassaemia

A stem cell transplant can offer a potential cure for thalassaemia by replacing a patient's bone marrow with stem cells from a matched donor, potentially eliminating the need for regular blood transfusions. If successful, this procedure may offer long-term benefits and a significant improvement in the patient's quality of life.



Dr. Mohamed Najib Mohamed Unni
Consultant Paediatrician, Paediatric
Haematologist & Oncologist, and
Paediatric Transplant Haematologist

Understanding Thalassaemia

Dr. Mohamed Najib Mohamed Unni, Consultant Paediatrician, Paediatric Haematologist & Oncologist, and Paediatric Transplant Haematologist, explained that thalassaemia is a blood disorder characterised by the production of abnormal haemoglobin. The condition can result in severe anaemia and the need for frequent blood transfusions. He further noted that stem cell transplants may be a more cost-effective solution than lifelong blood transfusions and iron chelation therapy in the long term.

The Stem Cell Transplant Process

The stem cell transplant process begins with a blood test for human leukocyte antigen (HLA) typing to determine donor-recipient compatibility for patients with transfusion-dependent thalassaemia, particularly when a sibling is the potential donor. If a complete match is confirmed,

further blood tests are required for the donor. The recipient undergoes various tests, including cardiac echocardiography, dental examinations, and other evaluations, before the transplant.

Dr. Mohamed Najib highlighted that a central line is inserted to facilitate blood collection and the administration of medications. Prior to receiving the donor's stem cells, the patient undergoes conditioning chemotherapy. After the stem cells are infused, the medical team waits for the donor's stem cells to settle into the bone marrow and begin producing healthy blood cells.

Typically, patients remain in the hospital for about six weeks after the transplant, followed by regular outpatient monitoring. If the transplant is successful, patients will no longer require blood transfusions. Dr. Mohamed Najib emphasised that a matched sibling bone marrow transplant is a well-established and curative treatment for thalassaemia, with long-term follow-up data confirming its efficacy.



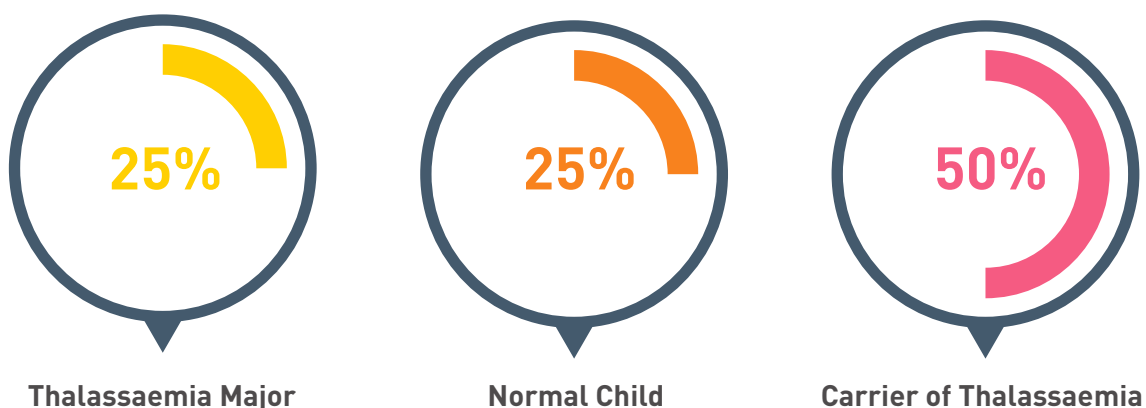
Challenges and Complications in Stem Cell Transplants

While stem cell transplants offer great promise, they are not without potential complications. He noted that patients with a matched sibling donor must adhere strictly to their iron chelation therapy to ensure the best possible outcome. Potential complications of the procedure include infections, bleeding, veno-occlusive disease, and graft-versus-host disease.

Thalassaemia Prevalence and Inheritance

Dr. Mohamed Najib also discussed the prevalence of thalassaemia in Malaysia, noting that it results from reduced synthesis or irregularities in one or more globin subunits. Approximately 5% of the population in Malaysia are carriers of the thalassaemia gene. A common misconception is that having one child with thalassaemia reduces the likelihood of having another affected child in future pregnancies.

He clarified that thalassaemia is inherited in an autosomal recessive manner. If both parents are carriers, there is a 25% chance for each pregnancy that the child will have thalassaemia major, a 25% chance of having a normal child, and a 50% chance of being a carrier.



Dr. Mohamed Najib recommended that children with a family history of thalassaemia, or whose parents are carriers of the thalassaemia gene, undergo screening. This method is available for Form 4 students whose parents have signed a consent form, allowing early detection and appropriate management of the condition.



YOUR EVERYDAY WELLNESS

In this section, we dive into the complexities of hypertension, practical tips for managing insomnia, and navigating life with lupus. These are critical health concerns that affect many around the world. Let's explore how to protect your well-being.



TIPS FROM SUNMED DOCTORS

Navigating the Complex Storm of Lupus

Lupus is an autoimmune disease that affects over 10,000 Malaysians over the past 30 years, with a higher prevalence among women (90%). It is a complex condition characterised by a range of symptoms, including fatigue, joint pain, rash, and fever. These symptoms can vary in severity and may come and go, making diagnosis challenging.



Dr. Cheah Chee Ken
Consultant Rheumatologist

Dr. Cheah Chee Ken, Consultant Rheumatologist, explains that lupus can affect any organ in the body, leading to serious complications like kidney disease, neurological issues, cardiovascular problems, and respiratory difficulties. Early detection is crucial for managing the disease and reducing the risk of complications.

Diagnosis and complications of Lupus

“Lupus can manifest in myriad forms, each as unique as the individual it affects. It’s a disease of flares and remissions, which can make diagnosis and management particularly challenging,” explains Dr. Cheah.

These symptoms may come and go, often flaring up (worsening) and then remitting. They can also develop gradually or appear suddenly. Dr. Cheah shares, “One of the main challenges that lies with the disease is that it’s difficult to diagnose initially as many lupus symptoms mimic those of other diseases, often leading to misdiagnosis or delayed treatment that could lead to severe complications if not diagnosed earlier.”

Treatment and Lifestyle Modification

Treatment for lupus involves a combination of medication and lifestyle modifications. While there is no cure, advancements in treatment options have made managing the disease more effective. Lifestyle adjustments, such as avoiding triggers and managing stress, can also play a significant role in improving overall well-being.

As Dr. Cheah puts it, “Lupus is a part of your life, but it doesn’t define it. With the right treatment and support, you can manage your symptoms and live well.”

Understanding lupus is key to managing it effectively. By seeking early diagnosis, following treatment plans, and seeking emotional support, individuals with lupus can lead fulfilling lives.



TIPS FROM SUNMED DOCTORS

Manage Insomnia, Avoid Long-Term Effects

Insomnia, a disorder characterised by difficulty of falling asleep, frequent wake-ups, or early morning wake-ups despite having enough time to sleep, can significantly affect physical and mental health.

Michelle Chong Hui Yi, Clinical Psychologist, emphasises the importance of addressing insomnia to avoid its detrimental effects on daily life.



Michelle Chong Hui Yi
Clinical Psychologist

According to the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition, insomnia is classified as a sleep-wake disorder. Key symptoms include dissatisfaction with sleep quality or quantity, and at least 1 of the following:

- Difficulty falling or staying asleep
- Wake up early morning and inability to return to sleep
- Sleep disturbances occurring at least 3 nights a week for over 3 months despite having sufficient time to sleep
- Sleep disorders which are not caused by other sleep disorders, breathing issues, or physiological factors like substance abuse
- Mental health conditions



Types and Contributing Factors

Insomnia can be short-term or chronic, affecting individuals of all ages. Types of insomnia:

Short-Term Insomnia	Often caused by stress, illness, or environmental factors, it usually lasts for 3 months.
Chronic Insomnia	Long-term problem occurring at least 3 times a week for over 3 months. It can be caused by health issues, psychological factors, or lifestyle habits.
Onset Insomnia	Difficulty falling asleep, taking more than 30 minutes.
Maintenance Insomnia	Waking up in the middle of the night and struggling to return to sleep.
Comorbid Insomnia	Occurs alongside other medical or psychiatric conditions like depression, anxiety, or chronic pain.

“Non-pharmacological approaches like Cognitive-Behavioural Therapy for Insomnia (CBT-I) can be effective in treating insomnia by modifying thoughts and behaviours that contribute to sleep difficulties,” said Michelle Chong.



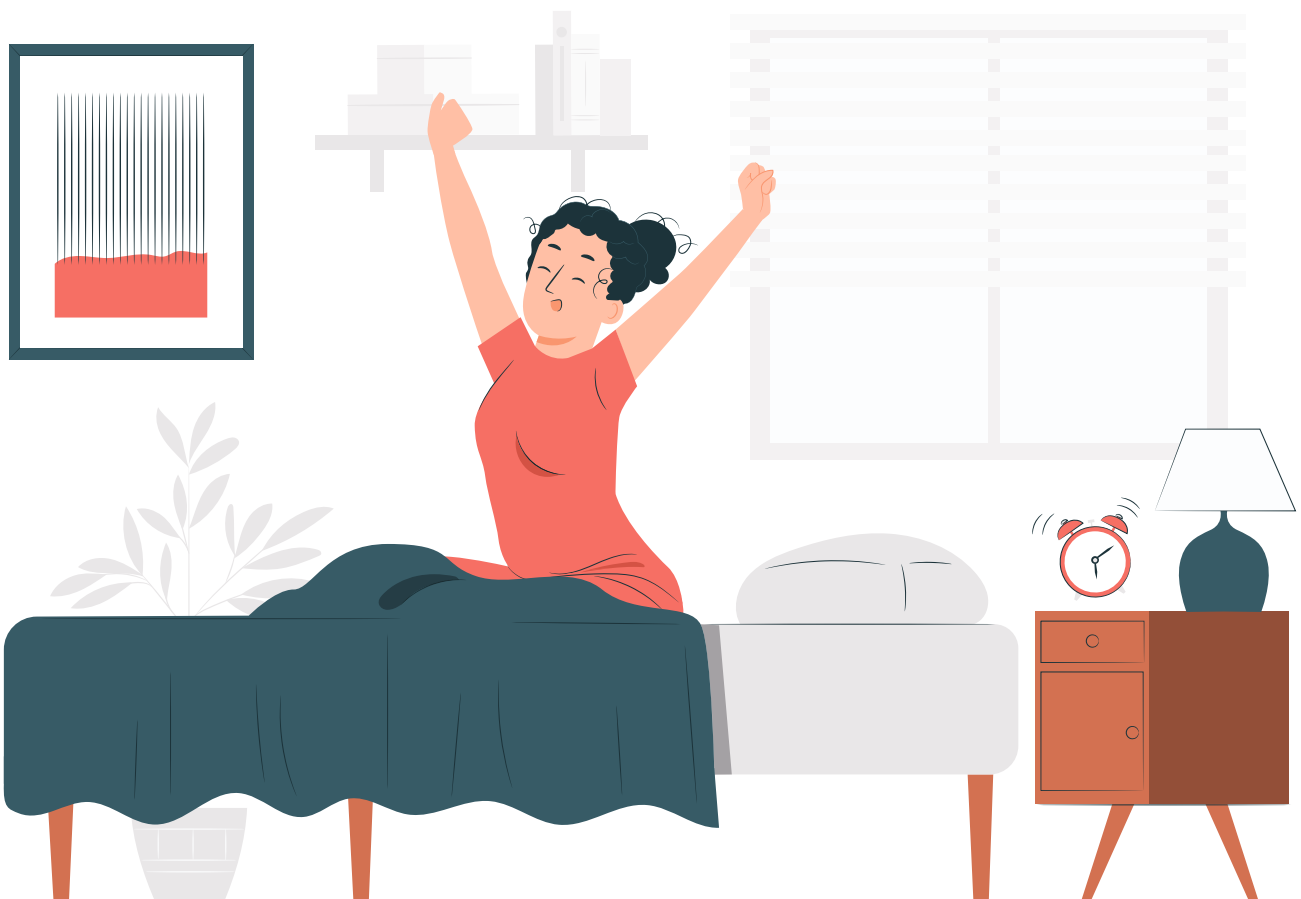
Tips to Manage Insomnia

Ways to improve quality of life include:

- ☐ Establish a consistent sleep-wake schedule
- ☐ Create a relaxing bedtime routine
- ☐ Avoid electronic devices before bed
- ☐ Limit caffeine and alcohol intake
- ☐ Engage in regular exercise, avoid strenuous activity close to bedtime
- ☐ Practice stress reduction techniques like meditation and yoga
- ☐ Minimise daytime naps

If sleep problems persist, do seek professional advice from medical experts.

“Overcoming insomnia may take time, be patient and persistent for your overall well-being,” she added.



YOUR EVERYDAY WELLNESS

Hypertension: The Silent Killer

Hypertension, or high blood pressure, is a chronic condition that often has no symptoms. It is a major risk factor for heart disease, stroke, and kidney problems.

In Malaysia, nearly 30% of adults have hypertension, and from this figure, 11.9% are not aware of it. The highest proportion of those who are unaware falls within the age of 18-39, indicating a rising concern in younger populations.



Dr. Jolene See Su Chen
Consultant General Physician

Dr. Jolene See Su Chen, Consultant General Physician, emphasises the importance of regular health screenings and a healthy lifestyle to manage hypertension, as the condition can lead to serious complications if left untreated.

Symptoms, Causes and Managing Hypertension

Hypertension often presents no symptoms, but it can manifest as headaches, dizziness, shortness of breath, and chest pain.

“If left untreated, it may lead to serious health issues such as heart attack, stroke, kidney failure, and vision loss. Key contributing factors include lifestyle choices like a high-salt diet, insufficient exercise, and stress, as well as genetic predispositions,” she said.

Managing Hypertension:

- Healthy diet: Low sodium, rich in fruits and vegetables.
- Regular exercise.
- Weight management.
- Medication as prescribed by a doctor.



Additional Tips

- ❑ **Monitor your blood pressure regularly.** If you have a family history of hypertension or are at risk, check your blood pressure at home or at your doctor's office.
- ❑ **Make healthy lifestyle changes.** These include eating a healthy diet, exercising regularly, and managing stress.
- ❑ **Take your medication as prescribed.** Do not stop taking your medication without talking to your doctor.
- ❑ **See your doctor regularly.** Even if you have no symptoms, it's important to see your doctor for regular checkups.
- ❑ **Educate yourself about hypertension.** Learn more about the condition and its risks so you can take steps to prevent it.

Everyday Habits That Make a Difference

Prevention often begins with daily habits. “Showers are preferable to long baths,” said Dr. Tan, adding that soaking in water for extended periods can disrupt the natural bacterial balance. Additionally, she recommended:

- **Staying hydrated** by drinking 1.5 to 2 litres daily to flush bacteria from the urinary system.
- **Changing pads or liners regularly** during menstruation to reduce bacterial buildup. For menstrual cup users, washing your hands and the cup before and after inserting or removing it helps minimise the risk of infections.
- **Proper hand hygiene** includes washing hands after using the toilet and before, as hands can carry bacteria from surfaces touched throughout the day.
- **Wear breathable underwear such as cotton** to help maintain better hygiene and reduce the risk of infections.

For women who often experience UTIs but enjoy swimming, try to change out of wet bathing suits soon after swimming, as the humidity and moisture favors breeding of bacteria, increasing chances of UTI. If this does not resolve the issue, try changing swimming venues or avoid using the pool for a few weeks, even if it is chlorinated, to determine if their symptoms improve.



Importance of Early Detection and Diagnosis

Early detection is crucial for urinary tract infections (UTIs). According to Dr. Tan, timely diagnosis can make all the difference in preventing a mild infection from becoming a serious health issue.

“A urine test is the primary method used to detect infections. If the results are unclear or symptoms persist, a urine culture may be conducted to identify the specific bacteria involved.”

This step is essential, as it helps doctors determine whether antibiotics are necessary and guides them in choosing the most effective treatment.

She emphasised that treating a UTI is a race against time; the longer you wait, the greater the risk of the infection spreading to other parts of the urinary system or, worse, the bloodstream.

Dr. Tan stressed the importance of seeking medical attention if symptoms persist for more than two to three days. Ignoring these symptoms or delaying treatment could lead to severe complications, such as the infection spreading to the kidneys or even the bloodstream—a potentially life-threatening condition. she added, “Early diagnosis and timely treatment are your best defence against a UTI escalating into something far more dangerous.”

By following these tips, you can help manage your hypertension and reduce your risk of complications.

Hypertension is a persistent condition that requires consistent attention. Early diagnosis and treatment are essential to prevent serious complications. Neglecting your health can have severe consequences. Therefore, it is crucial to schedule regular check-ups with your doctor, said Dr. Jolene See.

Family and friends play a crucial role in supporting individuals with hypertension. Encourage them to take their medication as prescribed, monitor their blood pressure regularly, and adopt healthy habits. By understanding the dangers of hypertension and taking proactive steps, we can combat this growing health threat and safeguard the well-being of future generations.



YOUR EVERYDAY WELLNESS

Addressing Urinary Tract Infections

As one of the most common infections globally, urinary tract infections (UTIs) affect millions of people every year, particularly women. According to the research, around one in every two women and one in 20 men will experience UTI at some point in their lives. While many cases of UTIs can be treated with a simple course of antibiotics, more complicated infections can lead to severe health concerns, including life-threatening urosepsis.



Dr. Tan Gaik Imm
 Consultant Urogynaecologist

Dr. Tan Gaik Imm, Consultant Urogynaecologist said that UTI can affect any part of the urinary system, including the kidneys, ureters, bladder and urethra. The bladder is the most commonly affected organ, leading to cystitis, which is the most frequent type of UTI, especially among women. In severe cases, the infection can ascend to the kidney. Common symptoms of a UTI include a burning sensation during urination, cloudy or foul-smelling urine, and blood in the urine.



Key Risk Factors and Prevention Tips for UTIs

Dr. Tan explained that several factors can increase the likelihood of developing a UTI, particularly in women. “One of the most common mistakes is suboptimal hygiene,” she said, pointing out that wiping from back to front after using the toilet can inadvertently introduce bacteria into the urinary tract.

In addition, she notes that certain contraceptive methods, such as spermicide-coated condoms, create an environment where bacteria can thrive. For those living with diabetes, the risk is heightened further, as the body’s ability to fend off infections is compromised.

“Postmenopausal women are particularly vulnerable,” Dr. Tan continued, “because the natural dryness that occurs in the vaginal and urinary tracts can upset the delicate balance of protective bacteria.” These factors, she stresses, are key in understanding why some individuals are more prone to recurrent UTIs and recognising them is crucial for prevention.

For those prone to recurring UTIs, Dr. Tan advised simple preventive measures. “Urinating both before and after sexual activity may help reduce the chances of bacteria entering the urinary tract,” she suggests. “Frequent vaginal infections may also increase UTI risk, so it’s important to manage both issues concurrently.”

YOUR EVERYDAY WELLNESS

Growing Health Concern of COPD

Chronic Obstructive Pulmonary Disease (COPD) is a significant yet often overlooked health issue in Malaysia. Despite affecting a considerable portion of the population, awareness and understanding of COPD remain low. Globally, COPD is the third leading cause of death worldwide, causing 3.23 million deaths in 2019, according to the World Health Organisation (WHO). In Malaysia, COPD is estimated to affect 4.7% or 448,000 Malaysians in 2003.



Dr. Syed Ajmal Bin Syed Ali
Consultant Physician, Respiratory
Medicine and Interventional Pulmonologist

Dr. Syed Ajmal Bin Syed Ali, Consultant Physician, Respiratory Medicine and Interventional Pulmonologist, shared that globally, COPD affects roughly 10.6% of the population and is the third leading cause of death, particularly in low- and middle-income countries like Malaysia. In Malaysia, the high prevalence of smoking is a primary driver of the disease, with approximately 19% of adults over 15 years old being smokers.

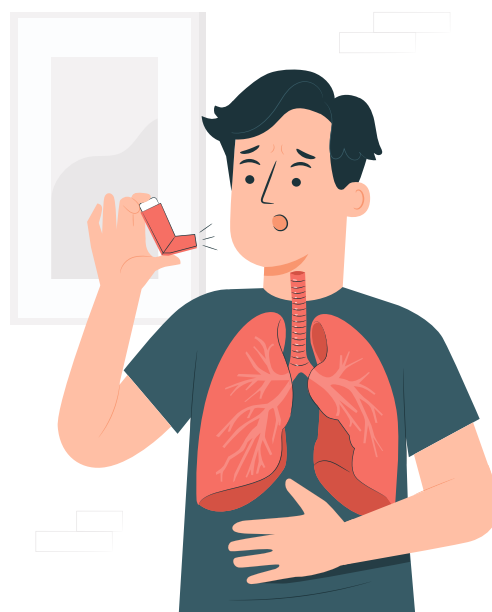
One of Malaysia's biggest challenges in combating COPD is the lack of awareness, as COPD develops gradually over many years. Dr. Syed Ajmal described, "Smoking is the main risk factor for COPD, and it's directly related to how much and how long you've smoked." Symptoms related to COPD include a persistent cough, often initially mistaken for a "normal" smoker's cough or asthma. As a result, many are only diagnosed when their symptoms worsen, usually when they are older, over 60.

Misconceptions and Concerns on COPD Among Young People

He said that there's a misconception that COPD is just a disease of old age, but it can affect younger people too, especially those who smoke. "Former smokers are also at risk. The earlier you smoke, the risk of developing COPD younger increases," he said.

Malaysia Adolescent Health Survey 2022 revealed a concerning trend - the use of e-cigarettes and vapes among Malaysian teens aged 13 to 17 increased from 9.8% in 2017 to 14.9% in 2022, while cigarette smoking rates in this group dropped from 13.8% to 6.2%.

Dr. Syed Ajmal also said that many patients are not familiar with COPD, often confusing it with asthma or simply attributing their symptoms to ageing. The lack of awareness, coupled with the disease's slow progression, often leads to late diagnosis when treatment options are more limited.





Other Risk Factors and Treatment Options

While smoking is the most well-known cause of COPD, other factors can also contribute to the disease. Dr. Syed Ajmal explains, “Environmental exposures, such as indoor air pollution from biomass fuels and occupational hazards like inhaling fine dust in certain industries, are significant contributors such as silica dust, gas, and fumes from the furnace and boiler installation.”

Additionally, there is a genetic component known as alpha-1 antitrypsin deficiency, which can lead to early-onset COPD even in non-smokers. This is because this genetic component protects the lung tissue from proteolytic damage. It affects approximately 1 in 2,000 to 6,000 individuals worldwide.

Effective management of COPD focuses on slowing disease progression and improving the patient’s quality of life. According to Dr. Syed Ajmal, “The most critical step in managing COPD is smoking cessation. Quitting smoking is the single best thing a patient can do, as it prevents further lung damage, although the damage already done cannot be entirely reversed.”

COPD remains a serious health issue in Malaysia, but with increased awareness and access to treatment, patients can lead better lives. Dr. Syed Ajmal advises, “If you’re a smoker or have a history of smoking, it’s vital to get screened for COPD. Early intervention can make a significant difference.”



Sunway Medical Centre Hosts SunMed Health Carnival: A Hub for Health, Fun, and Learning

Sunway Medical Centre, Sunway City (SMC) began its 25th anniversary celebration with its SunMed Health Carnival on 8th September at its iconic Tower D Lobby. Setting a new standard in bringing community members together to broaden healthcare education and awareness, the Carnival received overwhelming responses from visitors from all walks of life, where they enjoyed a vibrant array of family-friendly and health-educational activities.

“

Dr. Seow Vei Ken, Chief Executive Officer at SMC said during the event, “The Carnival is more than just a symbol of our ongoing commitment towards being inclusive and providing healthcare excellence to the community but also serves as a fun and engaging space that brings everyone together and celebrate their health and well-being. I’m a firm believer that our Carnival does foster a strong sense of community and helps educate the importance of wellness by making informed decisions toward adopting healthier lifestyles.

”

To bridge the gap between healthcare and fun, Carnival goers enjoyed various health-themed educational games, including games on memory, hand-eye coordination, and endurance, to name a few. These interactive and educational activities enabled participants to be perceptive and nimble, as well as provide invaluable learning experience. As a notable fabric in Malaysia’s cultural heritage, the Carnival’s attendees also put on their creative caps and created various painted masterpieces during its first hands-on Batik Arts and Crafts Workshop, allowing them to memorialise their experience at the Carnival.

In addition to kid-friendly educational games and the Batik workshop, the Carnival also featured various health screening booths, providing patrons the opportunity to assess their overall health and well-being, including vision screening, speech and hearing check-ups, body composition screening, kidney and urinary health, physical rehabilitation, diabetic care, and more.

“We extend our heartfelt gratitude to our esteemed brand partners—Gintell, Duopharma, RHB Bank, Hurix’s, Jura, SpringHealth, Sunway Theme Parks Kedai Runcit, Vita Health, Abbott, Calpis Soda, and other sponsors—whose generous support and collaboration were instrumental in the success of this year’s Carnival. Their contributions to our complimentary screenings, exclusive door gifts and premium lucky draw prizes greatly enriched the experience for all attendees, enabling us to provide valuable health services, education and rewards to the community.”

“

We look forward to organising more fun and engaging community outreach programmes as part of our ongoing efforts to elevate the standard of healthcare in the region, especially since we are celebrating our 25th anniversary this year,” Dr. Seow added.

Established in 1999, SMC is the largest quaternary hospital in Malaysia and the only one in the country to be recognised with three major hospital-wide accreditations, including the Joint Commission International (JCI) Accreditation, The Gold Seal of Approval; Australian Council on Healthcare Standards (ACHS); and the Malaysian Society for Quality in Health (MSQH), further bolstering its stature for healthcare excellence.

SMC is also equipped with 28 Centres of Excellence with more than 60 medical specialities and 810 licensed beds, with capacity to expand to about 1,100 beds once the hospital completes its sixth block, Tower F.



SUNMED HIGHLIGHTS

25 Years of Transforming Healthcare



Sunway Medical Centre, Sunway City (SMC), is proud to celebrate its 25th year since its inception in November 1999. As Malaysia's largest private quaternary hospital, this landmark occasion highlights the hospital's legacy of clinical excellence, community care, and pioneering innovation and commemorates the vision that brought it to life.

Founded 25 years ago to meet the community's evolving healthcare needs, SMC has grown into the country's largest private quaternary hospital, with 810 licensed beds and over 60 medical specialities. It provides multidisciplinary care of the highest standard and houses 28 Centres of Excellence. SMC continues to be renowned for its specialised services and comprehensive medical treatments.

As a leader in healthcare innovation, SMC is committed to using cutting-edge technology to enhance patient care. **Sunway Cancer Centre & Nuclear Medicine Centre** are fully equipped to offer comprehensive cancer diagnosis and treatment services.

SMC has achieved numerous medical milestones, including being the first private hospital in Malaysia to complete more than 3,000 robot-assisted surgeries. The hospital continues to advance its surgical expertise with new innovations, reaffirming its commitment to providing comprehensive, advanced healthcare solutions.

SMC's **Paediatric Intensive Care Unit (PICU)** is led by two Paediatric Intensivists, supported by a multidisciplinary team of experts across 24 paediatric subspecialties alongside smart innovations with early warning signs (EWS) and non-invasive ventilation, providing the highest standards of family-centred, and pain-free care, combined with compassionate support.

SMC's **Special Haematology Laboratory** is also officially accredited by the College of American Pathologists (CAP), the gold standard for laboratory quality control worldwide. The lab also assists specialists in the diagnosis and procedure of haematopoietic stem cell processing and cryopreservation and extracorporeal photopheresis (ECP) that treats graft-versus-host disease (GVHD) under one roof. In addition, with a Paediatric Transplant Haematologist joining SMC in late 2024, the hospital has also started treating paediatric bone marrow transplant patients too.

It remains dedicated to leading the industry with innovation and compassion, ensuring that every patient receives the highest quality of care. The hospital continues to establish new standards in healthcare and provides patients with the latest advancements in treatment and care. By Q3 2026, upon completion of Tower F – its sixth block that will be a dedicated children's medical centre – SMC will have the capacity to expand to over 1,100 beds.

SUNMED HIGHLIGHTS

JCI Accreditation Unveiling Ceremony



Sunway Medical Centre, Sunway City (SMC) recently held an unveiling ceremony to commemorate the recognition of the prestigious **Joint Commission International (JCI) Accreditation, The Gold Seal of Approval** under its Hospital Program. With this recently acquired accolade, SMC is the first hospital in the country to obtain three major hospital-wide accreditations, including the Australian Council on Healthcare Standards (ACHS) and the Malaysian Society for Quality in Health (MSQH), further bolstering its stature for healthcare excellence. This significant achievement highlights SMC's commitment to providing world-class healthcare services and upholding the highest standards of patient care and safety.

The honorary guests attended the esteemed gathering were Founder and Chairman of Sunway Group, **Tan Sri Dato' Seri Sir Dr. Jeffrey Cheah KBE AO**, and Director-General of Health, Ministry of Health Malaysia, **Datuk Dr Muhammad Radzi Abu Hassan**, who witnessed the handing over of

JCI Accreditation, The Gold Seal of Approval crest by International Manager, Asia Pacific of Joint Commission International (JCI), **Nick Liew**, to President of Sunway Healthcare Group (SHG) **Dato' Lau Beng Long** during the ceremony.

Also present were **Dr. Khoo Chow Huat**, Managing Director (Hospital & Healthcare Operations), SHG and **Dr. Seow Vei Ken**, Chief Executive Officer of SMC.

As Malaysia's largest quaternary private hospital, SMC underwent JCI's systematic performance assessment, demonstrating its commitment to ensuring patient safety and healthcare quality. The comprehensive evaluation process involved a thorough review of SMC's policies, procedures, and practices to ensure compliance with JCI's stringent standards. This included assessments of patient care, medication management, infection control, patient and family rights, staff qualifications and education, and facility management and safety.

SUNMED HIGHLIGHTS

SMC named top Malaysian Hospital in Newsweek's World's Best Hospitals Ranking



Sunway Medical Centre, Sunway City (SMC) has once again been recognised as one of the world's leading healthcare providers in the latest Newsweek's World's Best Hospitals 2025 rankings.

For the second consecutive year, SMC has been honoured in the top 250 hospitals globally, improving from rank 233rd in 2024 to rank 193rd in 2025. SMC is also ranked top among hospitals in Malaysia in the 2025 rankings.

The latest rankings are based on a comprehensive survey that gathered insights from medical experts including doctors, healthcare professionals, and hospital managers; along with data from patient surveys, hospital quality metrics, and Statista Patient-Reported Outcome Measures (PROMs) Implementation Survey.

Out of 30 countries and over 2,400 shortlisted hospitals, encompassing public hospitals, university teaching hospitals and private medical centres, only the top 250 hospitals were published in the global listing.

The rankings mark the seventh year Newsweek partnered with Statista, Inc., a prominent global market research and consumer data firm, to assess and rank the world's best hospitals.

SUNMED HIGHLIGHTS

SMC Named in Newsweek's Asia's Top Private Hospitals 2025 Ranking



Sunway Medical Centre, Sunway City (SMC), has been honoured in the premier of **Newsweek's Asia's Top Private Hospitals 2025** ranking. This prestigious recognition highlights the hospital's commitment to excellence, particularly in the fields of orthopaedics and ophthalmology.

According to the ranking, SMC is recognised as the top hospital in Malaysia for four out of five key procedures: knee surgery and knee replacement, shoulder surgery, cataract surgery, and eye refractive surgery. Additionally, it is ranked 2nd in Asia for cataract surgery, and 3rd in Asia for refractive eye surgery. SMC is also featured in the top 10 of Asia's ranking for hip surgery and hip replacement (6th); knee surgery and knee replacement (6th); and shoulder surgery (10th).

Sunway Eye Centre, one of SMC's Centres of Excellence, offers services across various subspecialties including cataract and refractive ophthalmology, cornea transplant and external eye diseases, medical retinal and uveitis, glaucoma, oculoplastic ophthalmology, vitreoretinal, paediatric ophthalmology and squint.

SMC is equipped to treat and manage a wide range of eye diseases, ensuring holistic and optimal care for the patients.

SMC's **Sunway Orthopaedic Centre** offers comprehensive primary care and sub-speciality services. These include trauma care, hip and knee surgery, spine surgery, foot and ankle treatments, hand and microsurgery, paediatric orthopaedics, orthopaedic oncology, and sports surgery.

Together with the **Robotic Surgery and Minimally Invasive Surgery (MIS) Centre**, SMC has achieved remarkable milestones, including at the robotic hip and knee replacement surgeries front which earned recognition in the **Malaysia Book of Records**. This achievement underscores the centre's expertise and unwavering commitment to innovation.

With a strong focus on advancing technology and improving patient outcomes, the Orthopaedic Centre of Excellence continues to set new benchmarks in the field of orthopaedics.

SUNMED HIGHLIGHTS

SMC Achieves Four Records under Robotic Surgery in The Malaysia Book of Records



Sunway Medical Centre, Sunway City (SMC) proudly announced its exceptional milestone of setting four records in **The Malaysia Book of Records (MBOR)**, further solidifying its position as a leader in medical innovation and patient care in the country.

SMC has been recognised by the prestigious record book for becoming the **First Hospital to Perform Robotic-Assisted Total Hip Replacement Surgery**, and also **Performed the Most Robotic-Assisted Hip and Knee Replacement Surgeries**.

Its consultant sets two more records under MBOR: for the **First Surgeon to Perform Robotic-Assisted Total Hip Replacement Surgery**, and **Performed the Most Robotic-Assisted Hip and Knee Replacement Surgeries**.

The groundbreaking achievements underscore the hospital's commitment to maintaining its leadership in robotic surgery and comprehensive patient care. SMC, through its **Robotic Surgery and Minimally Invasive Surgery (MIS) Centre**, has conducted more than 3,000 robot-assisted surgeries collectively to-date, further demonstrating SMC's capabilities and expertise in robotic surgery.

Robotic Surgery and MIS Centre is one of the Centres of Excellence in SMC, with 27 highly skilled, robotic-trained surgeons from various disciplines including urology, gynaecology, colorectal, hepatobiliary, bariatric and orthopaedic. Home to some of the latest state-of-the-art robotic surgical systems in the market, the hospital's team of highly experienced surgeons are equipped to perform complex surgeries with higher precision, while ensuring greater benefits for the patient that includes lesser pain and blood loss, lower risk of complications, and faster recovery post-surgery.

SUNMED HIGHLIGHTS

CSR Radiotherapy Launching and Forum on Innovative Cancer Treatment



SMC successfully launched its Corporate Social Responsibility (CSR) Radiotherapy programme and hosted a Public Health Forum - Fearless Against Cancer, Innovation in Cancer Treatment at the Imperial Hotel Kuching recently.

The event was inaugurated by **Sarawak Deputy Premier Datuk Amar Professor Dr. Sim Kui Hian** and **Dr. Seow Vei Ken, Chief Executive Officer of SMC**, both of whom expressed their support and commitment to advancing cancer care and treatment, launched the CSR programme, underscoring SMC's commitment to making advanced cancer treatments accessible to all communities, including those in Sarawak.

The event was also a collaboration with **Junior Chamber International Kuching (JCI Kuching)**, **Sunway Traditional and Complementary Medicine (TCM) Kuching**, and the **Society for Cancer Advocacy and Awareness Kuching (SCAN)**.

The CSR Radiotherapy Programme is an initiative that demonstrates SMC's dedication to improving patient outcomes and quality of life through advanced cancer treatment and comprehensive care.

The event also featured enlightening and educational talks by SMC medical experts, **Consultant Neurosurgeon, Spine and Interventional Pain Specialist, Dr. Toh Charng Jeng** and **Clinical Oncologist Dr. Ivan Shew Yee Siang**.

SUNMED HIGHLIGHTS

SMC Hosts SIRT Masterclass



SMC's Cancer and Nuclear Medicine Centre has successfully hosted its first **Selective Internal Radiation Therapy (SIRT) Masterclass** recently.

With 70 participants, the event featured a full day of expert-led lectures, a multidisciplinary tumour board discussion with interactive voting, a thought-provoking debate on unresectable hepatic metastases, and a hands-on session with MIM software.

The masterclass is a manifestation of SMC's continuous journey towards learning, sharing, and growing as it served as a vital platform for great minds in the field of interventional radiology, oncology, nuclear medicine and surgery come together to engage in discussions, debates, and disseminate knowledge on the advancement of SIRT.

Together, we push the boundaries of cancer care and education, reaffirming our commitment to providing advanced, patient-centred care while empowering healthcare professionals to achieve better patient outcomes.

SUNMED HIGHLIGHTS

SMC Hosts SunMed Orthopaedic Symposium



SMC successfully held the two-day **SunMed Orthopaedic Symposium 2024**, bringing together healthcare professionals, including specialist consultants, general practitioners, nurses, and allied health practitioners, both in person and virtually.

The event spanned two days, providing attendees with opportunities to delve into 22 insightful topics that focused on four core areas of orthopaedic care:

- ✓ Arthroplasty & Joint Pain
- ✓ Spine
- ✓ Orthopaedic & Trauma
- ✓ Hand & Microsurgery

Led by renowned experts in their respective fields, these sessions provided attendees with valuable insights into the latest advancements and best practices in orthopaedic treatment. The symposium, organised by the **Orthopaedic Centre of Excellence (COE)** team, promoted a spirit of collaboration, learning, and innovation throughout.

A special highlight of the event was the exhibition area, where 14 booths showcased cutting-edge products and services related to orthopaedic care. This added an interactive dimension to the symposium, allowing participants to explore the latest innovations and engage directly with industry representatives.

SUNMED HIGHLIGHTS

SMC Hosts SunMed Palliative Care Forum and Bazaar



SMC's Palliative Care Department, led by Consultant Palliative Medicine Dr. Hayati Yaakup, organised the SunMed Palliative Care Forum and Bazaar.

The event featured 29 booths representing palliative care teams from various hospitals and community NGOs as well as partner vendors.

During the forum, the bereaved caregivers shared their personal stories of journeying with their loved ones with serious illnesses and how palliative care played a role. The discussion brought attention to key issues such as the challenges associated with caregiving and transitions in care, as well as mental health struggles that arise.

The forum powerfully highlighted the essential role of palliative care in supporting patients and their families—physically, emotionally, and spiritually. Effective symptom management as well as psychosocial and spiritual support are essential components of good patient-centred healthcare.

SUNMED HIGHLIGHTS

#SunMedCares: People Of SunMed



Meet **Liew Jun Yang**, our dedicated **Learning and Development Assistant Manager** at Sunway Medical Centre, Sunway City. His primary responsibility is conducting training for our staff and identifying the necessary training programs.

For him, every training session is an opportunity to improve.

“Presentation is a skill, and there’s always room for growth. I continuously push myself to try new things, keeping what works and tweaking what doesn’t.”

Initially, he spent days preparing for a single presentation, meticulously writing out every word. However, the fast-paced environment at Sunway Medical Centre has taught him to adapt quickly and trust in his preparation and abilities.

“When you’re giving a presentation, you’re fully present and engaged. The interaction with people is always unpredictable and exciting. Sometimes, the reactions you get are incredibly inspiring and memorable, which motivates me to bring energy and motivation to my audience. I love the dynamic nature of training and the opportunities it provides to connect with people in meaningful ways.”

Our appreciation goes out to Jun Yang who continuously strives to improve and inspire our staff at Sunway Medical Centre.

Michelle Chong Hui Yi, our committed **Clinical Psychologist** at Sunway Medical Centre, Sunway City, is one of the clinical psychologists and her responsibilities include providing care to outpatient and inpatient cases, as well as offering mental health support to the staff at Sunway Group. She is also often invited to give mental health talks and workshops.

She sees herself as an investigator, meticulously gathering information to build a detailed profile of each patient.

“We ask questions to understand what happened, when it started, and gather information from parents, teachers, and childcare providers. We also consider health factors and recent trauma that could affect behavior. With this data, we build a profile of the individual, conducting assessments to identify potential neurodevelopmental issues like ADHD or autism.”

Despite her role as a therapist, she grapples with compassion fatigue. Recognising this challenge, she is actively addressing it with her therapist to find strategies for managing her emotional well-being more effectively.

Our appreciation goes out to Michelle for raising mental health awareness in Malaysia.



1st L-FLEX TRACK
THE FIRST INTELLIGENT & FLEXIBLE TRACK IN THE MARKET

2ND GEN.
8D TWIN ROLLERS



AI-FATIGUE BIO-SCAN
HEART RATE BPM, BLOOD OXYGEN SP02%, FATIGUE INDEX



**NEW
ARRIVAL**

IRON MAN
Limited Edition
Wellness Chair



PhyXio Airbags
The 1st Stretching Airbag



**AI-YOGA
STRETCHING**
Powered by AI-ROVO Technology

**4D-MAXX
ROLLER BALLS**
Precision Body Mapping For a
Tailored Massage Experience



**NEW
ARRIVAL**

IRON MAN
BLACK EXCLUSIVE VERSION



© 2024 MARVEL

GINTELL
HEALTH • LOVE • LIFE

**THE MALAYSIA
BOOK OF
RECORDS**
Largest Health Care
Products Chain Store

**STANDARDS
REGISTERED**
GINTELL (M) SDN BHD
(386685-U)

Follow Us:
GINTELL MALAYSIA



Subscribe To Us:
GINTELL TV



www.gintell.com



One in 23 Malaysian women will develop breast cancer in her lifetime.

HAVE YOU HAD YOUR BREAST CHECK-UP THIS YEAR?

EARLY DETECTION SAVES LIVES



No Direct Human Touch



Quick & Accessible



Instant Result



Non-Invasive & Painless



Detect Lesions in the Breast Tissue



Radiation Free



Registered Under Act 737
GB519121165618
MDA/IKLAN/2024/297

Your Breast Care Journey Starts *HERE!*



DUOPHARMA

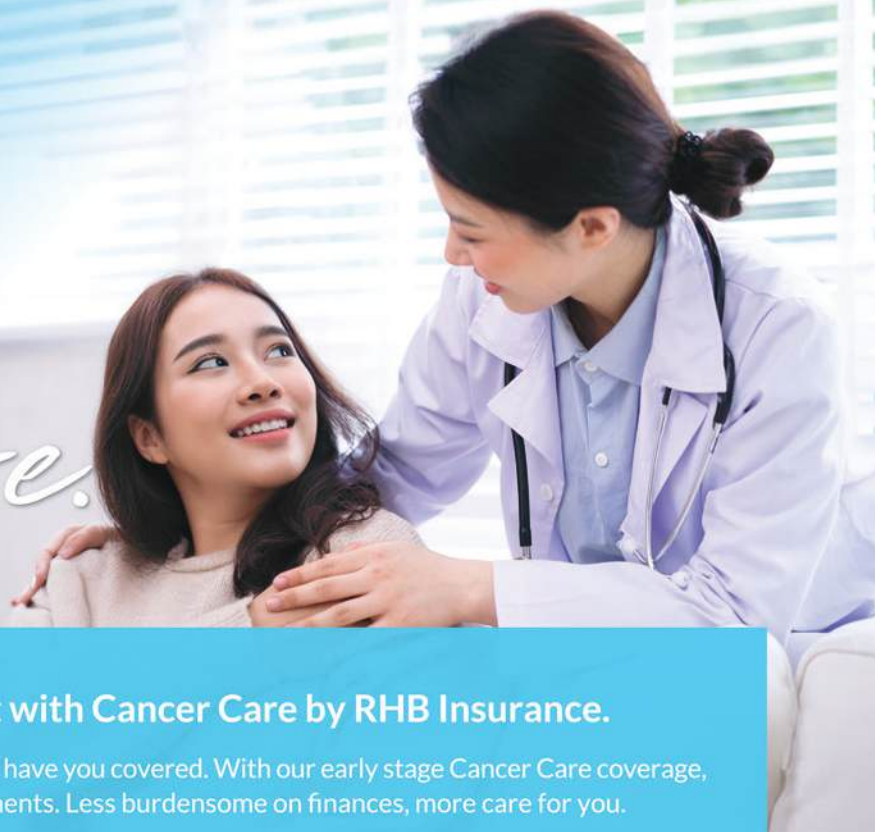
Please contact us for more information:
Duopharma Marketing Sdn. Bhd.
Registration No: 197601001745 (27754-W)

Address:
Lot No. 2, 4, 6, 8 & 10, Jalan P/7, Seksyen 13 Bangi Industrial Estate,
43650 Bandar Baru Bangi, Selangor Darul Ehsan, Malaysia

Tel: 603-8924 2188 Fax: 603-8925 7930
Website: duopharmabiotech.com



We have put more care into *cancer care.*



Here with you right from the start with Cancer Care by RHB Insurance.

Fighting cancer can be costly but rest assured, we have you covered. With our early stage Cancer Care coverage, you will have access to partial pay-out for treatments. Less burdensome on finances, more care for you. Talk to us, today.

Benefit from our Cancer Care coverage:

Benefits	Plan 1	Plan 2	Plan 3	Plan 4
Claimable Sums	RM55,000	RM75,000	RM100,000	RM300,000
For Major Cancer	100% Claimable			
For Early Stage Cancer	30% Claimable			



For Major Cancer

Upon diagnosis, the Insured Person will receive either **100% of sum insured** amount or **70% of the sum insured** if Early Stage Cancer benefit has been claimed.



For Early Stage Cancer

A cash payout of **30% of the insured** amount will be paid directly. It can only be claimed once and the payable sum insured will be reduced.

Note: Please refer to our Policy Wording for more details on definitions of cancer. Terms and Conditions apply.

Scan here
for more info



Purchase Cancer Care today.

Meet authorised intermediaries.
Visit any RHB Insurance and RHB Bank Branch.
Call 1300 220 007
WhatsApp us +6012 603 1978
Email rhbi.general@rhbgroup.com



This marketing collateral and information contained herein is for general information only and is by no means exhaustive. It is not a contract of insurance. The precise terms, exclusions and conditions of this insurance plan are specified in the policy wording. In the event of any discrepancies, ambiguities or conflicts when interpreting among English, Bahasa Malaysia and Chinese versions of the marketing collateral, the English version shall prevail.



Your Partner in **PAIN RELIEF**

Muscular Pain • Waist & Back Pain • Joints Pain • Minor Swelling



Muscular Pain



Waist & Back Pain



Joints Pain



Minor Swelling



Product Manufactured by ISO 9001:2015 Certified Company

JIN BIN CORPORATION SDN. BHD. (389044-M) Tel: 604-772 5088 Fax: 604-771 3088 email: info@hurixs.com.my

This is a traditional product advertisement | KKLIU 0841 / EXP 31.12.2025



www.hurixs.com.my

jura

*'Freshly
ground,
not
capsuled.'*

R.F.



Enjoy like Roger Federer: for example with the Z10,
for hot and Cold Brew speciality coffees.

Roger Federer, Swiss tennis icon and JURA brand ambassador since 2006



jura.com

JURA Store & Service Centre Kuala Lumpur,

P-G-09, Tropicana Avenue, Persiaran Tropicana, PJU 3, Tropicana Golf & Country Resort, 47410, Petaling Jaya, Selangor, Malaysia
Contact: +603-8699 4989

BRAND NEW NIGHT PARK SAILING YOUR WAY COMING SOON!





Natural Turmeric Goodness



**MAINTAIN
GOOD HEALTH**



**SUPPORT
WELLNESS**



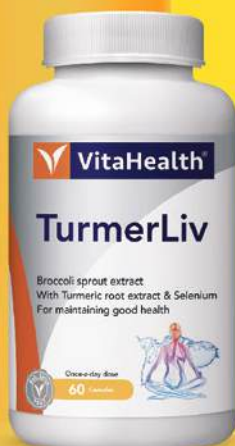
MAL13035015TCR



MAL06061493T



MAL21076062NCR



MAL21066067NCR

PEARLY TAN
Malaysian Badminton Player
VITAHEALTH BRAND AMBASSADOR



Superbrands
Malaysia
2022



The BrandLaureate
Product Innovation
Signature Award
2012



The BrandLaureate
Supplements Best
Brand Award
2011

Duphalac
667 mg/ml
Lactulose Solution

CONSTIPATION RELIEF FOR ALL AGES¹



**PREBIOTIC
EFFECT**

**NO ADDED
PRESERVATIVES**

**NON-HABIT
FORMING**

**TASTES LIKE
HONEY**

**EFFECTIVE LAXATIVE WITH PREBIOTIC EFFECT FOR HEALTHY
BOWEL REGULATION.**

Reference: 1. Duphalac Malaysia PI, Apr 2022.

Duphalac is indicated for constipation: regulation of the colonic physiological rhythm, when soft stool is considered of medical benefit (haemorrhoids, post colonic/anal surgery); hepatic encephalopathy (HE): treatment and prevention of hepatic coma or precoma.

ABBOTT LABORATORIES (M) SDN BHD
198701004889 (163560-X)

27-02, Level 27, Imazium, No. 8, Jalan SS 21/37, Damansara Uptown, 47400 Petaling Jaya, Selangor Darul Ehsan, Malaysia.
Tel: 03 7988 7000

MAL19921431XZ KKLIU 1292 (EXP 31.12.2025) This is a medicine product advertisement.

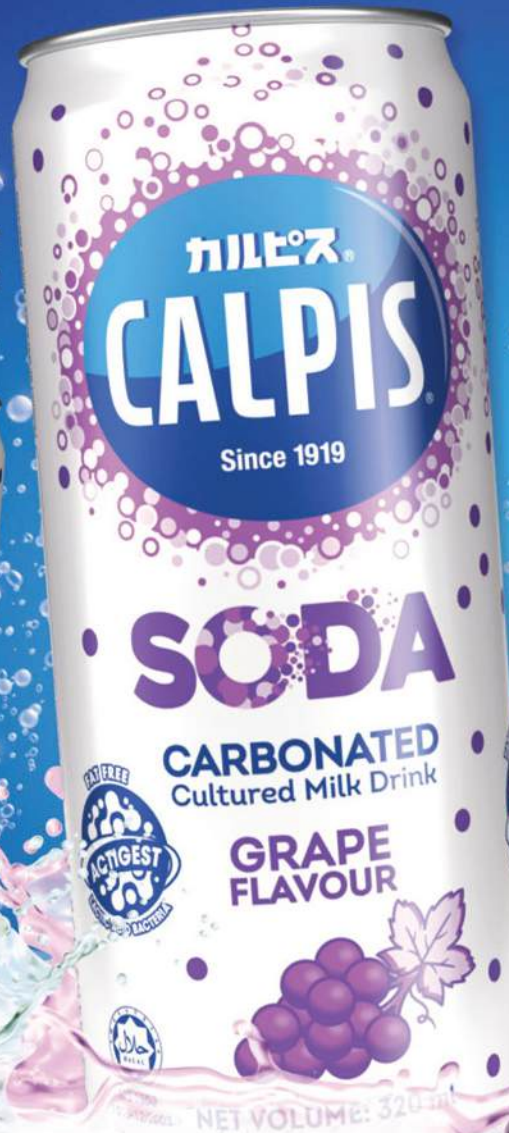
Abbott Ref ID: MAL2264268-2 OCT 2024



Abbott

DELIGHTFULLY BUBBLY CALPIS SODA

NEW!
**GRAPE
FLAVOUR**



eTika

ETIKA SDN. BHD. (197401000305)



CALPIS SODA

The bubbly milky goodness, now comes in NEW flavour

Calpis is known for its cultured milk/yogurt drink. Now brings you a whole new drinking experience, with its carbonated cultured milk drink and exciting NEW flavour!

Calpis Soda is counterbalanced perfectly by the tanginess from fermented milk and its light fizziness makes it the best refreshment. This healthier carbonated beverage and its balance of sweet-sour taste makes it a good meal or snack accompaniment.

Calpis terkenal dengan minuman susu/kultur yogurt. Kini membawa pengalaman minuman yang serba baru, dengan minuman susu kultur berkarbonat dengan tambahan perisa BAHARU!

Calpis Soda seimbang sempurna oleh rasa masam daripada susu yang difermentasi dan rasa masam manis yang ringan menjadikannya minuman menyegarkan yang terbaik setakat ini. Minuman berkarbonat yang lebih sihat ini dan keseimbangan rasa masam manis menjadikannya minuman sempurna diiringi hidangan.

DHA & EPA helps support cardiovascular health

Odourless
fish oil capsule

Odourless

Natural
Fish Oil



Blackmores Omega-3
Complex

NEW



BLACKMORES®


KKLIU 2768 / EXP 31.12.2026
Used as a health supplement.


MAL24056045NCR

SUNWAY **MEDICAL CENTRE**

Sunway City Kuala Lumpur

Sunway Medical Centre Sdn Bhd
No.5 Jalan Lagoon Selatan, Bandar Sunway,
47500 Selangor Darul Ehsan,
Malaysia.

 +603-7491 9191 / 5566 9191

 +603-7491 8181

 smc@sunway.com.my

 www.sunwaymedical.com

 Sunway Medical Centre

 @SunwayMedical

 SunwayMedical

 sunwaymedical